



## **Varsity Acres Presbyterian Church**

*"One in Christ, reaching out to many"*

### **General Guidelines**

**Created:** Feb 2021  
**Reviewed:** Mar 2022  
**Revised:** Mar 2022

**Please read guidelines carefully as changes have been made for Step 2 of the current reopening plan.**

#### **Before arrival:**

- Please advise the church office at 403-288-0544 or [office@vapc.ca](mailto:office@vapc.ca) that you or your group will be using the church building. This will ensure that you or your group can be accommodated in an appropriate space based upon current gathering restrictions. If you are a regular user, ensure that the church office has your current schedule.
- Each participant should use the Alberta Health Services [COVID-19 Online Self-Assessment](#) tool before coming to the church.
- Refer to the AH "DO NOT ENTER" sign posted at each entry.

#### **Entering the Building:**

- Wearing a mask is no longer required but can provide extra protection for those people who remain cautious in public settings.
- Review current AH daily checklist available at each entrance
- Hand sanitizer is available on a table at each entrance. Please use it immediately upon entry and again when exiting the building.
- Physical distancing continues to be recommended for participants who are not part of the same family cohort.
- Open windows and prop open doors for extra ventilation as weather permits.
- Spray sanitizer and cloths are available in the Narthex, Scott Hall, the Multipurpose room, and washrooms.

*General Guidance for COVID-19 and other Respiratory Illnesses March 2022*

*Guidance for Masks for the General Public March 2022*

4612 Varsity Drive NW, Calgary AB T3A 1V7

P 403-288-0544 F 403-288-8854 [office@vapc.ca](mailto:office@vapc.ca) [www.vapc.ca](http://www.vapc.ca)

- **Before and after** building use, sanitize any contact points and hard surfaces which you or your group will touch (or have touched)
- This includes but is not limited to common contact points - light switches, railings, door handles, tables, counter-tops, and sink taps (bathrooms and kitchen).
- Allow the sanitizing solution to stand on a surface for one minute before being wiped off.
- If cleaning supplies are running low there are more available in the Choir Room, off of Scott Hall. They are in the lower cupboard by the window. If stock is low please add to the “short list” located on the bulletin board by the church office.

#### **Other considerations:**

- Be aware of current isolation and quarantine requirements

[Isolation and quarantine requirements | Alberta.ca](#)

- If a participant starts feeling COVID-19 symptoms during their time in the building, be prepared to initiate a **Rapid Response Plan**:
  - ISOLATE the participant from others.
  - CLEAN and DISINFECT all surfaces that the symptomatic participant may have been in contact with.
  - Participant to immediately perform HAND HYGIENE and ensure adequate MASKING.
  - Ensure the participant ISOLATES as soon as possible.
- Guidelines for assessing when mask use may be advised/required:
  - Masks are tools that **complement** - not replace other measures that have proven to be effective in slowing the spread of COVID-19 between people.
  - Wearing a mask should be used in combination with other measures such as:
    - Getting vaccinated against COVID-19, and getting a booster dose as soon as you become eligible.
    - Staying home when you are sick
    - Maintaining space from other individuals or households, where possible
    - Washing hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer with a minimum of 60% alcohol
    - Covering coughs and sneezes with a tissue or your elbow (i.e., good respiratory etiquette)

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- Avoiding touching your face with unwashed hands.
- Assess your personal or family risk to determine if additional precautions would support your situation including wearing masks in certain settings or wearing masks that offer better protection (e.g., a medical mask, a KN95 mask or a respirator).
- Wearing a mask may be a reasonable precaution, particularly when in a shared space with people from outside your immediate household, when in an indoor setting and/or in any crowded setting.
- Albertans in high-risk health settings should consider using a medical mask instead of a non-medical mask.
- Fully vaccinated Albertans who develop COVID-19 are required to wear a mask at all times when around others outside of home for up to 5 days after home isolation and should consider using a medical mask instead of a non-medical mask during this period