

# Easing of Restrictions Plan

## In Response to the COVID-19 Global Pandemic

### 1.0 Overview

With the COVID-19 pandemic evolving and the pandemic landscape shifting, adaptation to COVID-19 and its variants is required so we can ensure that critical services continue, and we can move forward and coexist with the virus.

The COVID-19 pandemic has greatly affected our community's and individuals' mental, emotional, spiritual, and physical wellbeing. This Plan will outline safe and appropriate steps to keep our mental, emotional, spiritual, and physical wellbeing as a priority while easing restrictions.

The plan has been informed by the following:

- The capacity of our pandemic response teams
- The community-wide vaccination rate
- Active cases in Wiikwemkoong
- Active cases within the Public Health Sudbury & Districts area, including rate of transmission
- Improvements in key public health and health care indicators throughout the province
- Continuation of critical services, specifically services and programming pertaining to community and individual mental, emotional, spiritual, and physical wellbeing
- Adaptation to allow coexisting between the COVID-19 situation and Wiikwemkoong

#### **Key Public Health and Health Care Indicators:**

- Active cases in Wiikwemkoong
- Active cases within the Public Health Sudbury & Districts area, including rate of transmission
- The province's ongoing assessment with the following:
  - The identification of any new COVID-19 variants,
  - Increases in hospitalizations and ICU occupancy and
  - Rapid increases in transmission
- Ontario's Re-Opening Plan

Monitoring the COVID-19 situation is essential for coexisting. This includes monitoring trends in indicators, especially during winter and summer holidays, and when students are in school.

#### **Key Principles:**

- Ongoing monitoring and increased vaccination rates
- Ongoing testing (including Rapid Antigen Testing completed at home)
- Plans and policies in place to ensure our pandemic response teams, including the health care teams' capacity is not overwhelmed

- Easing public health measures in a safe manner
- Minimize disruption to individuals, the community, and businesses
- Overall community wellness

This is a living document that may undergo changes and revisions when deemed necessary.

## 1.1 Vaccination Efforts

We are strongly encouraging Wiikwemkoong community members to get vaccinated. The COVID-19 vaccine is the best way to protect yourself from experiencing severe symptoms of COVID-19 and its variants.

For this Plan, we will determine which restrictions are to be lifted in each Step established on a 70% vaccination rate of those eligible 18 years of age and older community members. At this time, the COVID-19 vaccines are approved and available for eligible individuals per provincial guidance. We encourage all community members to get the COVID-19 vaccine and to continue to practice public health guidelines.

## 1.2 Easing Restrictions

As we coexist with COVID-19, easing of restrictions will occur based on the active cases and the capacity of the pandemic response teams. Depending on the status of COVID-19 in Wiikwemkoong, the Steps will determine which public health measures are to be implemented or restricted. This may include participating in community wellness programming, enjoying more physical activity with larger groups, decreasing capacity restrictions within public spaces, and participating in ceremony and traditional gatherings.

## 1.3 Moving Through the Steps

In efforts to move forward and adapt to the current situation, these steps are determined based on active cases, vaccination rate of the community, and the capacity of our pandemic response teams. If trends in key public health and health system indicators are positive, community vaccination rates continue to rise, and active cases go down, then the community will move to the next step after the following thresholds have been met. If active cases rise to a point where the capacity of our pandemic response teams becomes overwhelmed, we will revert to Step 1 to implement appropriate additional restrictions.

- **Step 1:** Additional Restrictions Implemented
- **Step 2:** Vaccination rate has reached 70% or more
- **Step 3:** Ogimaa and Council Declares the COVID-19 Pandemic Over

**Note:** *The back-to-school plan will not be outlined in this document, as other data and information aligned with our Children's Bill of Rights and our children's learning needs, mental health and wellbeing will be considered when making these decisions.*

## **1.4 Proof of Vaccination Requirements**

There will no longer be the requirement to provide proof of vaccination for community programming and events. We strongly encourage community members to get vaccinated, as it is the best protection from severe symptoms of COVID-19 and its variants.

## **2.0 Guiding Principles**

### **2.1: Step 1 Additional Restrictions Implemented in Wiikwemkoong**

We will enter Step 1 when the Pandemic Response Team, with the guidance of Naandwechige-Gamig Wikwemikong Health Center, assess the capacity of our Pandemic Teams to determine if we need to implement additional restrictions for the safety and wellbeing of the community.

Additional restrictions that could be implemented include:

- Capacity limits
- Mandatory masking requirements
- Community members are encouraged to stay home and stay within their household bubble
- Social gatherings will be prohibited
- All businesses and organizations within WUT may enforce additional restrictions
- Community members who do not reside here are encouraged not to come home
- Tourists and non community members are encouraged to refrain from travel into the community

### **2.2: Step 2 Vaccination rate has reached 70% or more**

Step 2 of the Easing of Restrictions Plan occurs when the vaccination rate of eligible Wiikwemkoong community members who are 18 years of age and older is 70% or more. The capacity limit in step 2 is 100% for all indoor and outdoor activities, including public buildings.

