# Table of Contents

Introduction ................................................................. 1
  What is the COVID-19 Recovery Plan Alert System? .................. 1
  Community Background and Context ................................ 1
  Objectives .................................................................... 3
  Core Personal Public Health Practices ................................. 3
  Key Risk Factors For Transmission ................................... 4

Alert Level System ........................................................... 5
  COVID-19 Monitoring Core Indicators ................................. 6
    Determining Overall Risk .............................................. 7
  Changing Alert Level Status ............................................ 8

Alert Level System Overview ............................................. 9
  General Public Health Measures ....................................... 11
  Organized Public Events, Religious or Ceremonial Activities .... 12
  Schools, Childcare, and High-school/Post-Secondary ............ 13
  Restaurants and Food Stands ......................................... 14

Gyms and Fitness ............................................................ 15
Arenas and Sport Facilities ................................................. 16
Meeting and Event Spaces ................................................ 17
Retail ............................................................................ 18
Personal Care Services ..................................................... 18
Bingo Hall .................................................................... 19
Performing Arts .............................................................. 20

How is Six Nations Affected by Ontario’s COVID-19 Response Framework? ........ 21
Introduction

A novel (new) coronavirus (COVID-19) discovered in Wuhan, China late December 2019 has impacted our world as we now know it. The World Health Organization (WHO) declared the impact of this virus a global threat and declared a global pandemic on March 12, 2020. As a community, action was required to protect our vulnerable community members.

As Haudenosaunee, this is not the first time we have had to endure a devastating disease. However, during times of adversity is when our people come together. In the past, we relied on the strength and knowledge of our leaders, healers and all community members to survive and recover. We can turn to these people, our language and our culture to guide us now.

Our community treasures are our elders and our children. Our elders hold the knowledge of the past and our children are our hope for the future; this means we need to be mindful of the next seven generations when decisions are made.

WHAT IS THE COVID-19 RECOVERY PLAN ALERT SYSTEM?

The Six Nations of the Grand River COVID-19 Pandemic Recovery Plan was developed in May 2020 to outline a path forward through different phases of the COVID-19 pandemic. The plan was updated with an Alert System as we have learned more about how the virus is transmitted and what measures are needed to contain it. It provides guidelines for what measures need to be in place for public interactions in the community based on what the level of risk for transmission and our community response capacity is in our community at the time.

COMMUNITY BACKGROUND AND CONTEXT

The pandemic response on Six Nations has posed challenges due to the context of Six Nations. There are a number of factors which have put our community at an increased risk for COVID-19 transmission. For instance, Six Nations lacks on-territory essential services such as a local grocery store therefore, community members must travel off-reserve into the surrounding areas (Hamilton, Brantford, Haldimand/Norfolk) to get their groceries. This always creates the opportunity for the virus to enter through community members travelling to surrounding areas and bringing it back into the community.

The community is further at risk for complications of COVID-19. Some individuals of our community are more at risk of getting an infection and developing severe complications of COVID-19. It is important to help prevent our community members from getting and spreading the COVID-19 virus. Those at an increased risk of COVID-19 complications include: those with underlying medical conditions, older age, and smokers. Specifically the Government of Canada states those who have: heart disease, high blood pressure, diabetes, cancer, and respiratory diseases are at high risk. Within Six Nations we have a high prevalence of these risk factors.
Community members who are 18 and older:

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>26%</td>
<td>High blood pressure</td>
</tr>
<tr>
<td>21%</td>
<td>Diabetes</td>
</tr>
<tr>
<td>19%</td>
<td>Asthma</td>
</tr>
<tr>
<td>25%</td>
<td>Current smokers*</td>
</tr>
</tbody>
</table>

*based on single study volunteer sample

Further, older adults defined as 65+ have been indicated as a high risk group for COVID-19 complications. However, prevalence of chronic conditions begins to significantly increase in our 50+ demographic.

- 40% have Diabetes the rate rises to 53% for those 65+
- 52% of 50+ have high blood pressure which rises to 72% in our 65+ demographic
- 24% 65+ have Heart Disease
- 24% 50+ have a lower respiratory illness (COPD or Asthma)

38% of our community members are 50+

Due to our high prevalence of COVID-19 risk factors for severe complications and younger demographic with chronic conditions, our population is at an increased risk for severe COVID-19 complications and needs to be protected from contracting this virus.

Once the virus is in the community, community environmental factors increase the chance of transmission. Six Nations community members experience water insecurity and many rely on wells and cisterns for their water sources. Any disruption with water delivery would severely impact our community’s ability to follow public health measures for sanitation of high-contact surfaces and hand hygiene.

