

RESTORING SAFE SERVICES

MANITOBA'S PANDEMIC AND ECONOMIC ROADMAP FOR RECOVERY



COVID-19 Pandemic Response

Effective: June 1, 2020

Restoring Safe Services: Manitoba's Pandemic and Economic Roadmap for Recovery set out an evidence-based plan to ease public health measures that had escalated since mid-January. These measures have successfully flattened the curve, with fewer instances of coronavirus (COVID-19) and reduced rates of positive tests from peaks experienced in early April. We have been able to create widespread public awareness and Manitobans responded by adopting physical distancing behaviours that put us in a position to ease restrictions over time. This phased approach has been working.

Increased testing and the continued vigilance by Manitobans during the partial restoration of services have combined to enable additional services to be restored, supporting Manitoba's economy.

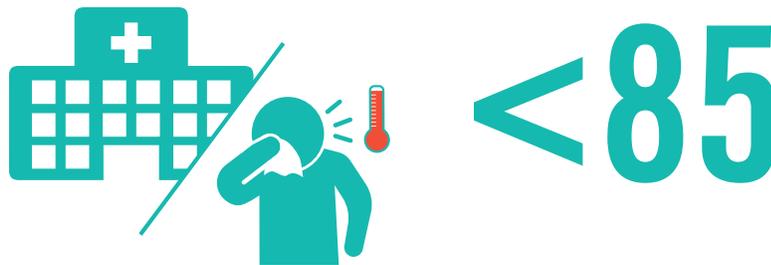
Determining when further easing is possible is not an exact science. Many factors, current research, and the experience of other jurisdictions all contribute to the determination of public health professionals on whether further restrictions are required, or further easing is possible. In general, key criteria have been met since the implementation of Phase One, allowing us to further ease public health measures:

1. Transmission of COVID-19 is controlled.

After the first few weeks of Phase One, the transmission of COVID-19 remains largely controlled in Manitoba. As of May 26th, the data shows:

- The total number of lab-confirmed positive and probable positive cases was 292. No individuals were hospitalized and none were in intensive care. Manitoba had 16 active cases and 269 individuals had recovered from COVID-19. The number of deaths due to COVID-19 was seven.
- The number of people attending emergency departments or urgent care facilities with flu-like symptoms is low. As of May 25th, there have been fewer than 85 visits on average over the past five days.

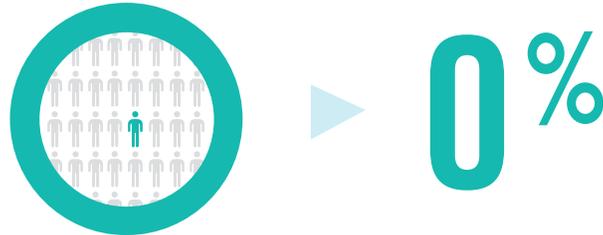
Average Number of Emergency Department/Urgent Care Centre Visits for Flu-like Symptoms Over the Past Five Days



- The percentage of people testing positive for COVID-19 remains low. As of May 26th, an average 0 per cent of people tested had positive results over the past five days.

Average Number of People Testing Positive for COVID-19

Over the Past Five Days



- Labs are testing all specimen collections received daily without delay. Volumes currently average about 500 to 600 samples per day. Manitoba has increased the criteria for testing and has one of the most extensive criteria for testing across the country. With additional strengthened capacity at Cadham and Dynacare laboratories, test volumes are anticipated to increase toward the target of 1,000 per day, which would meet the acceptable guideline of one per cent of Manitoba's population. Right now, Manitoba's lab testing capacity allows up to 2,000 tests per day, so ample lab test capacity exists for further testing. Manitoba plans to add test capacity up to 3,000 tests a day by this fall, if necessary. Testing criteria now includes all Manitobans with symptoms for greater testing certainty. In addition, strategic testing approaches for asymptomatic groups are also underway.

Lab Sample Volumes for Testing

Daily Average



- As of May 26th, the total number of positive cases over the last seven days where the source of the transmission cannot be effectively traced (cases not linked to other cases) is zero.

Cases not Linked to Travel or Other Cases

Over the Past Seven Days



2. Stable health system capacity exists to meet potential COVID-19 case growth as well as meet non-COVID-19 required health services.

Manitoba currently has sufficient health care capacity to manage additional COVID-19 cases. As of May 26th, 33 per cent, or 852 of total acute hospital beds are available and planning is underway to add an additional 300 with overflow capacity in Brandon, Thompson and Winnipeg. As of May 26th, 30 per cent, or 25 of the total intensive care unit beds are available and planning is underway to add an additional 100 beds. Other important health services like elective surgeries and diagnostic procedures began to restart in May. Maintenance of these required health services is dependent on reliable supplies of personal protective equipment (PPE) and the inventories of critical equipment are increasingly improving due to innovative procurement efforts provincially and nationally.

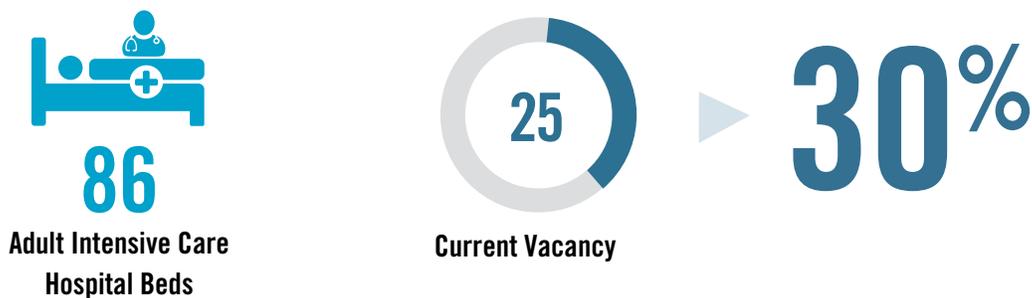
Available Acute-Care Hospital Beds

Information as of May 26th, 2020



Available Intensive Care Unit Beds

Information as of May 26th, 2020



3. There is sufficient public health capacity.

Manitoba has an increasingly robust system for identifying cases, isolating them and tracing and isolating their contacts. This includes:

- expanded laboratory capacity to carry out testing;
- regional public health capacity to manage cases, and identify and follow up contacts; and
- alternative isolation accommodations for those who are unable to easily isolate themselves at home including new shelter beds to support people affected by homelessness.

