



## Building Community

### Gilda's Club Has a Strong Foundation to Build Upon.

As our region begins to loosen restrictions, it is important for us to do our part in mitigating the ongoing risk of contracting and spreading the COVID-19 virus, and to protect our members, volunteers and staff.

#### Facility Considerations



- Minimize total amount of users in one space at a given time.
- Utilize shaded/sheltered outdoor options when possible.
- Avoid or minimize contact with commonly touched surfaces.
- Only catered, individually boxed/wrapped food allowed.

#### Members, Volunteers and Staff



- Group sizes should always be minimized.
- Stay at home if displaying any symptoms of COVID-19, or have been near someone that has tested positive, in past 14 days.

Gilda's Club illness policy has always been that any visitor to the Clubhouse must be free of illness, and feeling well. Temperatures will be taken upon entry.

#### Contact Minimization



- Physical distancing should be practiced whenever possible.
- Unnecessary contact between people - handshakes, high-fives, hugs, etc. should be avoided.
- Equipment and materials should not be shared.
- Rooms will be single-use until cleaned.
- Use sanitizing spray or wipes when spaces are not deemed single-use, or common areas.
- Contactless registration and Virtual programming ensures maximum safety.

#### Good Hygiene



- Handwashing or sanitizing at regular intervals throughout should be encouraged.
- Wear a mask at all times, as directed by the local health department.
- Avoid touching ones face throughout the day.
- Volunteers have created a comfortable mask for you - free.

## A Return to Building Community

The return of community at Gilda's Club Quad Cities will adapt as restrictions and policies change to match our region's situation and needs.

The following is a likely progression of activities. Mitigation strategies will need to be practiced throughout all of the following phases.



**Virtual Programming & Staff Support from Clubhouse facility**



**Small Single-use Clubhouse Activity, Outdoor Activity, Virtual Programming & Select Volunteers**



**Mixed Clubhouse Activities & Virtual Programming**



**Larger Clubhouse Activities & hybrid Program delivery including Virtual**

**Please Follow All Signage Instructions**

For complete details, please visit:

[gildasclubqc.org/modified](http://gildasclubqc.org/modified)

Please consult with the Iowa Department of Public Health for the most up-to-date information and resources.