Another consideration for this community is household size. In Ontario, the average number of people in a household is 2.9. In a recent pilot study on Six Nations it was found that 37% of families had 4 or more people living in one household. It is not uncommon in Six Nations for multiple generations to live in one home, as familial ties are an important aspect of our Haudenosaunee culture. However, large household and multi-generational homes pose particular challenges in battling the spread of COVID-19 as the virus can quickly spread throughout the household infecting those most vulnerable such as grandparents or those with underlying medical conditions.
OBJECTIVES
The objectives of this framework are as follows:
• Mitigate the risk of increased transmission
• Protect vulnerable or high risk community members (e.g. elders, people with underlying or immune-compromising health conditions, people living in crowded conditions, people with low incomes or insecure employment) and settings (e.g. long-term care facilities, shelters, and healthcare facilities).
• Maintain the health care and public health capacity demands below critical levels
• Allow social and economic activity to continue with appropriate conditions and controls in place
• Monitor data trends to inform decision-making regarding modifications to approach
• Frequent and transparent communication to the public

CORE PERSONAL PUBLIC HEALTH PRACTICES
With no targeted therapies or vaccine available, core personal public health practices will need to become the “new normal” in order to maximize our ability to control the spread of the virus for the long term. The following core personal public health practices are fundamental, and should continue throughout all steps of the COVID-19 response, even when the risk for transmission is low:

- Cleaning and disinfecting high touch point surfaces regularly (cellphone, car, surfaces in the home, door knobs etc.)
- Practice good hygiene (hand hygiene [e.g., washing or sanitizing], avoid touching face, respiratory etiquette [e.g., coughing into elbow])
- Wearing cloth face coverings when in public settings or around others who do not live in your immediate household AND wearing a medical mask if experiencing symptoms of any communicable disease, and if will be in close contact with others or going out to access medical care
- Staying at home and away from others if symptomatic/feeling ill – not going to school or work OR if at high risk of severe illness (e.g. elderly, immunocompromised)
- Maintaining physical distancing as much as possible when outside of the home (i.e. from non-household members)
- Reducing personal non-essential travel
KEY RISK FACTORS FOR TRANSMISSION

Prolonged, unprotected, close contact is the highest risk scenario for transmission. This means being in close proximity to others without the use of masks or other personal protective equipment for longer than 15 minutes. However, any combination of the key risk factors increase the risk of transmission.

- **Close Contact** – Within 6 ft/2m of another person/people
- **Closed/Indoor Spaces** – In an enclosed space, especially with poor ventilation (no windows or fresh air)
- **Prolonged Exposure** – Contact with other people for longer than 15 minutes
- **Crowded Places** – In areas with many people (indoors or outdoors)
- **Unprotected** – Without the use of personal protective equipment (cloth face coverings, medical masks, eye goggles, face shields, etc.) A face shield or mouth guard are NOT acceptable alternatives to wearing a mask/face covering
Alert Level System

The Alert Level System provides guidance on measures to implement in settings where interactions happen with the general public during the COVID-19 pandemic. It outlines restrictions that are necessary to implement depending on the risks present in the community and surrounding area.

Each week the Core Indicators are reviewed and a Risk Assessment is done that takes all the indicators into consideration. The risk assessment will assign Low, Moderate, High or Very High risk level for that week. Depending on the Risk Assessment, this may trigger us to reduce, increase or maintain our level of restrictions, changing our Alert Level Status.

- **Review Core Indicators Weekly to Assess Risk in Each Category**
- **Weekly Risk Assessment Triggers Alert Level Action (reduce, increase or maintain restrictions)**
- **Alert Level Status Assigned and Posted on Website**
- **Community, Organizations, Businesses Adapt to New Alert Level Status**
## COVID-19 Monitoring Core Indicators

