

*This update is supplemental to the safety measures that were implemented during facility re-openings in July 2020.*

## **UNA Mask Guidelines (Updated: November 2020)**

For the health and safety of staff, contractors and visitors, and to reduce the spread of COVID-19, the University Neighbourhoods Association (UNA) requires the wearing of masks in all UNA indoor facilities effective immediately.

### **Mask Requirement**

Wearing a face mask is an additional safety measure that can reduce the risk of transmission of the COVID-19 virus. Some exemptions will apply to this requirement, however, the UNA is requiring all individuals entering UNA indoor facilities to wear a face mask. This includes:

- Visitors participating in recreational programs or availing of services offered in UNA facilities
- Employees and contractors working or providing a service in the UNA Main Office, Wesbrook Community Centre and Old Barn Community Centre

Face masks must be worn properly, as [directed by the BC Centre for Disease Control \(BCCDC\)](#) – covering the nose, mouth and chin.

This face mask requirement is a precaution in addition to (not a substitute for) physical distancing, handwashing, staying home when feeling sick or having flu-like symptoms. Please refer to the [UNA COVID-19 Safety Policies](#) and the [UNA Staff Safety Plan](#) for other safety measures.

### **Mask Exemptions**

Those exempt from wearing a face mask inside UNA facilities include individuals:

- Who are five years old and under
- With a sensory disability
- With a cognitive disability
- With a physical disability
- With a chronic respiratory health condition
- Who are deaf or hard of hearing
- Who are unable to wear or remove a mask without assistance
- Who are unable to wear a mask due to trauma, anxiety or psychological distress

Those unable to wear a mask are asked to maintain physical distancing for their safety and the safety of others.

It is important to the UNA that individuals who are unable to wear a mask are not stigmatized or judged. Kindness, understanding and patience must be exercised especially during this time of adjustment and uncertainty.

### **Mask-Optional Activities**

Some activities and programs are considered mask-optional within their designated spaces while observing physical distancing.

These include:

- Working in a personal office/workstation
- Working out at the fitness centre
- Participating in fitness classes
- Participating in indoor sports
- Participating in dance classes
- Participating in martial arts classes
- Other situations at the discretion of the program instructor/UNA staff

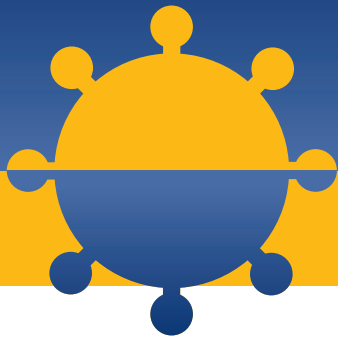
Individuals who choose to remove their face masks are asked to put them back on once their activity is over.

Individuals are welcome to wear a mask while participating in mask-optional activities.

### **Compliance and Enforcement**

Individuals are asked to bring and wear their own face masks. The UNA will provide a disposable face mask, if necessary. Everyone is expected to wear their face masks properly. [Posters](#) on how to wear a face mask from the BCCDC can be found around UNA facilities for reference.

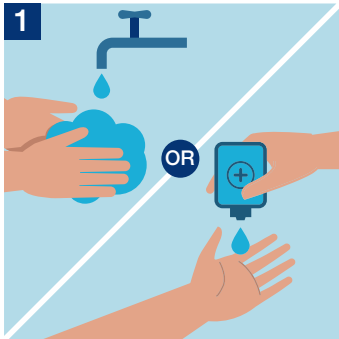
The UNA has taken careful considerations following BC Recreation and Parks Association, WorkSafe BC and BC provincial government guidelines in creating protocols to be able to operate safely. We are committed to providing a safe, inclusive and welcoming environment for all visitors, staff and contractors. Our expectation is for everyone to behave in a socially responsible manner. Individuals not wearing a mask will be reminded by staff of the mask requirement. Accommodations outside of what's been stated above will only be made at the discretion of UNA staff.



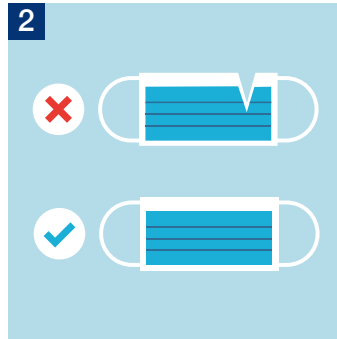
# Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health

## How to Wear a Face Mask



1 Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.



2 Check the new mask to make sure it's not damaged.



3 Ensure colour side of the mask faces outwards.



4 Locate the metallic strip. Place it over and mold it to the nose bridge.



5 Place an ear loop around each ear or tie the top and bottom straps.



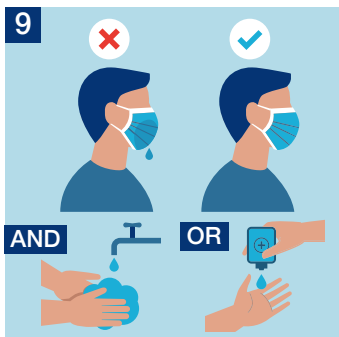
6 Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.



7 Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.



8 Do not touch the mask while using it, if you do, perform hand hygiene.



9 Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

### Removing the Mask



1 Perform hand hygiene.



2 Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.



3 Discard the mask in a waste container.



4 Perform hand hygiene.