If you plan on hosting an event or activity, you must have a Safety Plan readily available in case it is requested. If your event, program, or activity exceeds 100 people you are required to present your Safety Plan to the Pandemic Response Team for approval.

Mandatory masking will continue for all WUT operations, including Administration, Education, health care settings, departmental transportation, and for WUT programming, activities, and events. However, all outdoor activities and events do not require masks. We are strongly encouraging masking to continue within the community. Wiikwemkoong local businesses could keep their own masking requirements in place if they chose to do so.

Step 2 includes:

- 100% capacity:
  - All public buildings, including recreational facilities, retail, and restaurants
  - All indoor and outdoor events, programming, and activities, including gatherings (non-sporting events), meeting and event spaces, and tour and guide services
  - Outdoor sports and leagues: no restriction on number of participants and spectators.
    - Masks are not required for outdoor sports and recreational activities
  - Indoor and outdoor religious/spiritual services, rites, or ceremonies
  - Overnight camps are permitted.
- Tourism is open to non-community members.
  - Visitors are encouraged to review Wiikwemkoong Tourism's COVID-19 Visitor Guide: <https://wikytours.com/daily-cultural-experiences/>
- Travel safely: To ensure the safety and well-being of the community, it is strongly recommended that safety precautions are adhered to when travelling. **Regardless of vaccination status**, if you are travelling outside of the [Robinson Huron Treaty Territory](#):
  - You are required to self monitor for ten (10) days, and it is recommended to be tested seven (7) days upon returning to the community
  - If you develop symptoms after returning home, isolate immediately and call WHC to book COVID-19 testing and speak to a nurse
- Please remember that public health measures such as: washing/sanitizing your hands, continual disinfecting of common areas/surfaces, physical distancing, daily self-monitoring, and contact tracing must continue to be followed.

## 2.3: Step 3 Ogimaa and Council Declares the COVID-19 Pandemic Over

Step 4 of the Easing of Restrictions Plan occurs when Ogimaa and Council declares the COVID-19 Pandemic over based on the guidance and recommendations of Naandwechige-Gamig Wikwemikong Health Centre, Public Health, and Indigenous Services Canada.

Step 4 includes:

- All public health measures that are outlined at this time are to be followed.
- All occupational and health and safety standards are to be continued.

## 3.0 Community Programming and Events Guidelines

### 3.1 **Facilitators, Contractors, and Others Entering Wiikwemkoong**

To ensure the safety of the community and to reduce the risk of exposure and transmission from individuals who are coming into the community from outside of [Robinson Huron Treaty Territory](#), the following measures are in place.

- Facilitators, contractors, or any other individual(s) that are coming into the community from outside of the [Robinson Huron Treaty Territory](#), for programming, events, or work-related business will be required to provide a negative COVID-19 test result within 24 hours prior to arrival in the community.
  - Acceptable COVID-19 tests:  
PCR Tests, Rapid Antigen Tests, and Rapid Molecular Tests
- It is advised that individuals seek this COVID-19 test from a Public Health agency and express that the need for the test is because of entry to a First Nation community. You are eligible for PCR testing because you are entering into a First Nation community.
- Rapid Antigen Testing **may** be available for individuals wishing to enter the community if they are unable to get tested prior to entry. This option is only available if the organizer can accommodate this request.
- Individuals who have previously been diagnosed with and cleared of a COVID-19 infection may be exempted from asymptomatic screening testing 30 days after their COVID-19 infection (based on the date of their positive result).

### 3.2 **Other Requirements**

- Each organizer for events or programming within the community is responsible for developing a safety plan for their event/program, outlining the steps they will take to ensure the safe delivery of the program, event, or activity.
- Safety Plan must include:
  - Registration and screening protocols
  - A plan ensuring that the mandatory public health guidelines are being adhered to (i.e., wearing a mask, physical distancing, hand sanitizing, etc.)
  - Risk and mitigation strategies (how can you do this activity in a safe manner, and what will you do if someone tests positive 48 hours after your event)
- Each organizer for events or programming is required to present their event/programs' safety plan to the Pandemic Response Team for review and approval if it exceeds 100 or more participants.
- In certain circumstances, an organizer for an event, programming, or activity **may** be required to present the event and its safety plan to Ogimaa and Council to be reviewed and be granted approval.
- Programming and events must be delivered in a controlled environment where staff can monitor who enters and exits.
- Mandatory screening is required for all participants, staff, and organizers.
- Every participant must pre-register for in-person group programming where applicable and virtual programs that require supplies delivered. If pre-registration is not applicable, organizer must ensure each participant is screened prior to entry.