<table>
<thead>
<tr>
<th>Domain</th>
<th>Indicator</th>
<th>Low Risk</th>
<th>Moderate Risk</th>
<th>High Risk</th>
<th>Very High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Virus Spread &amp; Containment</td>
<td>Six Nations community cases in the past 14 days</td>
<td>&lt; 2 new cases per week</td>
<td>3-5 cases per week or decreasing trend</td>
<td>6-8 cases per week or stable trend</td>
<td>&gt; 9 cases per week or sudden increasing trend</td>
</tr>
<tr>
<td></td>
<td>Number of cases tied to community transmission</td>
<td>Community has &lt; 3 cases tied to</td>
<td>Decreasing trend for 14 days</td>
<td>Stable trend for 14 days</td>
<td>Increasing trend for 14 days</td>
</tr>
<tr>
<td></td>
<td>Workplace of cases tied to community transmission</td>
<td>No outbreaks occurring in workplace</td>
<td>Outbreak trends/observations - small</td>
<td>Repeated outbreaks in multiple sectors/settings OR increase/# of large outbreaks</td>
<td>Increasing trend for 14 days</td>
</tr>
<tr>
<td></td>
<td></td>
<td>or other settings</td>
<td>scale outbreaks</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assessment Centre Capacity</td>
<td>Avg calls per week</td>
<td>Functioning at or below average in</td>
<td>Functioning above average but able to</td>
<td>Approaching critical level assessment centre is approaching over capacity</td>
<td>At critical level assessment centre is not able to meet demand</td>
</tr>
<tr>
<td></td>
<td></td>
<td>the last week</td>
<td>meet demand</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Avg tests per week</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wait time from date of call to time of test</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Avg number of symptomatic calls</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health Care System Capacity</td>
<td>Acute care bed occupancy</td>
<td>&lt; 70%</td>
<td>70-80%</td>
<td>81-90%</td>
<td>&gt; 90%</td>
</tr>
<tr>
<td></td>
<td>ICU Bed Occupancy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Public Health</td>
<td>Cases and contact reached within 24 hours</td>
<td>&lt; 90% OR case and contact follow up</td>
<td>Case and contact follow up within 24</td>
<td>Case and contact follow up within 24 hours</td>
<td>&lt; 90% OR Public health unit capacity for case and</td>
</tr>
<tr>
<td></td>
<td></td>
<td>within 24 hours adequate</td>
<td>hours adequate</td>
<td>adequate OR at risk of becoming overwhelmed</td>
<td>contact management at risk or overwhelmed</td>
</tr>
<tr>
<td></td>
<td>Sufficient # swabs to meet demand of tests per week</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**COVID-19 MONITORING CORE INDICATORS, continued**

<table>
<thead>
<tr>
<th>Domain</th>
<th>Indicator</th>
<th>Low Risk</th>
<th>Moderate Risk</th>
<th>High Risk</th>
<th>Very High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>PPE Stock</td>
<td># of days worth of supply for frontline workers</td>
<td>30 day supply or greater</td>
<td>30 day supply</td>
<td>30 day supply</td>
<td>&lt; 30 day supply</td>
</tr>
<tr>
<td>Community Compliance</td>
<td>Sectional lead observations (paramedics, public health, police, etc.)</td>
<td>High compliance</td>
<td>Moderate compliance</td>
<td>Low compliance</td>
<td>Low compliance</td>
</tr>
</tbody>
</table>

**DETERMINING OVERALL RISK**

Each week based on the trends from the Core Indicators, an overall risk score is determined (see table below)

<table>
<thead>
<tr>
<th>Risk Assessment</th>
<th>Low Risk</th>
<th>Moderate Risk</th>
<th>High Risk</th>
<th>Very High Risk</th>
</tr>
</thead>
</table>
|                 | • COVID-19 is uncontrolled provincially, nationally or internationally  
                  • Isolated household transmission could be occurring  
                  • Meeting all target goals  
| Low Risk        | • Household transmission could be occurring  
                  • Single or isolated cluster outbreaks  
                  • Some core indicators showing areas of concern  
| Moderate Risk    | • Community transmission might be happening  
                  • New clusters may emerge but can be controlled through testing and contact tracing  
                  • Major concerns about system capacity  
| High Risk        | • Community transmission is occurring  
                  • Widespread outbreaks and new clusters  
                  • System capacity is above critical levels  
| Very High Risk   |
# CHANGING ALERT LEVEL STATUS

Below provides an overview of the threshold for changing the Alert Level status based on the weekly Risk Assessments.