4. Outbreaks in vulnerable settings are minimal and proactive preventative measures are in place to further reduce any risks.

As of May 26th, Manitoba has no current confirmed cases or outbreaks of COVID-19 in personal care homes or other long-term residential settings through the strong and dedicated efforts by residents, families, staff and facility management. Manitoba has taken action to protect long-term care residents by pausing public visits, allowing staff to only work at one personal care home, screening staff before workplace entry, implementing rigorous hygiene protocols and creating personal protective equipment usage protocols. These measures will remain in place in Phase Two and additional measures inside facilities will continue to be reviewed and taken as necessary.

5. Preventive measures are in place in workplaces.

Manitoba has implemented physical distancing guidelines of two metres in most workplaces, along with guidelines on hand hygiene, capacity control, brief interactions only as necessary and enhanced business sanitation, among other measures. Manitoba's business community has implemented these requirements rigorously, and their efforts have made an impact. These measures will remain in place in Phase Two.

6. Travel restrictions are maintained to prevent spread and importation of the virus.

Manitoba continues to restrict travel. Anyone entering Manitoba must self-isolate for 14 days, with certain exceptions. Travel to northern Manitoba and to remote communities is prohibited with some exceptions. These measures will largely remain in place in Phase Two.

Visit <http://www.manitoba.ca/covid19/soe.html> to review the current public health orders.

7. Manitobans are aware of and engaged with public health information.

Manitoba holds regular public briefings with the chief provincial public health officer and Shared Health's chief nursing officer. The province has a sustained public communications campaign to inform Manitobans about the current status of the COVID-19 pandemic and measures to prevent the spread of the virus. Enforcement measures also help reinforce the importance of compliance with public health orders.

Based on this information, Manitoba has prepared this Phase Two plan toward safely restoring services.

If results are not positive, the Manitoba government will not proceed with further easing of public health measures and may reintroduce others.



RESTORING SERVICES - PHASE TWO

Note that changes in the Phase Two plan outlined below are in addition to those introduced in Phase One. If no changes are below, the conditions outlined in Phase One still apply. Essential services can continue to operate.

Detailed public health guidance for businesses is available at <http://www.manitoba.ca/covid19/restoring/index.html>

PUBLIC GATHERINGS - Effective May 22

Change: Indoor gatherings are increased to 25 and outdoor gatherings allowed up to 50 people.

Public gatherings of 25 people are allowed indoors and 50 people outdoors, where members of the public are reasonably able to maintain a separation of at least two metres from others, except for brief exchanges. This change applies to social gatherings, worship, weddings and funerals. These gatherings must follow public health guidelines for the venue where they are being held.

The maximum number of people permitted indoors is 25, except where distinct groups of 25 can be segregated to prevent contact with other groups through the use of separate exits and/or staggered drop off schedules, as well as monitoring access to the facility to avoid congestion. This applies to all public indoor sites, including religious facilities such as churches, synagogues, temples and mosques, among others.

People socializing together at indoor or outdoor public settings (e.g., restaurants, bars, patios), as well as at private events (e.g., weddings, funerals), are advised to physically distance themselves from members outside of their household, except for brief exchanges (e.g., taking a photo together).

This means that seating arrangements should allow for a two metre/six foot separation between chairs. When standing at events, including on dance floors, a two metre/six foot separation is also required for non-household members.

As has always been the case, members of the same household do not need to physically distance themselves from each other, at home or in public or private settings.

People are reminded to stay home if they are feeling unwell, even if their symptoms are mild (visit <https://www.gov.mb.ca/covid19/about/index.html> for a list of symptoms). This means not attending any activities outside of your home, even if they are more solitary activities such as running or biking.



PROFESSIONAL TEAM SPORTS - Effective May 22

Change: Sports may resume some activities.

Players, coaches, managers, training staff and medical personnel employed by or affiliated with a professional sports team may attend the team's facilities for the purposes of training and practising, provided that no members of the public are permitted to enter those facilities.

These organized activities can resume as long as precautions are taken, such as physical distancing and enhanced cleaning of equipment and indoor spaces. Each sports organization and/or facility must establish a plan for how to minimize physical contact and reduce the risk of COVID-19 transmission between participants. Outdoor activities are lower risk for transmission of COVID-19 than indoor activities. Guidance on performing a risk assessment for different sports and establishing plans will be posted online as soon as possible.

All activities will require some modification from their usual operations; however, individual or group activities that have close prolonged face-to-face contact (e.g. boxing, football) are higher risk, and will require some modification of the sport or activity to minimize this type of contact.

These activities must adhere to travel restrictions.

The following guidelines should be followed.

- Continue to offer virtual instruction or training where possible.
- Individuals must use the [self-screening tool](#) before reporting to work, and should stay home when ill.
- Individuals must be screened for [symptoms](#) prior to participation each day of the activity, and are not allowed to participate if they are ill with COVID-19 symptoms.
- If indoors, hand hygiene stations should be placed at the entrance and strategically throughout the facility.
- Shared equipment must be cleaned frequently. This can be done by participants, but staff should ensure this is being done regularly.
- Individuals are given information on social distancing. Indoor facilities must post signs indicating physical distancing guidelines.
- Ensure enhanced cleaning of indoor facilities, particularly washrooms.
- Encouraging individuals to shower at home and limit use of locker area.
- Removing any common use items from locker rooms.
- Posting signage for guidance on shower area use to maintain physical distancing.
- If locker rooms are used, consider modifying their use in order to maintain physical distancing.
- As well, a disinfectant spray or wipes should be available for participants to disinfect locker contact surfaces before and after use.
- Enhanced and frequent cleaning and disinfection of locker rooms will be required.
- Areas of congregation (e.g. team benches, pool edges) will require creative solutions to adhere to physical distancing guidelines. This can be done in consultation with provincial and national sport-specific COVID-19 guidance, where applicable.



