

Updated February 9, 2022

Dear Members,

Please be advised that our seniors association has taken the position that all COVID health and safety restrictions remain in effect until further notice.

This means masks and proof of vaccination are required to enter the building during our association hours from 8:30 to 4:30 weekdays. The safety and security of our members, instructors, volunteers and staff remain of the utmost importance to us. We will keep you informed as policies change.

Please check with the City of Edmonton at 311 or [www.edmonton.ca](http://www.edmonton.ca) for their regulations for evening and weekend activities.

CLSA Board and Executive Director

<p><b>Why am I receiving this communique?</b></p>	<p>We have received numerous inquiries about the status of reopening at CLSA.</p> <p>Yes: we are going ahead with courses this winter.</p>
<p><b>Restrictions Exemptions Program – QR Codes and Mandatory Masking</b></p>	<p>CLSA will continue to require <b>proof of full vaccination and mandatory masking</b> until at least April 8<sup>th</sup>, 2022. CLSA will <b>NOT</b> be accepting negative COVID tests at this time.</p> <p><b>*NEW*</b> AHS recommends N95 masks. PLEASE AVOID CLOTH MASKS or BANDANAS at this time. We have a supply of blue medical masks if you cannot obtain an N95. Masks protect yourself and others: <b>please keep your mask on at all times while at the facility. Your mask must be secured over your nose and mouth.</b></p> <p>We will accept Vaccine QR codes as the <b>ONLY</b> valid proof for members who have <b>NOT</b> provided their vaccination records yet. Members who have already provided proof will <b>NOT</b> need to show it again.</p> <p>We <b>REQUIRE</b> that all patrons provide proof of vaccination prior to attending a CLSA program or activity. Second vaccinations must be dated at least 14 days before the start of your activities.</p> <p><b>*NEW*</b> We encourage you to get your booster shot but will not</p>

	<p>be requiring proof – at this time.</p> <p>You can display your QR-code vaccine card on your phone, provide us with a print out of the information, or email <a href="mailto:IAmVaxxed@CentralLions.org">IAmVaxxed@CentralLions.org</a> with a photo or scan.</p>
<p><b>What about my personal information?</b></p>	<p>The <b>Personal Information Protection Act</b> (PIPA) is consent based and allows organizations to collect personal information for reasonable purposes.</p> <p>Rest assured that we are collecting and will keep this information confidential. We will not share it externally or use it for any other purpose than to support this temporary measure.</p> <p>For further information on PIPA law, visit: <a href="https://www.alberta.ca/collecting-personal-information.aspx">https://www.alberta.ca/collecting-personal-information.aspx</a></p>
<p><b>Food &amp; Beverage in Established Eating Areas Only</b></p>	<p><b>*NEW*</b> No food or beverages permitted between 8:30 a.m. – 4:30 p.m. for CLSA programs, activities, and bookings. Any food or drink purchased from Ela Euro Café must be consumed only in designated areas (signage is posted through the building).</p> <p>Should a person arrive for the explicit intent of going to the cafeteria, they will be required to sanitize, don a mask, provide their QR Code, and receive a CLSA Hall Pass and Bracelet.</p> <p>This will also be true for guests of our partners (City of Edmonton rental, Host Lions and Marigolds) who have business in the building during CLSA hours of 8:30 a.m. – 4:30 p.m. Monday to Friday.</p> <p>For information on City of Edmonton policies from 5 PM – 10 PM, please visit <a href="http://edmonton.ca/COVID-19">edmonton.ca/COVID-19</a></p>
<p><b>What about Water Bottles?</b></p>	<p><b>*NEW*</b> water or sports drinks are permitted for those exercising at CLSA. If you need to re-hydrate, please ensure you maintain at least <b>three metres</b> of physical distance before taking a sip, and immediately put your mask back on after due to the highly contagious nature of Omicron.</p>
<p><b>What is your mask policy?</b></p>	<p>Following the City of Edmonton’s bylaw, face masks are required to enter the facility. Your mask must be secured over your nose and mouth. If any visitor refuses to wear a mask or face covering, they will not be permitted into the facility.</p>