- Two staff members minimum are to be present at every program.
  - One staff member will provide screening on day of program at entrance.
  - One staff member to deliver program.

### 3.3 Pre-Registration

Pre-registration for all WUT community programming and events is strongly recommended. The purpose of pre-registration serves as a record-keeping function to assist with contact tracing purposes in the event of a COVID-19 case within the Wiikwemkoong Unceded Territory. If pre-registration is not applicable, please ensure that your safety event plan includes process for screening and contact tracing at beginning of event.

Records will include the following information: name, contact information, time of arrival/departure, screening completion, and it must be kept up to date. See [Appendix for COVID-19 Screening Form](#)

### 3.4 Program Set-Up

To protect the safety of participants and community members, organizers must follow the below guidelines to ensure protection, to the best of our ability, against COVID-19:

- Masks are required, unless exempted for medical reasons.
- Tables, chairs, and any equipment must be wiped down and sanitized with disinfectant wipes that are on Canada's approved list of disinfectants that fight COVID-19. [Appendix for Canada's Approved Disinfectants List](#)
- Frequent disinfecting and sanitizing of commonly touched areas and surfaces are required. These surfaces include doorknobs, handrails, elevator buttons, light switches, cabinet handles, faucet handles, tables, countertops, and electronics. In child and youth settings, such surfaces may also include toys and play/sports equipment.
- In addition to routine cleaning and disinfecting, shared spaces such as kitchens and bathrooms should be cleaned and disinfected more often, as well as when visibly dirty. Items that cannot be easily cleaned (e.g., newspapers, magazines, stuffed toys) should be removed.
- Follow safe operations guidance from Community Health Nurses and Sudbury and District Health Unit.
- If your event uses a ball or item that is touched by multiple people, efforts should be made to sterilize often, and sanitizing wipes should be disposed of properly.
- All desks and tables must be 2 meters apart from one another.
- For physical activity programs-visual cues of orange cones will be used to maintain physical distance of 2 metres for each participant. This will identify the participant's safe space to participate and will ensure that everyone is 2 meters apart.
- For cooking programs, workstations will be set up 2 meters apart. This will be marked with physical distancing tape. Take out containers will be provided so participants are not bringing anything from home.
- Please refer to section 17.0 Serving Food and Beverages for guidance if providing food or drink.

### 3.5 Screening Process

The WUT screening process allows for an initial baseline assessment of the participant during the programming/event/activity.

- Remind all participants of the protocols that are being reinforced.
- Event and community programming organizers will screen the participant on the day of at the entrance to the program/event and keep accurately detailed records and monitor the arrival and departure of participants and log on the COVID-19 screening form. This will assist with contact tracing.
- Organizers will bring the following supplies: hand sanitizer, gloves (for cooking programs), face masks, disinfectant wipes, orange cones if needed, physical distancing tape, infrared thermometer, or thermometer with ear probes.
- Any person with symptoms of COVID-19 will not be permitted to participate in the scheduled event. A copy of the COVID-19 screening form will be sent to WHC Primary Care department [covid@wikyhealth.ca](mailto:covid@wikyhealth.ca) email so that a WHC Community Health Nurse can follow up with the community member.

### 3.6 Sports Guidance

- When planning to participate in a sport or league, please ensure you are following the organization's COVID-19 policies.
- Refer to the Easing of Restrictions Plan to determine which Step we are in for further information.

### 3.7 Resources Required

The following are resources which are required for in person programming and events. They include but are not limited to:

- |                                      |   |
|--------------------------------------|---|
| • Screening Forms (digital or paper) | • Gloves (if applicable)                |
| • Hand Sanitizer                     | • Thermometer                           |
| • Disinfectant wipes                 | • Face Masks                            |
| • Orange Cones (if applicable)       | • Lunch bag and individually wrapped    |
| • Physical distancing tape           | utensils and condiments (if applicable) |

### 3.8 Virtual Platform for Program Delivery

In our efforts to adapt and coexist with COVID-19 for the long term, while continuing to have our community's overall wellbeing as a priority, we are strongly recommending the use of virtual programming, events, and activities for Wiikwemkoong as an alternative way of delivering programs/events/activities. This offers an innovative way for community members to participate in community initiatives from the comfort of their own home.

