

Additional COVID Protocols for Qi Chong and Tai Chi

As of August 25, the provincially mandated rules allow us to practice Qi Chong **outside**, while socially distanced, without masks. When the weather forces us to go inside Harmony Hall, we will be limited by area to 30 participants. Since we regularly have over 40 people attending Qi Chong, we are asking you to choose either Tuesday OR Thursday to attend **ONLY** if it is raining or worse. Sign-up sheets are provided at practices. Tai Chi is always practiced indoors and always has less than 30 players.

Masks are required when entering the building and moving around inside. Windows and doors will be opened providing adequate ventilation. Once at your designated “spot” for either activity, masks can be removed.

This is a temporary measure until the spread of the virus is under control, as defined by the provincial health authorities. Let’s do our best to help.

Reminder: The provincial mandate regarding vaccines will be followed regarding all activities inside Harmony Hall

- As of Sept 13, at least one dose of a COVID-19 vaccine will be required
- As of October 24, two doses of COVID-19 vaccine required at least 7days previously