OUTDOOR VISITS IN PERSONAL CARE AND LONG-TERM CARE SETTINGS - Effective May 29

Residents in these facilities may receive visitors in an outdoor setting where all individuals are reasonably able to maintain a separation of at least two metres from others.

PHASE TWO

OUTDOOR DRIVE-IN EVENTS - Effective June 1

Religious organizations, other organizations and drive-in movie theatres may hold outdoor events without limitation on numbers if people stay in their vehicles, or stand outside on the left side of their vehicles, as long as the windows of the vehicle next to them are closed and as long as people remain two metres apart at all times.

The following guidelines should be followed by patrons, volunteers and staff:

- Physical distancing must be observed at all times when outside the vehicle for essential purposes, such as to use the washroom, with a minimum of two metres between individuals when outside of their vehicles.
- Vehicles must be separated by a minimum of two metres.
- Windows and sunroofs may be open; doors and trunks should remain closed.
- Only individuals from the same household may occupy the same vehicle.
- If staff or volunteers are required to have contact with any equipment (e.g. speaker), the equipment must be cleaned and disinfected after each use.
- Access to washroom facilities must be limited to no more than 25 people at one time.
- Where washroom access is provided, frequent cleaning and disinfection must take place before, during and after the service.
- Physical distancing of two metres must be maintained for those waiting for washroom facilities.
- Food/concession services that are provided should follow applicable restaurant guidelines.
- Where possible, payments should be accepted through contactless methods.
- All other services and common areas must be suspended, including picnic areas and play areas.
- Employees must have access to soap and water or an alcohol-based hand sanitizer for hand hygiene, as well as appropriate cleaner and disinfectants.
- Employees and volunteers are required to stay home if they are sick or symptomatic.
- Patrons should be reminded that anyone who is feeling sick or symptomatic must remain at home, even if they stay in their vehicle at all times.



CHILD CARE SERVICES - Effective June 1

Change: Groups can increase to a maximum of 24 children plus staffing.

Centres can consider accommodating a single room group of up to 24 children plus staffing or more than one grouping of 24 children plus staffing in multiple and separate rooms, provided each group has separate entrances/exits, and/or staggered drop off schedules from a common facility entrance, and will not be congregating in a larger common space. Families who have accessed a child care space under the temporary child care program as a critical service worker or as part of the re-opening of the economy will not be displaced from their placement until full resumption of child care services.

SCHOOLS - Effective June 1

Change: Facility use at schools permitted.

Classroom learning will remain suspended for the remainder of the school year. However, schools are now open for staff and specific programs. As well, students will be able to meet with teachers for the purpose of assessment and planning for the resumption of classes in September.

Occupancy must be based on maintaining physical distancing of two metres/six feet in individual rooms, with no more than 25 people per room. Directives from Manitoba Education and guidelines developed in concert with public health officials will provide any additional guidance. Limited access to school facilities will continue to be permitted in settings where physical distancing can be maintained, including:

- Teachers and students may meet in small group or one-on-one settings to conduct student assessments, provide clinical supports, administer recovery and remedial learning plans and provide therapeutic services.
- Day camps and summer programming may operate.
- Scheduled students can access school Wi-Fi and/or computer equipment.
- Counselling access and emergency phone access may be provided for students.
- The use of outdoor facilities and playgrounds is encouraged.

Remote learning continues but will wind down throughout June as student assessment and transition planning begins. This planning may be done remotely or in person depending on local needs and individual considerations.

Sports, band and other extra curricular activities can resume in school settings, and will need to follow physical distancing and other public health guidelines for those activities. Choirs or musical theatre activities will not be allowed, due to a higher risk of transmission through singing as compared to speaking.

For use of schools during day camps, summer programming and library use, the maximum number of children permitted per site is 24. However, multiple groups of 24 can be segregated to prevent contact throughout the day with other groups through the use of separate exits, staggered drop-off schedules and by monitoring access to the facility to avoid congestion.



A separate entrance to the facility or staggered hours should be established for each limited use purpose wherever possible. Washrooms and lunchrooms must have frequent sanitization and should be monitored to ensure appropriate physical distancing. Close water fountains that are not touchless or can't be cleaned between users. Sharing of items, including food and drink containers should be avoided to the greatest extent possible. Students must bring their own lunches or provided lunches must be individually wrapped in disposable containers.

To ensure students safely and effectively transition to the new school year on a solid foundation, additional teaching days are proposed for the upcoming school year, including starting schools on August 31st, 2020 and re-purposing some of the non-instructional days throughout the school year. The department will continue planning and consulting with school divisions and other education stakeholders.

DAY CAMPS - Effective June 1

Change: Group size increased to 24.

Day camps may continue to operate. The maximum number of children per group is 24. Where possible, camps should maintain occupancy and design activities to allow children and staff to maintain a physical distance of at least two metres, except for brief exchanges. Choirs or musical theatre activities will not be allowed, due to a higher risk of transmission through singing as compared to speaking. Overnight camps are not permitted in Phase Two.

POST-SECONDARY INSTITUTIONS AND VOCATIONAL COLLEGES – Effective June 1

Change: Facilities may reopen to provide limited instruction.

Post-secondary institutions and vocational colleges may provide learning in settings where learning and/or research requires hands-on experience. Examples may include, but are not limited to, laboratories, studios, trades instructions and practicums.

Facilities may also open for staff, students and specific programs such as senior undergraduate/graduate level courses. the occupancy in classrooms, labs or teaching sites is limited to 50 per cent of the usual capacity of the space, or a maximum of 25 students, whichever is less. Physical distancing of two metres between individuals must be maintained where reasonably possible.

Universities and colleges are each carefully considering opening for the fall term based on their ability to meet the physical distancing requirements and other important practices to minimize the risk of transmission of the virus. Planning for the fall intake is currently underway.

The following guidelines should be followed by both staff and students:

- Appropriate facility/ institution specific guidance should be developed for situations where close contact can not be reasonably avoided. Refer to the [workplace guidance for businesses](#) website for more information.
- Each facility should have an operational plan to minimize the risk of transmission of COVID-19 during the pandemic. Plans should include procedures for dealing with a staff or student who becomes ill while at the facility.
- Staff and students must use the [self-screening tool](#) before attending the facility, and should stay home when ill.



