

A gravel road stretches from the bottom center towards the horizon, flanked by green fields. The sky is blue with scattered white clouds.

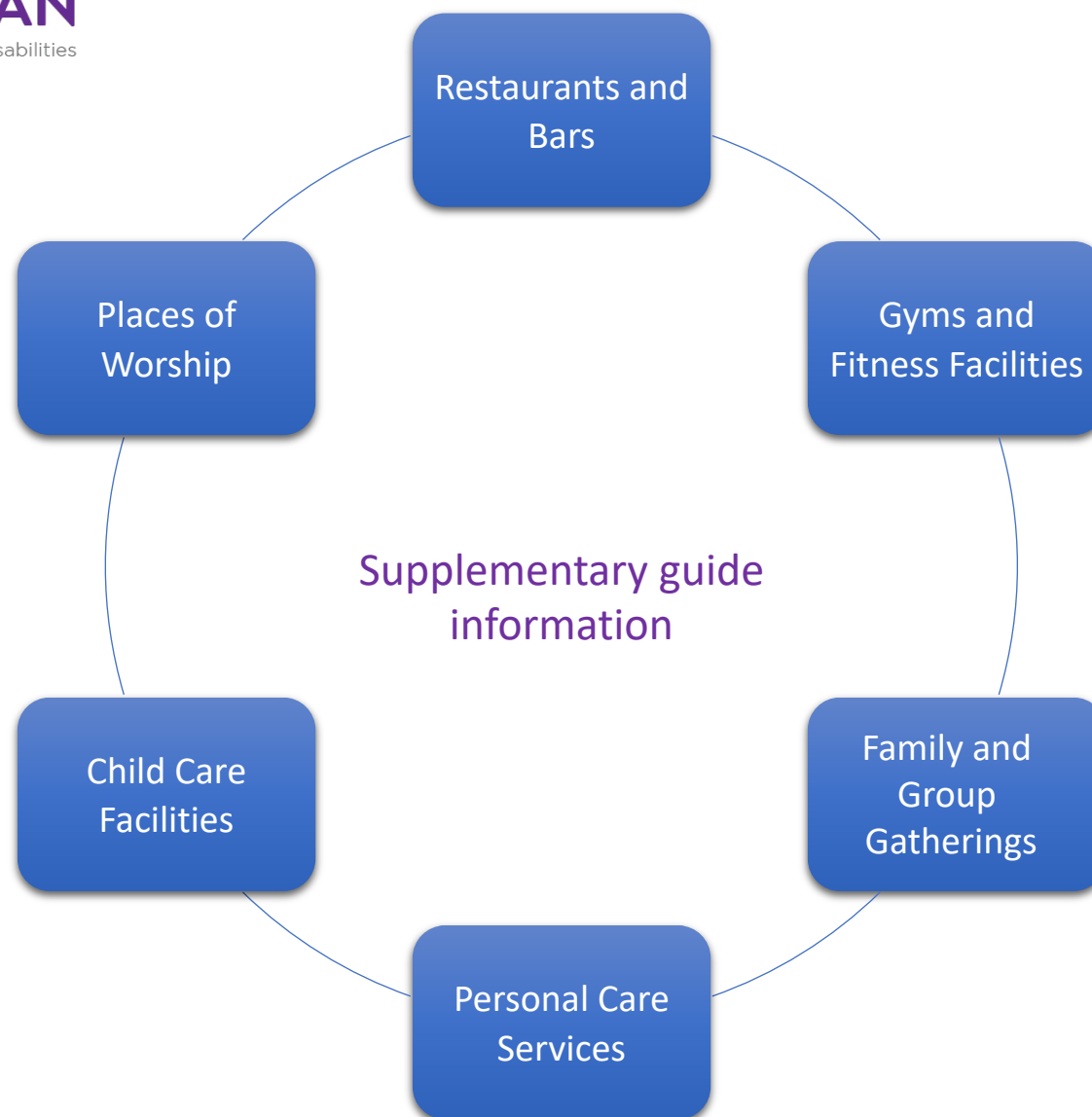
# Phase 3 Re-Open Saskatchewan Guide

June 8, 2020

Prepared by Inclusion Saskatchewan's Self Advocacy Committee

Current as of June 7, 2020

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## **Phase 3 of the Re-Open Saskatchewan plan is set to happen on Monday, June 8, 2020.**

- Everywhere you go will have different procedures in place to make sure their customers and staff are safe.
- This guide will go over the common procedures you will see in businesses or services you go to.



