

BLOCK PARTIES

COVID-19 Precautions



IN PERSON BLOCK PARTIES OR NEIGHBOURHOOD EVENT

When hosting an in person neighbourhood event or block party there are several public health guidelines that need to be followed to ensure the health and safety of your neighbours. As the person organizing the event will be ultimately responsible for ensuring that the public health orders issued by the Chief Medical Officer of Health (CMOH) are followed at all times. FCSS and the Town of Cochrane have developed the following guidelines to help ensure the health and safety of residents during any neighbourhood events.

GENERAL GUIDELINES

1) Stay home if you're feeling ill or are exhibiting symptoms of COVID-19, such as:

- Fever*
- Cough (new cough or worsening chronic cough)*
- Shortness of breath or difficulty breathing (new or worsening)*
- Runny nose*
- Sore throat*
- Stuffy nose
- Painful swallowing
- Headache
- Chills
- Muscle or joint aches
- Feeling unwell in general, or new fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis (commonly known as pink eye)

Public Health Orders in effect at the time of publication stipulate individuals having a fever, cough, shortness of breath, runny nose or sore throat are legally required to isolate for 10 days from the onset of those symptoms, or until the symptoms resolve, whichever is longer. Persons with any of the other listed symptoms should stay home and minimize their contact with others until their symptoms resolve

2) Keep 2m physical distance when door knocking or interacting with people outside of your household.

3) Wash your hands frequently with soap and water for at least 20 seconds or use alcohol based rubs containing at least 60% alcohol.

- Always ensure that you are washing your hands before and after eating, using washroom facilities, and after touching a surface if you are unsure if it is clean.
- Hand sanitizer should only be used a maximum of 10 times prior to washing your hands for 20 seconds with soap and water.
- Avoid touching your face as much as possible

4) Always cover your coughs and sneezes with your elbow.

5) Wear a mask if unable to keep 2m distance, although it is good practice to wear a mask whenever you are interacting with neighbors.

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EVENT SPECIFIC GUIDELINES

1) When you register your block party we will provide you with printable signage that includes the general guidelines listed above and a PPE kit that includes hand sanitizer and a box of masks. These signs must be visible during your event.

2) Make hand sanitizer containing at least 60% alcohol available and practice enhanced cleaning and disinfection of common, high touch surfaces such as tables or chairs. Ask neighbors to bring their own chairs to the block party.

3) Outdoor events must limit the number of people based on AHS guidelines.

- 2m separation must be maintained between people unless they are from the same household or cohort family.
- If the physical space doesn't allow for 2m separation, the number of attendees must be reduced to comply.

4) Start small and invite only the people on your block to limit the number of people in attendance.

5) Until we are able to share food without risk of transmission, BBQs, potlucks and other communal food activities are not possible. However, we know that sharing a meal is a great way to bring people together and there are other creative ways to do this while staying safe:

- Host driveway dinner parties. Invite your neighbours to set up a picnic on their front lawn or driveway and eat meals outside with other families on their street.
- Host a pot luck but have neighbours bring their own food and share conversation rather than meals. To add an extra challenge ask neighbours to share their favourite recipe with the block before the event (using email or in a social media group) and challenge each person to try a new recipe! Remind neighbours to maintain 2m physical distance during the event.

6) Games with shared balls, Frisbees, etc. are still prohibited unless participants are from the same household or existing cohort family.

- If you would like to do something more active for your event, get in touch with your neighbours to see if anyone on your block has special skills they would be willing to share. For example, if one of your neighbours is a yoga instructor, perhaps they would be willing to host a yoga class in a local park or front yard. Just be sure to maintain 2 meter distance between mats!

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VIRTUAL EVENT IDEAS:

- 1) Host a virtual murder mystery party! You can find several different scenarios and characters at www.nightofmystery.com and use zoom, Webex or any other virtual meeting platform to start sleuthing!
- 2) Host a virtual Karaoke Night: www.karafun.com
- 3) There are several games you can play with your neighbours including Jackbox, and codenames - all you need is a Wi-Fi connection! Amazon, the PlayStation store and Steam are all great places to find online games.
- 4) Start a DND Campaign with your neighbours. You can find everything you need here: roll20.net
- 5) Start a block wide scavenger hunt! Put together a list of 10-20 challenges or ask your neighbours to post photos of themselves as they complete each task. You can even ask neighbours to chip in a small amount at the beginning of the scavenger hunt and use the money to treat the winners to take out from your favourite local restaurant!
- 6) Grab some sidewalk chalk and pick a time to have your neighbours get together and beautify their sidewalks.
- 7) Now is the perfect time to get creative! Have fun!

cochrane.ca/Neighbours