- Offer virtual instruction as much as possible, where practical.
- Stagger timing and location of courses, laboratories, studios and practicums to segregate and prevent contact with other groups.
- Use separate exits and consider other creative solutions to discourage congregation.
- Staff and students at higher risk of serious illness may consider waiting to return to these facilities.
- Develop accommodations for students and staff who are at higher risk of more severe COVID-19 disease.
- Hand hygiene stations should be placed at the entrance and strategically throughout the facility and at minimum, all individuals should be directed to clean their hands upon entry and upon leaving the facility.
- Provide staff and students information on [social \(physical\) distancing](#). Indoor facilities must post signs indicating physical distancing guidelines. Space out study areas.
- For sports and recreational activities, refer to guidance on these types of activities for more details in developing activity specific plans for the facility.
- Close water fountains that are not touchless or can't be cleaned between users.
- Limit staff to only those essential for the task.
- Ensure enhanced cleaning of washrooms and high-touch surfaces.
- Ensure enhanced cleaning of instructions settings, such as laboratories, studios and classrooms. Equipment should not be shared unless it can be disinfected between users.

TEAM SPORTS AND OTHER RECREATIONAL ACTIVITIES - Effective June 1

Change: Sports and recreational activities for children and adults may resume.

Sports and recreational activities for children and adults may resume.

This includes the operation of hockey rinks, soccer fields, volleyball and basketball courts, baseball diamonds, football fields and bowling alleys. Operators must implement measures to ensure members of the public attending the facility or site can maintain a physical distance of at least two metres except when they are actively participating in a sport or activity.

Each sports organization and/or facility must establish a plan for how to minimize physical contact and the risk of COVID-19 transmission between participants. Outdoor activities are lower risk for transmission of COVID-19 than indoor activities. Individual or group activities that have close prolonged face-to-face contact (e.g. boxing, football) are higher risk, and will require some modification of the sport or activity to minimize this type of contact.

Guidance on performing a risk assessment for different activities and establishing plans is posted online at: <http://www.manitoba.ca/covid19/restoring/guidance.html>.

Occupancy at any portion of the facility where activity is not taking place (stands, common areas, food areas) must be limited to 50 per cent of the site's usual capacity. People must be reasonably able to maintain a separation of at least two metres from other members of the public.



Indoor activities such as dance, theatre and music schools can open. Sites must limit the occupancy in classrooms or teaching sites to 50 per cent of the usual capacity of the space, or a maximum of 25 students, whichever is less. Physical distancing of two metres between individuals must be maintained where reasonably possible.

Professional theatre companies, dance companies, operas and symphonies can attend their usual sites for practice, but members of the public are not allowed to attend.

The following guidelines should be followed by participants, volunteers and staff:

- Choirs or musical theatre activities should not be allowed, due to a higher risk of transmission through singing as compared to speaking.
- Consider how to adapt activities to take place outdoors when possible.
- Staff must use the [self-screening tool](#) before reporting, and should stay home when ill.
- Participants and volunteers must be screened for [symptoms](#) prior to participation each day of the activity, and are not allowed to participate if they are ill with COVID-19 symptoms.
- Teams travelling to northern communities must adhere to travel restrictions.
- If indoors, hand hygiene stations should be placed at the entrance and strategically throughout the facility.
- Shared equipment must be cleaned frequently. This can be done by participants, but staff should ensure this is being done regularly.
- Staff and participants are given information on social distancing. Indoor facilities must post signs indicating physical distancing guidelines. Staff should discourage congregation.
- Ensure enhanced cleaning of indoor facilities, particularly washrooms.
- Encourage individuals to change and shower at home and limit use of locker area.
- Remove any common use items from locker rooms.
- Post signage for guidance on open shower area use to maintain physical distancing.
- If locker rooms are used, consider modifying their use in order to maintain physical distancing.
- As well, a disinfectant spray or wipes should be available for participants to disinfect locker contact surfaces before and after use.
- Enhanced and frequent cleaning and disinfection of locker rooms will be required.
- Areas of congregation (e.g. team benches, pool edges) will require creative solutions to adhere to physical distancing guidelines. This can be done in consultation with provincial and national sport-specific COVID-19 guidance, where applicable.



OUTDOOR RECREATION FACILITIES AND GOLF COURSES - Effective June 1

Change: Access to indoor facilities allowed.

Facilities may operate at normal capacity outdoors if the organization implements measures to ensure that members of the public are reasonably able to maintain a separation of at least two metres from others, except for brief exchanges. Occupancy at any portion of the facility where activity is not taking place (stands, common areas, food areas) must be limited to 50 per cent of the site's usual capacity. People must be reasonably able to maintain a separation of at least two metres from other members of the public.

The following guidelines should be followed by patrons, volunteers and staff at outdoor recreation facilities:

- Develop site specific plans, which should include enhanced/frequent cleaning and disinfection for bathroom facilities and any indoor space where congregation occurs.
- Discourage attendance by staff and participants at higher risk of experiencing severe illness.
- Manage entry to ensure that physical distancing is maintained and provide staff to monitor line-ups, maintain physical distancing and discourage congregations.
- Display prominent public health messaging (e.g. frequent hand washing, stay home if you're sick and maintaining physical distancing).
- Promote awareness and support staff to stay at home if sick. Consider a daily screening questionnaire for staff, and possibly patrons.
- Do not share equipment that cannot be disinfected between riders/users.
- Recreational areas that have high-touch services (e.g., railings, safety bars, seat belts, tables, etc.) which cannot easily be disinfected between each rider/user should remain closed.
- Follow appropriate physical distancing guidelines at all times.
- Where possible ensure contactless form of payment.
- Food services should follow applicable restaurant guidelines.