	<p><b>High-Intensity Activity</b></p> <p><b>*NEW*</b> Masks are required inside all City of Edmonton Recreation Facilities, with the only exemption for when individuals are engaged in high-intensity physical activity. Masks are required when walking through the common areas, including when members are off the court, away from a designated mat or area, or switching between stations at the fitness centre.</p> <p>We strongly recommend that members keep their masks on during high-intensity activity (e.g. during paddle sports and fitness classes, or at the fitness centre) and only remove masks at least <b>three metres</b> distance away from other members, to re-hydrate or catch their breath.</p>
<p><b>Health Screening upon entry</b></p>	<p><b>*NEW*</b> When you visit the facility, please wear your mask, be prepared to sanitize your hands, provide your name at the volunteer desk, keep a physical distance of 2 metres, and/or provide your proof of full vaccination at the front desk if you have not already done this.</p>
<p><b>Before you arrive</b></p>	<ul style="list-style-type: none"> <li>• <b>*NEW*</b> Perform a self-assessment: (<a href="https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx">https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx</a>).</li> <li>• Consider the following: What is your risk? Are you healthy enough to ‘weather the storm of COVID?’ Can you afford to be sick for weeks and potentially be hospitalized? Could you spread COVID to a vulnerable loved one?</li> <li>• Do you have the N95 mask that’s being recommended? Are you prepared to wear the mask throughout your time at the Centre?</li> </ul> <p><b>Stay home if you:</b></p> <ul style="list-style-type: none"> <li>• Are feeling ill and/or experiencing any of the following symptoms: cough, fever, shortness of breath, runny nose or sore throat, fatigue, aches and pains, red or irritated eyes, loss of taste or smell</li> <li>• Have experienced any of the above symptoms in the last 10 days</li> <li>• Have tested positive for COVID-19 in the past 10 days or been in contact with anyone who has tested positive</li> <li>• Have, within the last 14 days, returned home from travel outside of Canada or been in contact with someone who has travelled outside of Canada and tested positive for</li> </ul>

	<p style="text-align: center;">COVID-19</p> <p>If you start to develop symptoms of COVID-19 while in a facility, please inform a staff member and leave the facility immediately.</p>
<p><b>Participant Capacity and Physical Distancing</b></p>	<p><b>*NEW*</b> Class sizes have already been limited to meet current provincial standards. In group fitness classes, members are required to maintain <b>three metres</b> of physical distance between themselves and others whenever possible.</p> <p>Please exit the facility promptly when your activities have been completed, and please do not congregate in lobby areas or arena bleachers.</p>
<p><b>Why is CLSA doing this?</b></p>	<p>Throughout the pandemic, CLSA has been committed to the health and safety of our members, volunteers, instructors by preparing for and responding to the changing circumstances of COVID-19.</p> <p>We believe our policies are essential to providing a safe environment for our members, instructors, volunteers, and staff and are a way to help our communities reopen safely.</p> <p>We hope this is a temporary measure, and with transmissible nature of the omicron variant, we are trying to do our part to limit the spread of the virus and protect vulnerable people and the community.</p> <p>We will monitor the situation and communicate required updates to ensure a safe environment for everyone visiting our facility.</p>
<p><b>How do I show CLSA my COVID-19 vaccination records?</b></p>	<ol style="list-style-type: none"> <li>1. Provide proof of vaccination by sending a scan or photo of your proof to <a href="mailto:IAmVaxxed@CentralLions.org">IAmVaxxed@CentralLions.org</a>.</li> </ol> <p>Once your proof is confirmed in the CLSA system, you will receive an email confirmation from us, and you can continue with your activities this winter.</p> <ol style="list-style-type: none"> <li>2. Visit the Centre in person during our open office hours: <b>Mon–Fri 9 a.m. – 4 p.m.</b> (excluding holidays) <ul style="list-style-type: none"> <li>• <b>Step 1</b> – Bring your proof of vaccination and make sure your mask is on before you enter the building.</li> <li>• <b>Step 2</b> – Sanitize your hands upon entering.</li> <li>• <b>Step 3</b> – Look for the “Proof of Vaccination” station at the</li> </ul> </li> </ol>