<table>
<thead>
<tr>
<th>Alert Level</th>
<th>Criteria for Assigning Alert Level Status</th>
<th>Example Scenario</th>
</tr>
</thead>
</table>
| **Major Signal:**  
  Automatic Increase to Alert  
  Level Kahon:tsi (Black)            | Weekly risk assessment evaluated at very high risk OR Brantford public health unit or surrounding areas are in “lockdown” OR if there is a province wide or federal wide lockdown | Even if we are in Yellow, if the weekly risk assessment indicates we are VERY HIGH RISK, we would automatically go to Alert Level Black (Lockdown scenario) |
| **Minor Signal:**  
  Increase Alert Level               | Weekly risk assessment evaluated at high risk OR Brant/surrounding area are in higher level than Six Nations | If we are currently at Yellow (lowest restrictions), but the weekly risk assessment indicates we are currently HIGH RISK – the Alert Level would increase by one level, in this case, up to Alert Orange OR if Brant is in Orange, but we are in a low risk scenario and have no cases we would still move to Yellow to have added precautions in place that take into consideration the surrounding area |
| **Maintain Current Position**       | Weekly risk assessment evaluated at moderate risk                                                        | No matter what Alert Level status we are at, a weekly risk assessment that indicate MODERATE RISK means we stay in our current position. If we are in Orange, we would stay there |
| **Decrease Alert Level**            | Weekly risk assessment evaluated at low risk after 2 weeks of decreasing trends                           | If after 2 consecutive weeks with LOW RISK after the risk assessment, we may decrease by one Alert Level. For example, if we are in Alert Level Red but after 2 weeks there is LOW RISK we would decrease to Orange. If trends decrease for another two weeks at LOW RISK we would decrease to Yellow |
All private and monitored gatherings should also include measures such as physical distancing, masking and cleaning/hygiene protocols. In general, it is not recommended to gather with anyone outside of your household unless you are wearing masks.

All businesses should implement the Six Nations Health and Safety Guidelines at a minimum, though increased precautions above and beyond the guidelines at any business setting is encouraged and supported.

Elementary schools and daycares will remain open except during a lockdown situation. All settings will have to submit their safety plans and demonstrate readiness to open to Ohsweken Public Health prior to being cleared to operate. Safety measures will include enhanced screening, cleaning, space modifications and other risk mitigation strategies. Elementary schools and daycares will have different re-opening plans and may operate at reduced capacity until there is a vaccine.

Any organizations or departments that operate under ministry guidelines, should abide by those guidelines including any restrictions or measures recommended.

Essential services can operate even under a lockdown scenario, though with increased precautions.

Checkpoints are not recommended to go up during a lockdown scenario because the virus is already in the community and spreading uncontrolled. Checkpoints are only recommended **BEFORE** there is any community transmission occurring and is best if nobody comes in but also if nobody leaves. However, since our community does not have the essential resources we need (such as grocery stores), all community members will have to leave the reserve at some point to get groceries.
# Alert Level System Overview

## Alert Level 1: Ḍhonte (Green)
- **Risk Level**: Low
- **Virus Spread & Containment**: Isolated or no cases
- **Health and Emergency Response Capacity**: Very good
- **Level of Measures/Restrictions in Place**:
  - Private Gatherings (with Masks and Physical Distancing): 10 indoors, 25 outdoors
  - Private Gatherings (without Masks and Physical Distancing): Only with those who live in immediate household
  - Monitored Gatherings: 50 indoors, 100 outdoors
  - Elementary Schools and Daycares: Open with enhanced restrictions
  - Travel: No restrictions, but not recommended. Avoid travel to any areas with a higher colour status than Six Nations

## Alert Level 2: Otsi:nekwar (Yellow)
- **Risk Level**: Moderate
- **Virus Spread & Containment**: Isolated cases or clusters, limited # of outbreaks
- **Health and Emergency Response Capacity**: Some concerns about capacity
- **Level of Measures/Restrictions in Place**:
  - Private Gatherings (with Masks and Physical Distancing): 10 indoors, 25 outdoors
  - Private Gatherings (without Masks and Physical Distancing): Only with those who live in immediate household
  - Monitored Gatherings: 25 indoors, 50 outdoors
  - Elementary Schools and Daycares: Open with enhanced restrictions
  - Travel: No restrictions, but not recommended. Avoid travel to any areas with a higher colour status than Six Nations

## Alert Level 3: Otiarén:ta (Orange)
- **Risk Level**: Moderate-High
- **Virus Spread & Containment**: Many cases, clusters, outbreaks, community transmission possible
- **Health and Emergency Response Capacity**: Approaching capacity
- **Level of Measures/Restrictions in Place**:
  - Private Gatherings (with Masks and Physical Distancing): 5 indoors, 10 outdoors
  - Private Gatherings (without Masks and Physical Distancing): Only with those who live in immediate household
  - Monitored Gatherings: 10 indoors, 25 outdoors
  - Elementary Schools and Daycares: Open with enhanced restrictions
  - Travel: No restrictions, but not recommended. Avoid travel to any areas with a higher colour status than Six Nations

