



**HEALTH RULES AND
REGULATIONS FOR
THE DEVELOPMENT
OF CULTURAL
ACTIVITIES**

HEALTH RULES AND REGULATIONS FOR THE DEVELOPMENT OF CULTURAL ACTIVITIES

We have some rules and regulations for cultural activities to make sure they promote good physical and mental health. We need to make sure that even during a pandemic like COVID-19, cultural activities can still happen but in a safe and healthy way.

We are implementing health and safety measures to prevent the spread of contagious diseases and promote good health. By ensuring that these measures are comprehensive and followed by many people, we can maximize their effectiveness. This will allow us to continue with cultural activities, which are important for mental health and wellbeing.

How we're doing it:

Social distancing

During the COVID-19 lockdowns, we all need to change our habits:

- Only meet people when it's absolutely necessary, and avoid close contact.
- Keep a safe distance of 2 meters (6 feet) from others who don't live with you.
- Stay at home to stop the virus from spreading.
- Only go out for essential tasks, like going to the doctor, buying groceries, or exercising.
- Make sure any space used for cultural activities is big enough for people to stay 6 feet apart.

Sticking to small groups - PODS

- Keep activities within consistent groups.
- Don't mix people from different groups.
- If using transportation, group people based on where they live or work.
- Hold activities outdoors when you can.
- In special cases, have one-on-one activities at the participant's home or room (if in a residence).
- Keep a record of everyone attending events in case of health issues.
- Keep groups small with as few people as possible.

Cleanliness and safety steps

- Wear masks indoors or when close to others.
- Have hand sanitizer at entrances and exits; clean your hands when arriving and leaving.
- Wash and disinfect hands often.
- Clean bathrooms at least twice a day and check for cleanliness four times a day.
- Regularly clean all surfaces.
- Keep the area free of clutter.
- Disinfect equipment (chairs, tables, doors, etc.) before and after use.
- Check temperatures before entering confined spaces like vehicles and buildings.
- Test for COVID-19 when needed, such as when showing symptoms or during mask-free activities.
- Keep spaces well-ventilated.
- Share information about preventing infections, especially for those with limited mobility.
- Monitor the health of clients regularly.
- If someone shows symptoms, isolate them and switch to remote or at-home therapy.
- Display easy-to-understand instructions about hygiene and social distancing.
- Self-isolate if you show signs of COVID-19 or have been near someone who has it. Stay indoors, avoid visitors, and follow isolation guidelines based on your situation.

Taking care of mental health and happiness

The new rules make our regular routines harder to follow.

Some of our roles and favourite activities might be on hold for now.

Doing things we enjoy helps us feel good about ourselves.

Even if we can't do our usual activities, we can still plan our day and find other enjoyable things to do.

Prepare educational materials for people to take home if they're scared or can't visit centres.

**CHECKLIST TO HEALTH RULES AND REGULATIONS FOR THE
DEVELOPMENT OF CULTURAL ACTIVITIES**

1. <u>Social distancing</u>	Achieved
Maintain social and safe distance - a distance of 2 metres (6 feet) between people who don't live together.	Keep a safe distance from others - stay 2 meters (6 feet) apart from people you don't live with
Ensure The space is large enough to ensure that anyone can ideally remain 2m (6ft) away one to other person.	Make sure there's enough room for everyone to stay 2 meters (6 feet) apart from each other.

2. <u>Stable working groups - PODS</u>	Achieved
Organization of stable groups - Pods	Set up consistent groups - Pods
Form groups according to the same place they live or work to take transports.	Group people together based on where they live or work for transportation.
Validation that activities can be carry out at open air	Confirm that activities can be held outdoors.
Carry out "1 to 1" activities in the participant's home or room (if living in a residence);	Do one-on-one activities at the participant's home or room (if they live in a residence).
Register of all participants in events to ensure information when some health problem occurs.	Keep a record of everyone at events so you have their information if a health issue comes up
Validation that the Group is small and kept to the minimum persons possible.	Make sure the group is small and has as few people as possible.

3. <u>Hygiene and preventive measures</u>	Achieved
Use of masks when inside spaces or when in close contact;	

Existence of hand alcohol gel on entry and exit rooms / buildings;	
Regular hands washing and/or disinfection is made.	
Regular Disinfection of rooms and all equipment (chairs, tables, stools, doors, etc.) before and after using.	
Measure the temperature before entering the close spaces like transports and buildings;	
Tests should be carried out when there are symptoms or in activities with close contact and no mask on;	
Do regular ventilation of close spaces;	
Have illustrated instructions on hygiene and distance maintenance to improve comprehension.	
Do self-isolation if you have any signs or symptoms of coronavirus or have been in contact with someone who has it.	

4. Mental health & Wellbeing promotion

Even if we cannot do the things we normally like to do, organisation of other things we enjoy.	
Preparation of educational packages for participants to take home in case they are afraid or can't go to the Centres;	