The following guidelines should be followed by patrons, volunteers and staff at golf courses:

- Follow Phase One guidelines as per Manitoba's Recovering Safe Services: *Manitoba's Pandemic and Economic Roadmap for Recovery*.
- Discourage use of or close locker rooms. If used, limit time in locker room and stagger entry times for groups.
- Encourage individuals to shower at home and limit use of locker area.
- Remove any common use items from locker rooms.
- Post signage for guidance on open shower area use to maintain physical distancing.
- If locker rooms are used, consider modifying their use in order to maintain physical distancing.
- As well, a disinfectant spray or wipes should be available for participants to disinfect locker contact surfaces before and after use.
- Enhanced and frequent cleaning and disinfection of locker rooms will be required.
- Follow applicable restaurant guidelines.



TRAVEL TO NORTHERN PARKS, CAMPGROUNDS, CABINS, LODGES AND RESORTS - Effective June 1

Change: Travel restrictions revised.

Manitoba residents will be permitted to travel directly to parks, campgrounds, cabins, lodges and resorts north of the 53rd parallel from within Manitoba.

Travellers are to follow the same guidelines in place for Manitobans travelling to a cottage or second residence, including:

- Do not travel if you or any of your family members require medical care or have symptoms of COVID-19 (fever, cough, runny nose, sore throat, shortness of breath or difficulty breathing). If you have any symptoms, use the screening tool before you travel to see if you need to be tested.
- If you or anyone with you begins to feel ill or experiences COVID-19 symptoms, return home immediately.
- Do not use local health providers, unless it is an emergency.
- In the event of a medical emergency requiring evacuation, be sure you can contact local authorities. Emergency contact information varies by region. Ensure you collect and take this information with you before you leave home.
- Bring required prescription drugs and medical supplies.
- Avoid visiting local communities, including First Nations communities, as much as possible.

Travellers should also respectfully observe local restrictions and practice physical distancing if it is necessary to visit local communities and First Nations communities, or use curbside pickup if it is necessary to visit local businesses.

PUBLIC/PRIVATE SWIMMING POOLS, SPLASH PADS, SPAS, FITNESS CLUBS, GYMS AND TRAINING FACILITIES - Effective June 1

Change: Sites may reopen with capacity limitations.

Public/Private indoor and outdoor swimming pools (private residential pools are not restricted), splash pads, spas, fitness clubs and gyms may reopen if they implement measures to ensure that members of the public are reasonably able to maintain a separation of at least two metres from others, except for brief exchanges. These sites are required to limit occupancy to 50 per cent of normal business levels or one person per 10 square metres, whichever is lower.

Splash pads operated by municipalities will be allowed to open if measures are in place to ensure compliance with occupancy requirements. Parents/caregivers watching children must maintain a physical distance of at least two metres from each other, except for brief exchanges.

Group lessons may restart and locker rooms and showers (for pool facilities only) may reopen if people maintain a distance of at least two metres, except for brief exchanges. Any of these facilities affiliated with a professional sports team may not be open to the public.



The following guidelines should be followed by patrons, volunteers and staff:

Gyms/Exercise/Training Facilities, Pools and Rinks

- Patrons at higher risk of serious illness may consider waiting to return to these facilities.
- Each facility should have a site plan for procedures.
- Guidelines for facility entry include:
 - managing entry points to maintain physical distancing and ensure staff are present to control access. Discourage congregation within the facility;
 - using a booking system to reserve a block of time in advance, with time for cleaning and disinfecting of equipment by staff between blocks;
 - discouraging drop-in use. Establish measures to avoid groups congregating at entry for start times for classes/general use;
 - using contactless forms of payment; and
 - screening all patrons for symptoms and exposures using the screening posters or the online [screening tool](#).
- Guidelines for exercise spaces and equipment include:
 - ensuring signage is posted for physical distancing and instructions on cleaning equipment;
 - making hand hygiene stations available at entry and throughout facility;
 - not offering towel services;
 - cleaning equipment before and after using it. Ensure instructions and mechanisms in place for patrons to clean equipment safely. Gym staff should ensure thorough cleaning between blocks of gym use; and
 - increasing space between machines (or block off every other machine) to stay at minimum two metres apart.
- Guidelines for pools include:
 - limit occupancy to 50 per cent of normal business levels or one person per 10 square metres of pool surface area, whichever is lower.
 - closing saunas and steam rooms and only opening hot tubs if they can comply with guidelines of one person per 10 square metres;
 - ensuring signage is posted for physical distancing;
 - using staggered entry times for different groups; and
 - separate staff monitoring physical distancing and capacity in addition to lifeguards (if present).
- Guidelines for locker room/washroom facilities include:
 - encouraging individuals to shower at home and limit use of locker area;
 - removing any common use items from locker rooms;
 - posting signage for guidance on shower area use to maintain physical distancing;



- o if locker rooms are used, consider modifying their use in order to maintain physical distancing.
- o making a disinfectant spray or wipes available for participants to disinfect locker contact surfaces before and after use; and
- o ensuring enhanced and frequent cleaning and disinfection of locker rooms, as this will be required.
- Guidelines for group classes include:
 - o continuing to offer virtual classes or training where possible;
 - o allowing group exercise classes if physical distancing of one participant per 10 square metres is maintained throughout the class;
 - o allowing adequate time to disinfect equipment and surfaces before each class; and
 - o not using shared equipment unless able to disinfect between users. Equipment that is difficult to clean, such as foam rollers and yoga blocks, should not be used.
- Close group sports areas/courts that are not able to comply with guidelines for recreational sports.
- Food service should follow restaurant guidelines.
- Close customer self-serve drink stations, water dispensers and water fountains, unless able to disinfect between use. Ensure other options available for water for patrons. Staff can fill drink orders, but must not refill a used cup. Encourage patrons to bring their own bottled water.

COMMUNITY/SERVICE CENTRES - Effective June 1

Change: Sites may reopen with capacity limitations.

Community centres and other multi-purpose facilities such as church basements, arenas and town halls can be reopened if they are used for classes and activities allowed in Phase Two and follow the specific guidelines provided for those classes/activities.