	<p>front desk.</p> <ul style="list-style-type: none"> <li>• <b>Step 4</b> – Provide your proof to a member of our team and they will note it in the CLSA registration system.</li> </ul> <p>We recommend that members <b>avoid the line-up and delays</b> by providing proof as soon as possible, not just on the first day of your class or planned activity.</p> <p><b>If we do not have proof of your vaccination by Monday, February 28<sup>th</sup>, you will not be allowed to go past the lobby.</b></p>
<p><b>How do I book a vaccination appointment?</b></p>	<p>Vaccinations can be booked through AHS, pharmacies, at a doctor's office, or by calling 811. <a href="#">Click here to visit the Government of Alberta website</a> to learn more.</p>
<p><b>What happens if I am NOT fully vaccinated?</b></p>	<p>Members who are not fully vaccinated will <b>NOT</b> be permitted to partake in our programs until they are fully vaccinated. There are <b>NO</b> exemptions to this policy.</p>
<p><b>If I am not double vaccinated by the start of the term on February 28<sup>th</sup> how do I withdraw from a class and request a refund?</b></p>	<p>You can withdraw from a program by filling out the <b>Program Withdraw Request Form</b> (Refer to the attachments in the email, or visit our website <a href="http://www.CentralLions.org">www.CentralLions.org</a> and look for "Forms" in the menu bar).</p> <p>Please indicate in the body of your email if you would prefer:</p> <ul style="list-style-type: none"> <li>• A credit to be issued to your 'wallet'; or</li> <li>• If you'd prefer a refund cheque sent to you</li> </ul> <p>After filling out the withdraw request form(s) members can send their refund request to <a href="mailto:Refunds@CentralLions.org">Refunds@CentralLions.org</a>.</p> <p>Call 780-496-7369 if you have any questions. You will likely have to leave a message and we will respond as soon as possible.</p>
<p><b>How do I transfer to another class if I am not fully vaccinated or will not have proof by February 28<sup>th</sup> that I am double vaxxed?</b></p>	<p>Classes may be cancelled and some members may want to transfer to the course offered at a later date. You will be notified by our office team if your class is cancelled.</p> <p>You can transfer to another class by filling out the <b>Program Transfer Request Form</b> (Refer to the attachments in the email, or visit our website <a href="http://www.CentralLions.org">www.CentralLions.org</a> and look for "Forms" in the menu bar) and send it to <a href="mailto:info@CentralLions.org">info@CentralLions.org</a>.</p>

<p><b>What about Instructors?</b></p>	<p>All CLSA instructors are fully vaccinated to teach at the centre this winter.</p>
<p><b>What if I cannot get the vaccine due to physical or psychological reasons?</b></p>	<p>We are sympathetic to your situation and will invite you to return once our double vaccinated policy is lifted.</p>
<p><b>We understand that this decision will not please everyone.</b></p> <p><b>If you have a...</b></p> <ul style="list-style-type: none"> <li>• <b>Concern, or a</b></li> <li>• <b>Comment, or a</b></li> <li>• <b>Complaint...</b></li> </ul>	<p>We've heard it all! More than once from:</p> <ul style="list-style-type: none"> <li>• Mainstream and alternative media.</li> <li>• Facebook, Twitter, YouTube, TikTok etc. etc. etc. etc.</li> <li>• Professionals, politicians, medical experts, brothers / fathers / sisters / mothers-in-law, armchair critiques, friends and foes.</li> </ul> <p>We've heard the pros and cons...alleged facts and conspiracies.</p> <p>There's nothing more to add. <b>Keep it to yourself.</b> For every comment that can be made, a counter comment can be made.</p> <p>Our motivation in taking this drastic action is to provide a safe, comfortable, positive, and friendly environment for members (who are particularly vulnerable to the devastating effects of this virus and its variants) who have taken measures to rejoin society in a safe manner.</p> <p>We will not rid our community of this pandemic, but we may make a small impact by working together to protect each other and attempt to slow the spread.</p>
<p><b>On a final note...</b></p>	<p>We ask that you continue to be kind and patient with our amazing staff and volunteers; they are here to assist you.</p> <p>Please keep in mind that they did not make this decision, but they would love to hear your POSITIVE comments on our actions to keep you safe.</p>