

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 38 | UP-TO-DATE INFORMATION AS OF DECEMBER 4TH, 2020



“Despite the fatigue, let’s stand strong against this virus. We are asking everyone in B.C. to please do a bit more right now and help everyone to see us through to the light ahead.”

Dr. Bonnie Henry

If you or someone you know is isolated or in need of assistance, please email health@mNBC.ca. MNBC's Ministry of Health team will help connect you to available Community supports.

Please also see the last page of this newsletter, with links to previous issues of our Health and Wellness Newsletter for more information on hand washing, physical distancing, and more.



INSIDE ISSUE 38

**REMINDER: PROVINCE-WIDE
RESTRICTIONS IN EFFECT UNTIL
AT LEAST DECEMBER 7TH**

**UPDATE: PROVINCIAL ORDER ON
ATHLETIC ACTIVITIES, INDOOR
ADULT SPORT NOW PROHIBITED**

**DEADLINE EXTENDED: LA VWAY
COMMUNITY SURVEY**





REMINDER: PROVINCE-WIDE RESTRICTIONS IN EFFECT UNTIL AT LEAST DECEMBER 7TH

November 18th saw the announcement of several new province wide restrictions to fight the rising spread of COVID-19 in our province.

These restrictions included a non-essential travel advisory, restrictions on social gatherings and events, restrictions on certain athletic activities, and a provincial mask mandate. For a more detailed breakdown on the provincial restrictions, please visit: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions>

As a reminder, these new restrictions apply to everyone living anywhere in British Columbia. The restrictions came into effect on November 19th at midnight, and will remain in effect until December 7th at midnight.



"Many, many people are doing all they can to help in our COVID-19 response. Yet, this is the time for all of us to do that little bit more, to do our part to slow the spread in our communities until vaccines are available – in a few short weeks.

This virus moves quickly and easily between us. We are continuing to see unchecked transmission in many places, despite the efforts of our public health teams and contact tracers. That is why, during this second surge, the need to follow the provincial health orders is so important.

We need to stay local, we need to stay small and we need to avoid those public settings that, right now, are a risk for all of us."

Dr. Bonnie Henry
December 2nd, 2020



UPDATE: PROVINCIAL ORDER ON ATHLETIC ACTIVITIES

From the Province of British Columbia (read the full post [here](#)):

From the outset, we have spoken about the importance of getting outside and staying active. However, we remind everyone that no matter where those activities are taking place, there is to be no travel and no spectators. We have seen that if we maintain our distance, we can be outside, we can go to parks and play games without close contact.

However, we continue to see that indoor group activities – whether for fitness or team sports – are much higher risk right now. The details of sports activities have been added to the order on events and gatherings. This order is available on the PHO website.

The order requires that right now, all indoor group high intensity fitness activity is prohibited. This includes: hot yoga, spin, aerobics, bootcamp, dance classes, dance fitness, circuit training, and high-intensity interval training.

Low intensity fitness activity like yoga, Pilates, tai chi, stretching and individual fitness activity is also suspended until new guidelines are available to resume these activities safely.

These new guidelines will be available next week and will require some changes to COVID-19 safety plans. Approval is not needed for the updated plans, but monitoring and enforcement will be targeted to these locations and activities.

All indoor adult team sport is also prohibited. This includes basketball, cheerleading, combat sports, martial arts, floor hockey, floor ringette, ice hockey, ringette, netball, skating, soccer, squash and volleyball.

Structured child and youth programs and sport are permitted, but must meet and follow the ViaSport Phase 2 requirements.





CBC ARTICLE: INDOOR ADULT TEAM SPORTS BANNED AND KIDS' SPORTS DIALED BACK AS COVID-19 SPREADS IN B.C.

From the CBC News (read the full article [here](#)):

All indoor adult team sports are now prohibited in B.C. and children's programs have returned to earlier, more restrictive guidelines in response to the unchecked spread of COVID-19. The new restrictions were announced on Wednesday after Provincial Health Officer Dr. Bonnie Henry said the activities are too dangerous when B.C.'s COVID-19 caseload is continuing to grow rapidly and hospitalizations are reaching record levels.

"We continue to see that indoor group activities — whether for fitness or team sports — are much higher risk right now," Henry said in a written statement.

She said the new ban on indoor adult sports "includes basketball, cheerleading, combat sports, martial arts, floor hockey, floor ringette, ice hockey, ringette, netball, skating, soccer, squash and volleyball.

"Sports programs for children will have to return to **more restrictive measure first implemented earlier this year**, which include keeping a distance of two metres from other people, small groups, no spectators, modified games and no travel.

The news comes after Henry revealed that an old timers' hockey team from the Interior recently travelled to Alberta for games, in defiance of a public health order.

Some team members came back with COVID-19 and exposed their family members and co-workers, leading to "several dozen" new cases in the community, Henry said.

Meanwhile on Wednesday, Henry expanded the list of indoor group fitness activities that are considered high intensity and high risk.