## Alert Level 4: Onekwénhtara (Red)
- **Risk Level**: High
- **Virus Spread & Containment**: Community transmission widespread
- **Health and Emergency Response Capacity**: At critical levels
- **Level of Measures/Restrictions in Place**:
  - Private Gatherings (with Masks and Physical Distancing): 0
  - Private Gatherings (without Masks and Physical Distancing): Only with those who live in immediate household
  - Monitored Gatherings: 5 indoors, 10 outdoors
  - Elementary Schools and Daycares: Open with enhanced restrictions
  - Travel: No restrictions, but not recommended. Avoid travel to any areas with a higher colour status than Six Nations

## Alert Level 5: Kahôn:tsi (Black)
- **Risk Level**: Very High
- **Virus Spread & Containment**: Transmission is uncontrolled
- **Health and Emergency Response Capacity**: Above critical levels
- **Level of Measures/Restrictions in Place**:
  - Private Gatherings (with Masks and Physical Distancing): 0
  - Private Gatherings (without Masks and Physical Distancing): Only with those who live in immediate household
  - Monitored Gatherings: 0
  - Elementary Schools and Daycares: Closed: online learning only
  - Travel: Stay Local

## Travel
- No restrictions, but not recommended. Avoid travel to any areas with a higher colour status than Six Nations

## Elementary Schools and Daycares
- Open with enhanced restrictions

## Private Gatherings (without Masks and Physical Distancing)
- Only with those who live in immediate household

## Private Gatherings (with Masks and Physical Distancing)
- Only with those who live in immediate household

## Monitored Gatherings
- 50 indoors, 100 outdoors

## Level of Measures/Restrictions in Place
- Low

## Health and Emergency Response Capacity
- Very good

## Virus Spread & Containment
- Isolated or no cases

## Risk Level
- Low

## Alert Level System Overview
- Green
- Yellow
- Orange
- Red
- Black
GENERAL PUBLIC HEALTH MEASURES

All businesses, organizations, monitored functions/gatherings should implement the Six Nations COVID-19 Health and Safety Guidelines at a minimum. This includes but is not limited to:

- **Following all Public Health Advice, recommendations and instructions**
  - As advice may change due to the evolving
- **Active screening of all staff before each shift**
- **Active screening of patrons/customers/clients in some settings** such as where they are staying indoors or have prolonged contact with staff or a service provider (longer than 15 minutes)
- **Use of Personal Protective Equipment**
  - All staff should wear face coverings (even when on break if they are with other staff)
  - All patrons/customers/clients should wear face coverings
  - Staff should also wear face shield/goggles if will be in close proximity (<2m) with a customer or client, especially if the customer/client is not wearing a face covering

- **Capacity limits**
  - All buildings should not exceed the capacity to allow at a minimum of 2m/ 6ft between staff, clients/customers/patrons
- **Cleaning and disinfecting**
  - Have a regular cleaning/disinfecting protocol, provide hand sanitizer or hand washing stations, etc.
- **Safety Plans**
  - All businesses, organizations or organized events should have safety plans in place and make it available to all staff as well as train staff on the protocols

Please refer to the Six Nations COVID-19 Health and Safety Guidelines for more detailed information on measures to put in place in your business/organization. You can find them on https://www.sixnationscovid19.ca/
**ORGANIZED PUBLIC EVENTS, RELIGIOUS OR CEREMONIAL ACTIVITIES**

Public events, religious or ceremonial activities create a site of increased risk for transmission as a large number of people are congregating for an extended period of time, and activities often include speeches, singing or dancing.

A “monitored” or “organized” gathering or event is one that has staff/volunteers on site who have put public health measures in place, including screening, mask enforcement, hand hygiene stations, etc. It may also include contact tracing logs and other protocols. Private gatherings do **NOT** fall into this category.

Please note that the numbers for gathering sizes is **ONLY** applicable to gatherings/events/activities where physical distancing **AND** masking occurs. Private social gatherings with anyone outside your immediate household where people do not physical distance or wear masks is **NOT** recommended.

