



COVID-19 RESTART PLAN

Mamacentric Program

The Cumberland Community Schools Society (CCSS) is committed to providing a safe and healthy environment for staff, volunteers and clients. The purpose of this document is to outline safety protocols to limit the transmission of COVID-19 during the restart of our Mamacentric Program. The information in this document is based on provincial guidelines issued by *WorkSafe BC*, the *Ministry of Health* and the *BC Centre for Disease Control*. It will be updated as the situation changes and new information becomes available.

Mamacentric is a gathering place for moms with babies to toddler aged children. Pre-COVID, the group met face to face at Cumberland Community School every Tuesday afternoon. Since the onset of COVID-19, the group has been meeting online via Zoom. Starting Tuesday June 9th, the program will transition to meeting outside with the following safety protocols:

- Anyone who has had symptoms of COVID-19 in the last 10 days must NOT attend. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
- Participants will remain at least 2 metres (6 feet) apart. Hula hoops will be set out to mark the appropriate distance. Hoops will be sanitized before and after the session.
- The facilitator will track attendance (both name and contact info of all participants). This information will remain confidential unless required by health authorities for tracing contacts.
- Participants must bring their own food and drinks (no sharing).
- Participants must bring their own toys (no sharing).
- Participants will be notified in advance that there is currently no access to washrooms, handwashing sink or other school facilities. CCSS will provide hand sanitizer.