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- Keep at least 6 feet between you and everyone else at all times.



- Stay home if you are sick or you have been around someone sick.



- Wash your hands or use hand sanitizer after you leave each store.



- Don't touch your eyes, nose or mouth in public. Only touch your face with clean hands.



- Wear a face mask when you cannot keep 6 feet away from others.



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## Things to think about before you leave the house

- Continue to stay at home as much as possible.
- Continue to use online ordering, delivery or pick up instead of going to the business.
- Continue to keep at least 6 feet away from other people.
- Wearing a cloth face mask is recommended and maybe required in some businesses.
- It is recommended that people who are elderly, have a weakened immune system or have underlying health issues stay home.
- Ask the business or service if there are any extra costs for the service during the pandemic.





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## Things to think about before you leave the house

- Places may not be open the hours they used to be. Call ahead to make sure they are open.
- Places (restaurants, gyms, churches etc.) may be asking everyone to make reservations or book ahead.
- Places will have to count how many people come in and out of the building or business to keep the number of people low.
- Be patient, there may be line-ups.
- Remember that things will look and feel different.



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## When you are at the business

- Hand washing or using hand sanitizer when you arrive and before you leave will be suggested.
- Businesses will be posting signs to show you where to walk and stand in the building (like grocery stores have already).
- Waiting rooms, restaurants, gyms, etc. will have the furniture re-arranged to make sure and leave space between customers.
- There may be more barriers (e.g. plexiglass) set up to keep people apart.
- Only people in the same circle or bubble will be allowed to sit together at restaurants and churches.



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## When you are at the business

- Don't touch any surfaces you don't need to.
- Don't put your personal items (keys, bag, purse, wallet) on the counter or till.
- Use debit or credit card. Avoid using cash.
- Ask the staff if you have any questions or need any help.
- Staff will be cleaning and disinfecting a lot.





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# Restaurants and Bars



Including restaurants, bars, nightclubs, lounges, food courts,  
cafeterias, cafes and bistros.



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Can only fill half of their seats at any given time.

Tables are limited to a maximum of 6 people and you must be in the same group to sit together.

No dance floors, VLT'S, electronic games, dart boards, pool tables or karaoke. No live entertainment will be allowed.

Self service pop stations and condiment stations will be closed.

Things like ketchup, salt, pepper, napkin holders and special menus will be removed from tables.

They may have a smaller menu than you remember.

No buffets are allowed.

Places may have you seat yourself at a numbered table.

Cafeteria style will only be allowed if staff hands each customer the food, to avoid people touching products.

Menus may not be handed out to each customer. You may have to read a menu off a chalk board or menu board.



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# Gyms and Fitness Facilities





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Must have a staff member present in order to be open.

People are asked to arrive in their workout clothes.

No food or beverage services can be offered (smoothie bar, protein bars, etc.).

People will be asked if they are sick and may have temperature taken at entrance.

You will be asked to bring your own equipment (e.g. yoga mat) if possible.

Group classes can only have up to 15 people and everyone has to be at least 6 feet apart.

Shower, locker rooms and sauna's will be closed.

Drinking fountains will be closed except to fill up your personal water bottle.

Gyms may be using a reservation system to limit the number of people in the gym at one time.





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# Places of Worship





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Seating must be re-arranged so people can be at least 6 feet apart.

No singing is allowed. If singing is required then a mask must be worn.

All social events should be cancelled or postponed.

Offering baskets will not be passed around.

Microphones are hard to disinfect and may not be used.

Services may be hosted virtually or as a drive in service still.

Reservations may be required to attend a service.

Entry's and exits will be managed to keep at least 6 feet between people.

Individuals in the same household may sit together.





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# Child Care Facilities





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# Safety Protocols

Only 15 children are allowed per building space.

