

Health & Safety Protocols for KBE Delivery – For Participants

*In response to COVID-19 KAIROS is implementing the following protocols
for delivery of the KAIROS Blanket Exercise*

As a KAIROS Blanket Exercise (KBE) participant you agree:

- To wear a mask (medical or non-medical) throughout the KBE. Please note you will need to speak louder to ensure that others can hear you while wearing a mask. Some venues may have stand up microphones available which can be sanitized between use.
- To use an alcohol-based, at least 60% alcohol base, hand sanitizer to sanitize your hands before entering the KBE space, as often as necessary during the exercise, and upon departure.
- To maintain a physical distance of 2 metres, from others.
- To safely and properly dispose of used tissues, paper maps and scrolls.
- To be screened, according to your provinces COVID screening questionnaire. Do not attend the KBE if you:
 - have been told to self-isolate
 - are waiting for a result of a COVID-19 test
 - have any COVID-19 symptom
 - are not feeling well
- To inform the organizer of the KBE if you are diagnosed with COVID-19 within 14 days following delivery of the KBE. This is required for safe and proper contact tracing by provincial Public Health authorities.

Please inform the organizer if you feel that there are other participants or facilitators who are not following these health & safety protocols at any point during the KBE. You may leave the KBE space at any time if you feel unsafe.

Self-Care Ideas

Although physical contact – including hugs, holding hands, fist bumps, etc. – is not permitted during the KBE. Here are some ideas for safe self-care:

- Bring a rock or stone, sanitize it upon entering the room. Use it to hold your energy during the KBE and talking circle. After the KBE, place the rock or stone outside in a special place that you feel connected to.
- Stretch or take a walk after the KBE.
- Commit to doing something that makes you feel re-centered and grounded after going home: listen to music, craft, or woodwork, take a bath, meditate, write in a journal, etc.
- Commit to checking in with someone in the circle the next day or so to see how they are doing.

