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Squamish Nation

COVID-19 COMMUNITY UPDATE

November 9, 2020

In response to a significant recent increase in positive COVID-19 cases, on November 7, 2020, Dr. Henry issued a regional order for the Vancouver Coastal Health and Fraser Health regions that prohibits social gatherings of any size outside of your household.

This regional order supersedes the provincial order issued on October 30th (limiting gatherings to 50 people) for these two health regions. This order is in effect as of November 7th at 10:00pm until November 23rd at 12:00pm.

This update contains an overview of what this means for community members, as well as impacts on Squamish Nation programming.

DETAILS OF THE PROVINCIAL HEALTH ORDER:

Social interactions

Socialize only with those in your core bubble.

"Core bubble"

A core bubble are the people you spend the most time with and are physically close to. For some people, their core bubble is their immediate household. For others, their core bubble may contain a partner, relative, friend or co-parent who lives in a different household.

An immediate household is:

- Your immediate family
- A group of people who live in the same dwelling. For example:
- If you have a rental suite in your home, the suite is a separate household
- If you live in an apartment or house with roommates, you are all members of the same household

Gatherings

No social gatherings of any size with anyone other than your core bubble.

For example:

- Do not invite friends or extended family to your household
- Do not gather outdoors
- Do not gather at restaurants

- Do not have playdates for children

Allowed activities

Going for a walk is not considered a social gathering. You must make sure a walk does not turn into a group of people meeting outside.

Parents can continue to carpool kids to and from school.

Grandparents can continue to provide child care.

Funerals and weddings

Funerals and weddings may proceed with a limited number of people and a COVID safety plan in place.

Associated funeral or wedding receptions at any location are not allowed, such as:

- Inside or outside homes
- Any public or community-based venues

- This includes events of fewer than 50 people

Group physical activities

Businesses, recreation centres or other organizations that organize or operate indoor group physical activities must suspend these activities. This includes:

- Spin classes
- Yoga
- Group fitness
- Dance classes
- Any other group indoor activity that increases the respiratory rate

Indoor sports where physical distancing cannot be maintained are suspended. This includes activities like:

- Boxing
- Martial arts
- Hockey
- Volleyball
- Basketball

These activities can be replaced with individual exercise or practice that allows everyone to maintain a safe physical distance.

Indoor group physical activities can only resume when the business has updated their COVID-19 safety plan and received plan approval from their local Medical Health Officer.

SQUAMISH NATION PROGRAMS & SERVICES

The health and safety of our staff and community members is of the utmost importance.

All indoor recreation programming and any in-person workshops hosted by the Squamish Nation are **cancelled** during the period of November 7th at 10:00pm until November 23rd at 12:00pm.

CJMC (604-980-6338)

Cancelled programs:

- Pickle ball
- Medicine Ball
- Indoor Team practices

Still operating:

- Virtual Zumba
- Youth Soccer (outdoors)
- Weight Room (with restrictions)

Totem Hall (604-892-5166)

All in-person classes are cancelled until November 23rd – which include:

- Kick boxing – both Adult & Children’s classes
- Badminton
- Weight Training with Tony
- Boot Camp with Nic – noon & evening classes

Fitness Room bookings are still ongoing with limited numbers & times:

- maximum of two people per time slot.
- Must book in advance with Mikey or Nolan

We are continuing online programs for:

- Healthy Children’s Program
- Teen Center Programs such as
 - Right to Play
 - Sister Tribe
 - Gentlemen’s Club

Continuing Zoom Adult Programs:

- Crocheting
- Zumba

Other programs and services will continue to be administered remotely wherever possible. Most staff will be working from home during this time, with the exception of those who are required to be in the office in order to complete their duties. Enhanced COVID-19 measures will be in place during this two-week period.

Please **do not** visit any Squamish Nation buildings or facilities during this time without calling first to make arrangements. Office doors may be locked to ensure compliance with safety protocols.

IMPORTANCE OF CONTINUING TO FOLLOW ALL PUBLIC HEALTH GUIDELINES

We need to keep up the important work of continuing to protect our community and our loved ones.

We can do this by:

- Following all public health orders
- Maintaining 2m/6ft distance between you and anyone outside your bubble
- Wearing a mask anywhere that social distancing may be a challenge
- Washing your hands frequently, or using hand sanitizer when you're unable to wash your hands
- Not touching your face

ISOLATION SUPPORTS THROUGH MEMBER SERVICES

If you have been instructed to self-isolate due to COVID-19, please don't hesitate to reach out. Our Member Services team is providing a wide range of assistance to meet the needs of those in isolation. **Call 604-982-7610 during business hours, or 604-505-3776 after hours.**

We do not receive names of those who have been instructed to self-isolate due to COVID-19, so we require impacted individuals and families to reach out to us. You are not alone. Please reach out.

MASKS AND GLOVES AVAILABLE UPON REQUEST

If you or any members of your household need masks or gloves, please call 604-982-7610 to request these items.

Please note that these items are not restricted to on-reserve members or households who are self-isolating. Masks and gloves will be distributed upon request to all members who need them.

Remember, a mask is expected be worn in all public spaces (including when grocery shopping, on public transit, etc.) and any time physical distancing cannot be guaranteed.