Indoor Recreational Activities: Reducing the Risks

For Managers
Requirements for the premises/facilities

Deny entry to anyone:
- With temperature > 38°C
- Who is experiencing symptoms of flu-like illness or living with someone that is showing symptoms
- Who has been in contact with a person known to be positive with COVID-19 in the last 14 days

Take the temperature of all persons entering the facility

Encourage persons to wear masks on entering and leaving the facility

Maintain physical distancing (6 feet or 2 metres)

Provide appropriate hand washing facilities; encourage persons to perform hand hygiene frequently

Maintain accurate logs of all persons entering the facility; consider using a booking system

Display signs to promote proper health and hygiene practices

Clean and disinfect all high-touch surfaces regularly and when soiled

Collect and disinfect mats and other porous items in a way to avoid any contact/contamination with persons and the environment

Limit the length of time persons can stay at the facility to one hour

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For Patrons

Stay at home if feeling unwell

Make reservations as needed or call ahead to confirm that you can attend the facility

Follow hand hygiene practices when entering, while at and upon leaving the facility

Keep 6 feet (2 metres) from others

Bring and use your own activity aids, such as exercise mats, gloves and goggles

Disinfect all shared machinery before and after use

Cough and sneeze into your bent elbow or use a disposable tissue

Bring your own water/beverages

Bring your own personal, towel when using shared equipment

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What to do if someone becomes ill at your facility and is suspected of having COVID-19?

1. Remain calm and assess the situation
2. Use Personal Protective Equipment (PPE), including masks and gloves; provide the person with a mask and ensure they wear it
3. Assign a designated, trained person to monitor the ill person until medical attention can be arranged or the person leaves. The designated person must wear a N95 mask or higher and if available, use a disposable gown
4. Soiled items must be handled with gloves, double bagged, identified as infectious material and disposed of or cleaned as appropriate
5. Maintain at least 6 feet (2 metres) distance from the sick person
6. Ill persons should not stay at the facility or should be isolated in an available room if they are unable to leave immediately
7. Avoid unnecessary entry into the room where the ill person is isolated
8. All rooms, facilities and equipment that were used by the ill person should be cleaned and sanitised thoroughly

If it is determined that a person who has tested positive for COVID-19 was at your facility, you should contact your Ministry of Health and the respective public health authorities and be guided accordingly