- The maximum number of people permitted per site is 25, except where discrete groups of 25 can be segregated to prevent contact with other groups through the use of separate exits and/or staggered drop off schedules and monitoring access to the facility to avoid congestion.
- Staff must be present at the entry to the facility, as well as within the facility, to monitor use and capacity. Use one entrance only.
- All staff, volunteers and service users should be screened for symptoms of COVID-19 or exposures prior to allowing entry into the facility or before being allowed to participate in the activities.
- Place signage at the entrance and throughout the facility to remind staff, volunteers, and service users of physical distancing measures, hand hygiene, and cough etiquette.
- Ensure hand hygiene stations are available at entry and throughout the facility.



- General guidance on physical distancing and disinfection/cleaning measures after each group must be followed. If washrooms are available for use, increased frequency of cleaning should occur.
- Where possible, classes and activities should be moved to outdoors to reduce the risk of transmission of COVID-19.
- Discourage drop-in use where feasible due to difficulty monitoring numbers of people and ensuring physical distancing. If drop-ins required based on community needs, establish measures to avoid congregation and establish process to monitor capacity.
- Individuals at higher risk of serious illness may consider waiting to return to these facilities. Consider the benefits versus risks of group activities for higher risk groups (e.g. seniors).
- Follow sector-specific advice for other activities within the facility such as restaurants, gyms, etc.

SENIOR CENTRES/CLUBS – Effective June 1

Seniors are at increased risk of more serious complications from COVID-19 disease. However, there are many services provided to this population that are critical for their physical and mental well-being. Any further delay to operations may result in harmful effects. These guidelines, in addition to the general guidance that all groups need to follow, provides specific recommendations for senior centres or clubs to address their unique circumstances and ways to further decrease risk of COVID-19 transmission.

- Seniors may consider waiting to return to these activities.
- Staff/volunteers must be present at a single entry to the site to allow the organization to monitor use and capacity.
- All staff, volunteers and participants should be [screened for symptoms](#) of COVID-19 or exposures before entering the facility or before being allowed to participate in activities. Ensure strict policies are in place for participants, staff and volunteers who are ill.
- Participants should be informed of [physical distancing measures](#), [hand hygiene](#), and [cough etiquette](#). Place signs found at the highlighted links to remind staff, volunteers and participants of these measures, and ensure these are followed.
- Discourage drop-in use where possible and ensuring physical distancing. If drop-ins are required based on community needs, establish measures to avoid congregation and establish process to monitor capacity.
- Where possible, offer services with one-on-one interactions or in small groups.
- Virtual opportunities should be explored for those who are not able to attend the facility, or who may prefer to access services from home.
- Where group activities are necessary, consider further limiting group sizes from the allowed limit of 25 people indoors, to 10 to 15 people or one person per 10 square metres, whichever is fewer. This will further reduce the exposure of seniors to a large number of individuals.



- Maintain lists of participants for 21 days to ensure appropriate public health follow-up can take place if a participant is exposed to COVID-19 during these activities.
- Set-up space (e.g. chairs, tables) to allow for physical distancing.
- Limit the amount of time of interactions and group activities.
- Practice hand hygiene between interactions with individuals, and ensure hand hygiene stations are available for participants.
- Activities related to access to information and education opportunities can resume as long as they follow the group size limitation, physical distancing requirements, hand hygiene, and cleaning/disinfection protocols.
- Space out activities/classes to allow the cleaning/disinfection of commonly-touched areas.
- Health clinics for seniors run by health care providers can resume if they follow guidelines for [primary care](#).
- Fitness programs and social activities run by these groups should prioritize outdoor settings over indoor settings where possible. Activities that do not involve shared material/equipment should be prioritized. If shared equipment is required, consider only using those that can be thoroughly cleaned between use. Playing cards is not a recommended activity due to common handling by multiple participants during games and the inability to thoroughly clean cards between use.
- If meals are served with any of these activities, individually wrapped meals should be provided rather than family-style servings. Congregate meals continue to be discouraged as part of Phase Two. Beverages can be served by a single staff or volunteer to avoid multiple people touching the same items. Refills of beverages should not be offered at this time.
- Enhanced disinfection/cleaning measures must be in place at the site where services are being provided. If washrooms are available for use, increased frequency of cleaning should occur.

PERSONAL SERVICES BUSINESSES - Effective June 1

Change: Reopening of manicurists and pedicurists, tattoo parlours, estheticians, cosmetologists, electrologists and tanning parlours.

Occupancy limits of 50 per cent of normal business levels or one person per 10 square metres will be in place. Manicurists and pedicurists, tattoo parlours, estheticians, cosmetologists, electrologists and tanning parlours may reopen if they implement measures to ensure that members of the public are reasonably able to maintain a separation of at least two metres from others, except for brief exchanges.

The following guidelines should be followed by patrons, volunteers and staff:

- Staff shall undertake [self-screening](#) before they attend work and are to stay home when ill with COVID-19 symptoms.
- Inform clients that they are not allowed service if they are experiencing any COVID-like symptoms.



- Screen all clients upon entry, and confirm that they are not experiencing any symptoms. People identified as symptomatic should be instructed to call Health Links - Info Santé.
- Appointment times should be staggered to allow physical distancing, and clients should attend alone, without friends or family.
- Provide pre-booked appointments only. Drop-ins are not permitted.
- Keep client records and contact information 21 days or as per business policies/protocols, whichever is longer, to enable public health contact tracing, if needed.
- Clients must perform hand hygiene by hand-washing with soap and water or the use of alcohol-based hand sanitizer when entering or leaving the facility. Equip the entry of facility with hand sanitizer station or hand-wash station.
- Both service providers and customers may wear non-medical masks, particularly when close touch or contact is involved.
- Service providers may wear protective gloves and aprons when providing service, particularly when close touch or contact is involved.
- Staff should perform hand hygiene before and after each client, and when they are putting on and removing personal protective equipment (mask, gloves).
- Staff must perform hand hygiene by hand-washing with soap and water or the use of alcohol-based hand sanitizer after cleaning and sanitizing their work space, equipment, instruments, other work related materials, after going to the washroom, prior to preparing food or eating and when they are leaving work.
- Maintain a minimum two-metre separation between individuals within the establishment, except for brief exchanges and while performing the service.
- For personal services to the face where the client is unable to wear a non-medical mask, employees should wear a medical mask (surgical/procedural mask).
 - In addition, consider other options to have the client remove their face covering for brief periods during the service and positioning the employee so they can avoid being directly face-to-face across from the client (e.g. position to side of client).
- Educate staff on physical distancing.
- Businesses must maintain a single point of entry.
- Businesses must post external signs indicating COVID-19 physical distancing protocols, along with floor markings where services are offered or lines form.
- Entry into the business, including lines and waiting areas, are regulated to prevent congestion.
- Floor markers may be installed to maintain the two metre separation.
- Equipment, instruments and material that cannot be disinfected between clients cannot be reused.
- All surfaces must be cleaned and sanitized between clients.