Drop off and pick up should be done outside if possible.

The number of toys available will be limited to ones that can easily be cleaned.

All childcare facilities in the same building as long term care must have a separate entrance and the groups can not mingle.

Children can only go to one child care facility.

Field trips are not allowed.

Walks around the neighborhood are allowed as long as 6 feet can be kept between the group and the public.

No sharing of food or utensils is allowed.



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# Personal Care Services



Including: esthetician, tattoo artist, make-up artists, electrologist, nail places, sun tanning places, piercing places, bone grafting and scarification services.



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You must make an appointment.

You will be required to wear a mask.

Don't show up early or you will have to wait outside . Show up within 5 minutes of your appointment.

No coffee, tea or water can be served to the customer.

You will be asked to attend the appointment alone .

Washrooms will likely be closed in small businesses.

Magazines and other items will be removed from the waiting rooms.





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# Group Hangouts & Family Get-Togethers





## Outside

15 people in building

This is called your personal circle or bubble. Talk to the other people you live with to make sure everyone is comfortable with including more people in your circle.

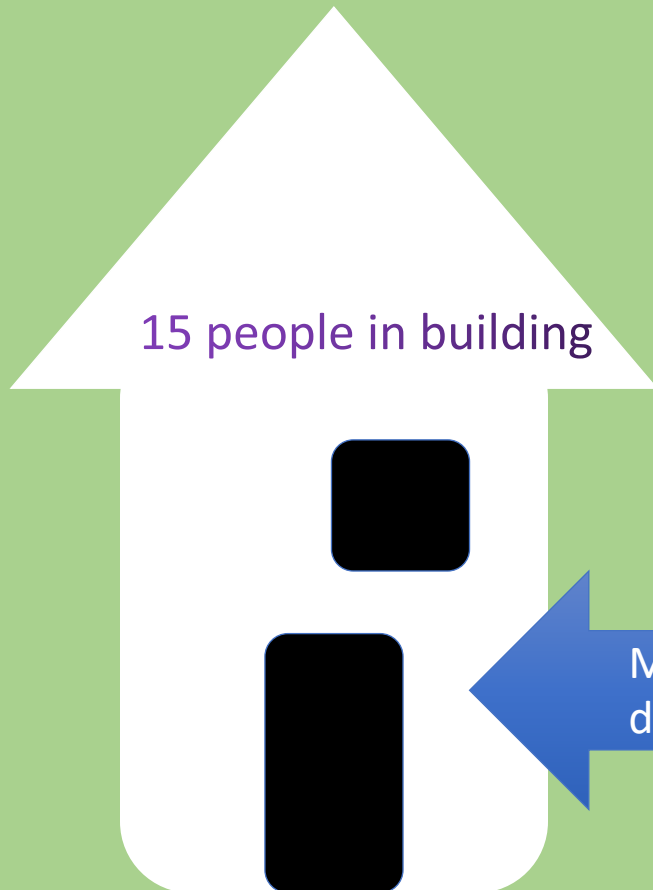
Some people may not be comfortable with seeing this many people. Everyone can make the choice for themselves along with anyone in their current circle.

Maintain 6ft distance

You are encouraged to keep the amount of people you are in close contact with to only a few.

Maintain 6 ft distance

Do not share food with anyone







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1. When you are inside, you can have up to 15 people together (keeping at least 6 feet between people).
2. When you are outside, you can have up to 30 people together (keeping at least 6 feet between people).
3. Visiting outside is easier for keeping at least 6 feet between you and others.
4. You are encouraged to keep the amount of people you are in close contact with to only a few. This is called your personal circle or bubble.
5. Don't share food or drinks with anyone else.
6. Talk to the other people you live with to make sure everyone is comfortable with including more people in your circle.
7. Some people may not be comfortable with seeing this many people. Everyone can make the choice for themselves along with anyone in their current circle.



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1. Opening June 15, 2020.
2. Drop-and-go is recommended.
3. One adult recycler per family is allowed in the building.
4. Do not bring children with you if possible.
5. There may be line ups and you may have to stand and wait outside.