

FREQUENTLY ASKED QUESTIONS FOR PREVENTING COVID TRANSMISSION (FAQ)

Question: Where does the Manor Park Community Council (MPCC) get information on safe re-opening and reducing virus transmission?

Answer: The MPCC reviews guidance from: Ministry of Health, Ministry of Education, Ottawa Public Health (OPH), Public Services, Health and Safety Association (PSHSA), City of Ottawa Recreation, Ottawa Carleton District School Board (OCDSB), and Ottawa Catholic Schools (OCSB). We also follow the guidance of provincial sport bodies. (Yes, it's a lot of reading!)

Question: Have you run any in-person programs yet?

Answer: Yes! We have been running successful summer day camps, fitness classes, yoga sessions, basketball and sports.

Question: Has there been any illness or a Covid outbreak?

Answer: We have had 2 staff illnesses, unrelated to Covid -- and confirmed so with negative Covid test results. Illness did not develop at work and no staff was at the MPCC when ill. No further illness developed with persons in contact with the staff.

Question: How do you make sure only healthy people participate in programs?

Answer: Each participant and employee must complete a comprehensive Active Screening Questionnaire online BEFORE each daily arrival at the MPCC. Anyone without a 'clear' screening is excluded. But, there is never a 100% guarantee that an asymptomatic person is not in attendance.

Question: What about parents, volunteers or other visitors?

Answer: Visitors, ie parents, volunteers, non-program participants, are excluded from the MPCC. Meetings will be conducted online. When face-to-face visits are required, they will be scheduled, the visitor must clear an Active Screening Questionnaire, and visit when programming is not taking place. Servicing equipment at the community centre will be done outside of programming hours. We keep a log of all persons entering a workspace building.

Question: No parents? How will drop-off and pick-up of children work?

Answer: Parents and other visitors may not enter the Manor Park Community Centre or Manor Park Public School. MPCC staff will reunite parents and children. Drop-off and pick-up protocols for specific programs and locations will be communicated.

Question: Is Personal Protective Equipment (PPE) required?

Answer: Yes. Indoors, everyone must wear masks, except when doing a physically-distanced workout. MPCC staff will wear masks outdoors as well. We teach proper mask protocol to our employees -- and our youngest participants. When in the Manor Park Public School, all of our staff will add face shields to their mask use and follow the protocol of the OCDSB.

We have kits of PPE equipment for use when managing an illness at the MPCC. Hand sanitizer is available at the entrances of the community centre and for distribution by employees. Soap, water, cleaners and disinfecting materials are available to support frequent hand-washing, frequent disinfecting of high touch areas and cleaning / disinfecting of any shared equipment.

Question: Masks? Really?

Answer: Health professionals agree that masks help to reduce the transmission of Covid-19! Masks help prevent the spread of the virus FROM the person wearing the mask. When you wear a mask, you are helping to protect other people. When other people wear a mask, they are helping to protect you.

The many mask varieties available, including fabric homemade masks, make wearing a mask practical and comfortable for everyone. Wearing a mask indoors in a public place is not just our rule, but a mandatory requirement of the city of Ottawa. The MPCC will require everyone, 3 years of age and older when indoors, and when physical distancing outdoors is not possible. Exceptions will be made as outlined by Ottawa Public Health, for example children under 5, including cognitively who refuse, individuals with respiratory illnesses, while eating or drinking or when protected by a physical barrier. We will teach our young program participants proper mask hygiene. We aim to

normalize wearing masks by having everyone use of masks in both recreational and child care settings. Anyone without a mask will be provided with a disposal one for single use.

Question: There's a lot of cleaning involved. How will you do it?

Answer: The MPCC manages the cleaning / disinfecting using several tactics. Where possible, supplies are not shared. No food is prepared, shared or served. And, only equipment that can easily be cleaned and disinfected is used.

All employees are taught the importance of spot cleaning and share in the task. We rely on the professional cleaning services of the city of Ottawa (community centre) and OCDSB (Manor Park Public School) for their daily enhanced cleaning of programming space. A cleaning log is maintained.

Question: Isn't ventilation what everyone is talking about?

Answer: We embrace fresh, healthy air! Our summer camps, sports, yoga and fitness programs have been held exclusively outdoors. Programming will continue to be modified for the outdoors whenever possible. We're also developing new outdoor programming especially for the fall and winter! Windows will be opened -- regardless of the weather -- to encourage air flow. The MPCC has purchased HEPA air purifiers to support cleaner air.

Question: What happens when weather prohibits going outside?

Answer: To reduce virus transmission indoors (and outdoors, too!), program participants and staff are divided into 'cohorts', groups of limited size that remain together. Cohorts are assigned their own space, washrooms, supplies and equipment. Physical distancing between cohorts is enforced by designation of traffic patterns, where possible, to minimize co-mingling. Cohort sizes vary according to guidance. Currently recreation cohorts are 10 individuals. In child care, cohort sizes vary by age, reaching a maximum of 15 school-aged children.

Question: What happens if someone gets sick?

Answer: If symptoms appear before arriving at an MPCC program, the employee or participant is asked to complete an Ontario Covid self-assessment and follow its advice for testing and any recommendations by Ottawa Public Health, Telehealth Ontario or their primary care provider. The MPCC follows up on employees and participants.

If symptoms appear while at the MPCC, the person will be immediately isolated in a designated isolation space. Staff will wear full PPE when accompanying the ill person. A friend or family member will be contacted to take the person home. They are requested to complete an Ontario Covid self-assessment and follow its advice for testing as well as any recommendations by Ottawa Public Health, Telehealth Ontario or their primary care provider.

The MPCC will notify the city's Covid Response Line that there is an illness at work and follow their guidance. Programs may be temporarily closed and/or close contacts may be asked to self-isolate and/or monitor their symptoms -- all based on the guidance provided by Ottawa Public Health (OPH).

Where the symptoms are not Covid related, or the Covid test is negative, individuals may return 24 hours after symptoms have been resolved or 48 hours after vomiting / diarrhea is resolved.

Question: Will you close a program if someone is sick?

Answer: The MPCC will follow the guidance of Ottawa Public Health. We may be required to close some or all parts of a program. Participants and staff will be notified. No refund or credit will be offered.