- All common touch surfaces must be cleaned and sanitized with Health Canada approved disinfectant that kills viruses, including coronaviruses.
- Washrooms must have frequent cleaning and sanitization and a regime for business sanitization is in place.
- Magazine racks and toys should be removed and play areas in waiting rooms should be closed.
- Onsite snack bars, coffee bars and other confectionery style counters should be closed.
- Cashless or no-contact payment should be used to the greatest extent possible.

RESTAURANTS - Effective June 1

Change: Indoor capacity allowed at 50 per cent of site capacity.

Occupancy limits of 50 per cent of normal business levels remain, as long as tables and seating are arranged so that there is at least a two-metre separation between persons sitting at different tables.

Restaurants may reopen patios and indoor spaces at 50 per cent capacity, as long as tables and seating are arranged so that there is at least a two-metre separation between persons sitting at different tables.

Restaurants must implement measures to ensure that members of the public when not seated are reasonably able to maintain a separation of at least two metres from others, except for brief exchanges.

BARS, BEVERAGE ROOMS, BREW PUBS, MICRO-BREWERS AND DISTILLERIES - Effective June 1

Change: Patios and indoor spaces are allowed to operate at 50 per cent of site capacity.

Bars, beverage rooms, micro-brewers and similar businesses may operate patio service at 50 per cent of seating capacity and may reopen indoor spaces at 50 per cent capacity, as long as tables and seating are arranged so that there is at least a two-metre separation between persons sitting at different tables.

These businesses must implement measures to ensure that members of the public are seated at a table, and are reasonably able to maintain a separation of at least two metres from others, except for brief exchanges. Standing service is not allowed.

Dance floors and other common activity areas, such as pool tables, dartboards and video lottery terminals are to remain closed.



FILM PRODUCTION - Effective June 1

Change: Productions may resume operations.

Film productions may resume operations. Wherever possible, productions should take all reasonable steps to ensure the cast, employees and members of the public are reasonably able to maintain a separation of at least two metres from others, except for brief exchanges. These productions must adhere to all provincial and federal travel restrictions.

The following guidelines should be followed by film production crew and cast on set/on location and in production offices.

- International and domestic travel continues to be restricted. Anyone entering Manitoba must self-isolate for 14 days, with certain exceptions. Visit <http://www.manitoba.ca/covid19/soe.html> to review current public health orders. Self-isolation must be completed before attending the work site.
- As much as possible, offer virtual pre-production and/or virtual rehearsals. Limit the number of face-to-face interactions.
- According to Workplace Safety and Health legislation, employers have a responsibility to provide a safe workplace for their workers. Employers must designate a health and safety representative if they have 10 to 19 workers, and a health and safety committee for a crew of 20 or more workers. Employers, representatives and committees should ensure all workers are following COVID-19 guidance recommendations.
- Consider how to adapt activities to take place outdoors, when possible.
- Limit on-site visitors and other non-essential staff. Avoid contact and interactions with the general public.
- Individuals must use the [self-screening tool](#) daily before reporting on set/location or the production office, and must stay home when ill. Individuals at higher risk of serious illness may consider waiting to return on set/location.
- Maintain a single point of entry and discourage people from leaving/re-entering the premises. Hand hygiene stations should be placed at the entrance and strategically throughout the premises. All individuals should be directed to clean their hands upon entry and upon leaving the premises, as well as regularly throughout the day. Screen all individuals at the entry for symptoms and exposures using the [screening posters](#) or the [online screening tool](#).
- Educate staff on physical distancing.
- Minimize contact with number of individuals involved in the production by creating working cohorts or teams that remain isolated from each other.
- Post [signage](#) indicating COVID-19 physical distancing protocols, along with floor markings, where cast or crew congregate.



- Minimize close contact with others (within two metres/six feet).
When this is unavoidable and close contact is required, a non-medical mask (or medical mask, if available) should be worn (e.g. hair, make-up, camera).
Minimizing the amount of time where close contact within two metres is absolutely required without personal protective equipment, such as during filming. Develop and implement strategies to rehearse with physical distancing or personal protective equipment.
- Providing meals on set/location must follow applicable restaurant guidelines. Buffet-style eating is prohibited. Congregating for meals should be avoided. Onsite snack bars, coffee bars and other confectionery style refreshment counters should be closed.
- Shared equipment (such as props, camera equipment) must be cleaned/disinfected frequently and after each use (if it cannot be cleaned/disinfected between cast and crew, then it cannot be used). This can be done by the cast and crew, but a designated individual must ensure this is being done properly and consistently.
- Ensure enhanced cleaning of indoor facilities, particularly washrooms. All high-touch surfaces must be cleaned and sanitized with [Health Canada approved disinfectant](#) that kills viruses, including coronaviruses.
- Transportation required to and from sets/locations must follow [applicable transportation guidelines](#).
- Guidelines for dressing rooms/washroom facilities include:
 - o encouraging individuals to shower at home and limit use of dressing area;
 - o minimizing in-person wardrobe fittings as much as possible, and minimizing the number of staff attending in-person fittings;
 - o removing any common use items from dressing rooms;
 - o posting signage for guidance on shower area use to maintain physical distancing;
 - o modifying the use of dressing rooms to maintain physical distancing, including those involved in fittings;
 - o making a disinfectant spray or wipes available for participants to disinfect dressing room surfaces before and after use; and
 - o ensuring enhanced and frequent cleaning and disinfection of dressing rooms.