- Employees of Wiikwemkoong Unceded Territory will be provided with training to support the virtual platform being offered for service delivery.
- To ensuring privacy and confidentiality of client care, Cyber protection insurance will be included in WUT insurance policy. Additional fees will need to be included in the annual budget to reflect this requirement.
- To support our citizens throughout this new way of connecting, the following steps will be required prior to delivering a virtual session:



- Confirm access to internet via Wi-Fi connectivity with the client.
- WUT program workers who are admins on their respective social media pages should monitor and respond to community member's questions regarding how to access the virtual programming/event/activity and help them troubleshoot if necessary.
- The only time mandatory pre-registration will occur for virtual programs are for those virtual sessions that require supplies to follow along with at home (e.g., painting workshops, recipe kit bags for at home cooking programs, preserve kits for at home preserve programs).
  - The home drop-off of supplies will be at the discretion of the organizers, pending resource availability.
- WUT program workers must ensure community members are aware that some virtual group programming sessions may be recorded to be used for future purposes. If they stay on the virtual session, this will be their consent to being recorded.
- All questions for a session will be answered at the end of the session, if possible. This is to ensure these can be edited out in the recording, so main content can be used for future purposes.
- Provide the option to email the virtual platform link to the program participant or meeting ID number. Include any supplemental resources that may be part of program ahead of time for participant to review.
- Upon completion of the virtual program, WUT staff will ensure participation is charted under group programming for reporting purposes.

### **3.9 Serving of food and beverages**

The serving of food and beverages during programming or events shall follow the guidelines below:

- Follow safe operations guidance from Community Health Nurses and Sudbury and District Health Unit.
- Food and beverages must not be served buffet style.
- Make sure people keep at least 2 metres apart if they must line up for services.
- Food must be individually wrapped, with lunch bags packaged separately for each participant. Each lunch bag must include all of the necessary condiments and utensils.
- Reinforce "no sharing" policies, For example: the use of utensils or condiments.
- Make sure staff have access to PPE. It is recommended to wear the PPE when collecting or cleaning used plates, cups, and utensils, or when delivering food.

### **4.0 Conclusion**

These guidelines are to ensure the safety of WUT community members while continuing to provide critical services and community wellness programming, events, or activities. In addition, this document is intended to assist the WUT Community Health Nurses, should their services be required during and/or after any event or programming.



# Community Programming and Events Safety Plan Template



*This template is to assist departments, programs and others plan their programming, event, or activity in a safe manner, ensuring that public health safety measures are being adhered to.*

*Please refer to the WUT Easing of Restrictions Plan and the Community Programming and Events Guidelines for more information and details of any public health measures and if any, restrictions.*

## Program/Event/Activity Details:

**Please provide your contact information. (Name, department/program/organization, email, phone number)**

Click or tap here to enter text.

**What is the programming/event/activity?**

Click or tap here to enter text.

**Date, time, and location:**

Click or tap here to enter text.

**How many participants?**

Click or tap here to enter text.

**How many people in total (including staff and facilitators)?**

Click or tap here to enter text.

***If your event/program/activity exceeds 100 people or more, you are required to present this Safety Plan to the Pandemic Response Team for approval.***

**Did your program/event/activity complete the pre-registration process?**

Click or tap here to enter text.

**Have the organizer and staff been consistent in daily self-monitoring?**

Click or tap here to enter text.

**How will you screen participants, staff, and facilitators?**

Click or tap here to enter text.

**Will you have a sign-in sheet for contact tracing purposes?**

Click or tap here to enter text.

**How many handwashing or hand sanitizing stations will you have at your program/event/activity, and where will they be located?**

Click or tap here to enter text.

**Will everyone attending the program/event/activity be wearing masks?**

Click or tap here to enter text.

**Will you be providing masks for people who need them?**

Click or tap here to enter text.

**How will you always maintain 6 feet physical distancing?**

Click or tap here to enter text.

**When will you sanitize and disinfect all common areas? (Pre-event, during event, and post-event)**

Click or tap here to enter text.

**How will you ensure that you have all the necessary supplies required to adhere to public health safety measures? (Where will you get your sanitizing wipes? Masks? Etc.)**

Click or tap here to enter text.

**What will you do if someone who had attended your event/activity tests positive?**

Click or tap here to enter text.

**Are there additional considerations for your event? (i.e., sporting event)**

Click or tap here to enter text.

**Will there be food? How will you safely distribute the food and drinks?**

Click or tap here to enter text.

**Has your supervisor/manager reviewed this Safety Plan?**

Click or tap here to enter text.

**Please submit this Safety Plan to Shannon Manitowabi**  
**[msjmanitowabi@wiikwemkoong.ca](mailto:msjmanitowabi@wiikwemkoong.ca)**

## Appendix A: Robinson Huron Treaty Territory

### Robinson Huron Treaty Territory

North of Sault Ste. Marie; south of Chapleau; up to Kirkland Lake;  
west of the Ottawa River, up to Pembroke; and south to Penetanguishene.