Aerobics, boot camps, dance classes and dance fitness and circuit training are now prohibited, along with hot yoga, spin classes and high-intensity interval training.

Lower intensity activities like yoga, Pilates, tai chi and individual fitness are currently suspended until new safety guidelines are released. Henry said those guidelines are expected next week.





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REMINDER: SOCIALIZE SAFELY

From the Province of British Columbia's Instagram account (read the full post [here](#)):

Dr. Henry, our Provincial Health Officer, is asking everyone to urgently reduce their social interactions to keep BC safe. New restrictions are critical tools to help us all stop the rapid transmission of COVID-19.

All indoor and outdoor events as defined in the Provincial Health Officer's Gatherings and Events Order are suspended. This means:

AT HOME:

- ✓ Socialize only with your immediate household – those people we live with.
- ✗ No extended family or friends in your home.
- ✓ If you live alone, you can have - at most - two of the same people from your 'core bubble' in your home.
- ✓ You can go for a walk or bike ride with a friend outside
- ✓ You can deliver essential items, like medication and groceries
- ✓ You can carpool to take your kids to school
- ✗ No playdates with other kids

COMMUNITY EVENTS:

- ✗ No events in hotels, bars, or restaurants
- ✗ No theatre or performances
- ✗ No seasonal markets or fairs
- ✗ No in-person competitions, quizzes or games
- ✗ No in-person religious gatherings
- ✗ No galas or parties
- ✓ Funerals and weddings, and ceremonies such as baptisms are OK with max. 10 people and safety plans in place.
- ✓ Business meetings are OK.
- ✓ Farmers markets are OK.

Now is the time to pause and learn to do things differently. We must all ask ourselves: is this a gathering? Can I do this virtually? Don't look for loopholes: think about how you can make a difference.

Learn more: gov.bc.ca/COVID19restrictions



DEADLINE EXTENDED: LA VWAY (VOICE) COMMUNITY SURVEY FOR MÉTIS RESIDENTS IN FRASER-SALISH REGION

MNBC and Fraser Health are working to understand the experiences, both positive and negative, of Métis people accessing healthcare services. These experiences will help inform systems change work within Fraser Health Authority and will contribute to improving the health and wellness of Métis people throughout the region.

At the end of the survey, you can enter your email into a draw to win one of two \$100 VISA gift cards. Your email will not be used for anything except the draw and will not be connected to your responses in any way. The survey will close on December 12th VISA gift card winners will be drawn and notified on December 14th.

This survey was created by Métis Nation British Columbia's (MNBC) Ministry of Health and the Fraser Health Authority, and is designed in partnership with Métis Chartered Communities throughout the Lower Mainland.

To complete the survey, visit:

<https://form.simplesurvey.com/f/s.aspx?s=FF179025-8FF4-480E-ABB6-EF0FB2B2B923>





THANK YOU

To our healthcare workers, first responders, frontline staff, and essential service workers - we thank you from the bottom of our hearts.

We are so deeply grateful for all that you do. Though we are apart for now, we stand with you always.





RECENT NEWSLETTER HIGHLIGHTS

Please note that these issues are up-to-date as of the dates they were originally published, and as such, some information may no longer be valid.

All past newsletter issues can be accessed on MNBC's COVID-19 website at:

<https://covid19.mnbc.ca/mnbc-covid-19-updates>



ISSUE 37. Province-wide restrictions in effect until at least December 7th. Mask requirements in public indoor settings. Update: all group indoor physical activities suspended. Socialize safely. Canada Emergency Rent Subsidy (CERS) for Canadian businesses, non-profit organizations, or charities. New provincial survey on COVID-19. La Vway Community Survey. BC overdose crisis: October. Let's Talk Movember.

ISSUE 36. New province-wide restrictions announced. BC continues to reach new highs in COVID-19 cases. Province-wide restrictions: social gatherings and events. Province-wide restrictions: mask requirements. Province-wide restrictions: athletic activities. Province-wide restrictions: travel advisory. MNBC's Let's Talk Movember campaign: men's mental health.

ISSUE 35. BC continues to reach new highs in COVID-19 cases. BC rent freeze extended. New regional provincial health orders for Fraser Health and Vancouver Coastal. COVID-19 transmission infographics. MNBC COVID-19 response programs. November 16th marks Louis Riel Day. MNBC's Let's Talk Movember campaign.

ISSUE 34. BC continues to reach new highs in COVID-19 cases. Your safe six. BC CDC: Aboriginal Veterans Day and Remembrance Day. Fraser Valley Métis Chartered Communities flu clinics. Let's Talk Movember: Prostate Cancer. MNBC National Addictions Awareness Week Campaign.

ISSUE 33. BC reaches new record high in confirmed COVID-19 cases. Masks in indoor public spaces are now the expectation. New provincial health order limiting household gatherings. Reminder on celebrating Halloween safely. Fraser Valley Métis Chartered Communities flu clinics. MNBC launches Movember campaign. Breast cancer awareness month. Register now: Alcohol and Community Health Dialogue Sessions.