THERAPEUTIC OR HEALTH CARE BUSINESSES - Effective June 1

Change: Occupancy limits lifted for regulated health professions.

Occupancy limits of 50 per cent of normal business levels or one person per 10 square metres can be lifted for regulated health professions. Non-regulated health professions must continue to limit occupancy to 50 per cent of normal business levels or one person per 10 square metres. Service providers must continue to implement measures to ensure that members of the public are reasonably able to maintain a separation of at least two metres from others, except for brief exchanges.

PHASE ONE RESTRICTIONS – NO CHANGE

The following services remain open with the same restrictions implemented in Phase One with no change.

RETAIL BUSINESSES

Occupancy limits of 50 per cent of normal business levels or one person per 10 square metres remain. These businesses may continue to operate if they implement measures to ensure that members of the public are reasonably able to maintain a separation of at least two metres from others, except for brief exchanges.

HAIR STYLISTS/BARBERS

Occupancy limits of 50 per cent of normal business levels or one person per 10 square metres remain. Hair stylists/barbers may operate if they implement measures to ensure that members of the public are reasonably able to maintain a separation of at least two metres from others, except for brief exchanges. The limitations on services to hair washes, cuts, colouring and styling are lifted.

MUSEUMS, GALLERIES AND LIBRARIES

Museums, galleries and libraries may continue to operate if the organization implements measures to ensure that members of the public are reasonably able to maintain a separation of at least two metres from others, except for brief exchanges. High touch exhibitions must remain closed.

PARKS, CAMPGROUNDS, YURTS AND VACATION CABINS

Parks, campgrounds, yurts and vacation cabins may remain open if people maintain a distance of at least two metres, except for brief exchanges.

The following guidelines should be followed by patrons, volunteers and staff:

Guidelines for Beaches:

- Beaches are open to all members of the public.
- Beach capacity should be managed to maintain a minimum of 12 feet/four metres distance between towelings/beach blanket groups and with one household per group.
- Individuals from different households should maintain physical distance of six feet/two metres outdoors, indoors, in the sand and in the water.
- Towels, beach toys, food and other items should not be shared between members of different households.
- Parking lots and the beach should be managed to limit beach capacity to accommodate adequate social distancing based on an assessment by the beach manager.
- Picnic areas should be closed if social distancing cannot be maintained and if sanitization cannot be performed between use.
- Lifeguards/beach safety officers/staff at lifeguard stands should maintain physical distancing from the public except in case of emergency.

Admissions/Contact Stations/Rentals

- Admission/entry transactions are encouraged to be non-contact in nature, such as online transactions.
- Any necessary visitors-staff interactions should be in accordance with social distancing.
- All rental equipment must be cleaned and disinfected between each use. If this is not possible then rental should not be allowed. Masks and snorkels should not be rented.

Restrooms, Comfort Stations, Showers

- Managers should ensure that users can abide by social distancing standards for bathroom lines and follow any established visual guidelines for maintaining a six-foot distance in all restroom facilities.
- The managing entity should plan for enhanced cleaning/disinfection of these facilities, daily to multiple times a day if possible.
- Restroom facilities should contain adequate hand washing and/or sanitizer stations.
- Avoid using public facilities to change clothes or to shower if possible, and perform these activities in your own home.
- Close water fountains and water refill stations and bring water from home if possible. If water refill stations are open, there must be a handwashing or hand sanitization area available immediately beside the refill station.
- Food services should follow restaurant protocols and guidelines.

RESTORING SAFE SERVICES – PHASE THREE

No sooner than June 21

Subsequent to Phase Two, additional reopening steps will be considered. New phases will be considered and, if supported by evidence, implemented in three-to-four week intervals, ensuring adequate time between phases is provided to monitor cases and ensure easing and further restrictions are able to respond to the evidence of viral transmission. As the situation evolves, Manitoba public health officials will make decisions based on evidence at the time.

Based on data, the following changes may be made in subsequent phases:

- Relax occupancy limits of 50 per cent of normal business levels or one person per 10 square metres, for retail services, therapeutic or health care businesses and hair stylists/barbers.
- Fully reopen bars, beverage rooms, micro-brewers and similar businesses.
- Reopen movie theaters, casinos, bingo halls and indoor recreational facilities, with capacity limitations.
- Amusement parks and similar outdoor recreation businesses.
- Other similar businesses with capacity limitations.

RESTORING SAFE SERVICES – FUTURE PHASES

LARGE GATHERINGS/EVENTS AND PERFORMING ARTS VENUES

There will be no large gatherings or events until at least September 2020. As the situation evolves, Manitoba public health officials will make decisions based on evidence at the time.

OVERNIGHT CAMPS

No overnight camps will be permitted in the foreseeable future, as it may be difficult to maintain public health requirements for ongoing physical distancing.

STANDARD GUIDELINES TO PREVENT THE SPREAD OF COVID-19 IN PUBLIC LOCATIONS

Common and practical routines can ensure that patrons, clients, visitors and staff remain safe and feel safe in public spaces. This includes:

- staying home when experiencing symptoms, even if symptoms are very mild;
- ensuring people are able to reasonably maintain two metres of distance;
- only conducting necessary and brief exchanges within two metres of others;
- applying enhanced cleaning protocols, especially in common areas like washrooms;
- maintaining social (physical) distancing and food handling protocols in workplace areas including lunch and common areas; and
- following individual risk reduction measures found at www.gov.mb.ca/covid19/prepareandprevent/index.html#reducerisk

Clarifications were made to public health requirements for day camps, post-secondary institutions and vocational colleges, team sports and recreational activities, outdoor recreation facilities and golf courses and film productions on May 28, 2020.

manitoba.ca/restoringsafeservices

This document marks Manitoba's first steps to restore safe services based on evidence and considering the risk of COVID-19 in the community. These steps are intended to minimize serious illness and deaths, while reducing the effects of disruptions on society.

This document is current as of May 26, 2020. Manitoba officials will continue to review the scientific evidence and take steps to introduce public health measures and operational steps to reduce the spread of COVID-19.

For current information on COVID-19 in Manitoba, visit: manitoba.ca/covid19

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