



EMF PROGRAM HEALTH POLICY AND GUIDELINES

for IN PERSON INTENSIVES

Before you come:

- Rest well and engage in good immune support practices.
- Stay away from large crowds.
- Consider masking up in airports and on planes, ferries, taxis etc.
- If you know you are immune compromised, please consider staying alone for the intensives, wearing protective mask and social distancing as you may like; and know you can always sit at side of room by open window and witness on any given day, not have to sit right next to people in the circle etc.
- Pack a little medicine/remedy kit to bring to the intensives, couple of Covid home tests, and N95 masks if wanted.
- If you are coming from the United States or another country, please make sure you have Medical Insurance as a visitor to Canada.

Once you arrive in studio:

- Wash your hands often

HEALTH GUIDELINES:

1. If you feel ANY symptoms of cold, flu or other significant bodily changes, please immediately inform Hana by text/email (not WhatsApp) 604-781-6040. Please let Hana know all of your symptoms, so others can monitor themselves for any similar symptoms. Preferably communicate with Hana before teaching hours, and during breaks, and then before 9pm at night.
2. If any symptoms, stay home and avoid contact with others.
3. If staying with others, inform your house-mates as soon as possible, and do your best to contain yourself in your room or outdoors and to wear a mask if that does not compromise your breathing or health.

4. Communicate with your house-mates and class-mates (by WhatsApp or text) as to what your needs are and be open to hearing their needs. Make a good plan together that is agreed upon and works for everyone.

5. Class-mates will need to take care of themselves and may wish to social distance. They may also wish to help you with seeking medicines or a Covid test, or making or bringing food to you if needed. If you are not able to meet your own needs in this way, let Hana or Amanda or program staff know and we will help arrange a drop off for what you need.

6. If you are really sick, please seek medical support. Let us know if you need help finding the medical help available to you while on Saltspring Island. The walk-in at the emergency dept is fantastic and usually very fast. That is at Lady Minto Hospital which is just north of Ganges near the Country Grocer store. If you call 911 you can also be picked up by ambulance. There are also numbers to call in BC to speak to a nurse: dial 811 to reach *HealthLink BC*. That nurse can help you to perhaps figure out what your symptoms could be and what action to take.

7. Keep us updated as to how you are doing, at least daily.

8. We ask that you wait **one full day POST having contagious symptoms before returning to class**. If you know you have Covid and are still infectious then you may need to wait longer before returning. For Covid, this is minimum 10 days usually. For regular flu, this is usually 5-6 days, and as long as symptoms are fully gone. Talk to a nurse at 811 to figure that out.

Please research how long to wait to return to the company of others to reduce infection spreading, based on what you have.

9. **Once back in class**, if you have had Covid, we ask that you wear a mask for two more days, and also that you consider staying to the sides of the room, near an exit or open window, and not sit close to anyone or engage in partner work, in order to reduce the chance of infection.

For any other sickness other than Covid, we ask that you wear a mask for minimum one day in class (just in case symptoms might still be lingering without you knowing it).

What The Movement Arc will provide during in person intensives:

- Two boxes of N95 masks (the only proven to work mask type for reducing infection)
- Four boxes of Covid home tests (that are up to date). You can only test 3 days after your symptoms begin to get an accurate reading.
- Additional paper towels for drying/wiping hands after washing, and not having to share towels.
- Soap and hand sanitizer (your choice).

Let's stay well everyone!

Please see the MAKE UP TIME POLICY for EMF, if you are missing time due to illness or injury.