

# Appendix 1 - Project and Activity Specific Information



## General Meetings

- Recommend moving virtual, to limit gatherings
- You may hold general meetings in-person, in a public facility, if necessary.

Make sure to follow all public health orders, including:

- Hold the meeting in a public space
- All attendees must wear a mask and PPE
- Social distancing of two metres
- Sanitization stations must be available
- Limit movement, have people remain seated with their households
- No hands-on activities can be done
- Must follow the gathering size restrictions

## Project Meetings (All)

- Recommend moving virtual if possible
- In person project meetings can be held, but only to conduct business or to learn (classroom-style), and only be held in event venues, conference facilities, arenas, theatres and banquet facilities. During these you are not to complete hands-on work on projects.
  - **Some ideas for safe, hands off activities include:**
    - Working on your record books
    - Lecture/presentation from the project leader or a guest speaker
    - 4-H Quickshops on a 4-H topic like speaking, judging, parliamentary procedure or record books (ask your regional 4-H specialist)
    - A project meeting to discuss project business, like planning future project activities, fundraisers or fieldtrips
- 4-H members can work on their projects and do hands-on work in their own homes
- **Unless indicated below, no hands-on project work can be done during these meetings. All hands-on work will have to be done at home.**

## Beef and Livestock Projects

- All hands-on, group activities are suspended
- Choose from the safe, hands-off meeting or learning options above, or consider holding virtual sessions or challenges.
- Weigh days for animal projects are allowed, under specific circumstances:
  - They must be held outdoors or in a public facility
  - One person runs the gate
  - One person runs the scale
  - A schedule for families to come to weigh their animals is created. This schedule will have time scheduled in between each family to allow for any necessary sanitization.
  - Two families should not be at the facility at the same time. If they arrive early, they must wait inside their vehicle until they are told they can enter.

*Virtual / At Home Suggestions:*

- *Consider holding virtual sessions or challenges (eg. a photo contest).*
- *Send supplies to create winter projects, such as halters, to members' homes and show them how to do the project virtually*

## Equestrian

- Equestrian is considered a sport. This means those 18 years of age and younger may continue practicing, conditioning and skills training. No competitions can be held at this time.
  - Only in groups of eight or fewer
  - Three metres distance between each other
  - Must wear masks/PPE
  - Individual groups of eight cannot share the space with other groups of eight
  - Coaches/trainers are not included in training group numbers, as long as masked and staying the three metre distance from the riders. Remember, keep your numbers of people as low as possible while following the Rule of Two.

### *Virtual / At Home Suggestions:*

- *Consider holding virtual sessions or challenges.*
- *Send supplies to create winter projects, such as saddle racks, to members' homes and show them home to do the project virtually*

## Other Sports, Fitness Projects and Activities, including archery projects and skiing/snowshoeing

- **NO games or competitions can be held at this time.**
- Those 18 years of age and younger may continue practicing, conditioning and skills training.
  - Only in groups of eight or fewer
  - Three metres distance between each other
  - Must wear masks/PPE
  - Individual groups of eight cannot share the space with other groups of eight
  - Coaches/trainers are not included in training group numbers, as long as masked and staying the three metre distance. Remember, keep your numbers of people as low as possible while following the Rule of Two.

### *Virtual / At Home Suggestions:*

*Set up fun at home challenges. Some Examples of these could include:*

- *Set up a fun track at home. Share what they have done on their own with the group through videos and photos.*
- *Create an at-home fitness challenge or a fun fitness video for your group! They can send photos or videos of them doing it to the group.*

## Other Active and Creative projects or activities, like Outdoor Adventure, Crafts, Cooking, etc.

- All hands-on, group activities are suspended
- Choose from the safe, hands off meeting or learning options above, or consider holding virtual sessions or challenges.

### *Virtual / At Home Suggestions:*

- *“Meal in a box” – choose a recipe, gather the necessary ingredients, and drop off a box for each member/family. They can follow along with a recipe through a webinar or just on paper. They take photos or film it to share with the group later.*
- *Run your virtual meeting like a cooking show on TV, where the members follow along!*
- *Challenge your club to cook with strange ingredients (like the Chopped TV show) or give them challenges that can be judged virtually, such as a cookie decorating challenge (like the Nailed It! TV Show)!*

- *Create an outdoor adventure at home challenge, where you give certain challenges to do and have them get their parents to time and video them. For example, set up a tent, tie a rope and find a certain type of tree, all in their own backyard. Everyone send in their results!*
- *Do a guided craft (like a paint night or card of the month group). This could also work for sewing or quilting where you do a block of the month quilt square!*

## Holiday Activities

- We know everyone would like to celebrate the holidays, so we have come up with some fun alternatives. Here are some suggestions:
  - Facebook Live Party. Cook supper at home, and join in for a virtual dinner.
  - Facebook Live Games. For example you can host a bingo night.
  - Virtual Snow Sculpture competition
  - Virtual Holiday Baking Competition
  - Virtual Holiday Paint Night
  - Enjoying the outdoors with your family
  - Virtual caroling or sing-a-long
- **Currently, these types of activities are NOT allowed:**
  - Holiday parties / fun days
  - Group suppers or potlucks
  - Group tobogganing, skiing or other outdoor group activities
  - Caroling as a group (in person)

## Curling and Public Speaking Hosts

- Curling:
  - Curling competitions for the 2020/21 membership year have been cancelled.
  - For those set to host regional or provincial curling events, you will be contacted by your regional 4-H specialist.
- Public Speaking:
  - At this time, if you are hosting a District, Regional or Provincial Public Speaking Competition, we recommend you keep your date and facility booked and await further COVID/4-H guidance in the New Year.
  - We are exploring options for how competitive public speaking would be held virtually if this is required because of COVID restrictions
  - Thank you for your patience!