<table>
<thead>
<tr>
<th>Alert Level 1: Óhonte (Green)</th>
<th>Alert Level 2: Otsi:nekwar (Yellow)</th>
<th>Alert Level 3: Otiarén:ta (Orange)</th>
<th>Alert Level 4: Onekwénhatarará (Red)</th>
<th>Alert Level 5: Kahòn:tsi (Black)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Capacity cannot exceed <strong>50</strong> people indoors, <strong>100</strong> outdoors (with physical distancing)</td>
<td>Capacity cannot exceed <strong>25</strong> indoors, <strong>50</strong> outdoors (with physical distancing)</td>
<td>No food served or eating indoors Capacity cannot exceed <strong>10</strong> indoors, <strong>25</strong> outdoors (with physical distancing)</td>
<td>No food served or eating indoors Capacity cannot exceed <strong>5</strong> indoors, <strong>10</strong> outdoors</td>
<td>Closed Virtual or drive-in events permitted (if everyone stays in vehicle)</td>
</tr>
</tbody>
</table>

- Require screening and logging contact information for all attendees
- Minimum 6ft/2m between each person
- Singers must be separated from rest of attendees, behind a plexiglass or impermeable barrier
- No self-serve food
- Ceremonies that involve going from house to house are strongly discouraged
- All attendees to wear face coverings
- Implementation of Six Nations Health and Safety Guidelines
SCHOOLS, CHILDCARE AND HIGH-SCHOOL/POST-SECONDARY

Schools and childcare settings are unique in that there are enhanced protocols in place to keep staff and all children as safe as possible when at the setting. They have **customized re-opening plans** that include reduced classroom capacity, cohorts, and gradual resumption of school/childcare activities. They also have walk-throughs and involvement in thorough planning by Ohswé:ken Public Health.

Having one case in a school does not necessarily mean the school has to shut down. Ohswé:ken Public Health will do contact tracing and isolate those who had a high risk exposure and those not affected can continue to attend class. Ohswé:ken Public Health is working with the schools and childcare settings on outbreak plans should a more widespread outbreak occur. If the virus transmission situation in the community is sufficiently concerning that schools need to close, then it will be recommended regardless of the Alert Level Status.

High-school/post-secondary institutions should do their own assessments of whether students need to be in class and how much of the activities can be done virtually. Some programs may require hands-on components such as in certain trades’ education, but all health and safety protocols should be in place to minimize risk. All teaching that can be done virtually, should be.

<table>
<thead>
<tr>
<th>Alert Level 1:</th>
<th>Alert Level 2:</th>
<th>Alert Level 3:</th>
<th>Alert Level 4:</th>
<th>Alert Level 5:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ôhonte (Green)</td>
<td>Òtsi:nekwar (Yellow)</td>
<td>Otiarén:ta (Orange)</td>
<td>Onekwénhta:ra (Red)</td>
<td>Kahòn:tsi (Black)</td>
</tr>
</tbody>
</table>

« Remain open but subject to potential closure due to extenuating circumstances »

Closed
**RESTAURANTS AND FOOD STANDS**

Restaurants that have indoor dining are at heightened risk because patrons cannot wear masks while eating or drinking. They are often talking to others and stay in the establishment for an extended period of time. Increased precautions are needed in these settings to reduce the risk. Food stands are at a lower risk because patrons pick up their meals and leave, or are seated at picnic tables. Screening and taking contact info for take-out is not necessary.

Community members should keep in mind that although dining at restaurants may be permitted, it is a very risky activity and is not recommended to engage in this activity, especially with anyone outside of your immediate household. There are safer alternatives to see friends/family such as getting take-out and eating outdoors with sufficient space between you.

<table>
<thead>
<tr>
<th>Alert Level 1:</th>
<th>Alert Level 2:</th>
<th>Alert Level 3:</th>
<th>Alert Level 4:</th>
<th>Alert Level 5:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Óhonte (Green)</td>
<td>Otsi:nekwaro (Yellow)</td>
<td>Otiarén:ta (Orange)</td>
<td>Onekwénhta (Red)</td>
<td>Kahôn:tsi (Black)</td>
</tr>
<tr>
<td>• Require masks when not eating or drinking</td>
<td>• Require patrons to be seated; 2m minimum between tables</td>
<td>• No Karaoke permitted</td>
<td>• Screen of all patrons prior to entry</td>
<td>Take out, drive through, and delivery ONLY (no indoor/ outdoor dining)</td>
</tr>
<tr>
<td>• Require all patron contact info</td>
<td>• Limit volume of music (e.g., to be no louder than the volume of a normal conversation)</td>
<td>• No buffet style service</td>
<td>• Line-ups/patrons congregating outside venues managed by venue; 2m distance and face covering required</td>
<td></td>
</tr>
<tr>
<td>• Recommend that indoor diners only dine with household members</td>
<td>• Recommend patrons to limit conversations when eating/drinking and not wearing a mask</td>
<td>• Implementation of Six Nations Health and Safety Guidelines</td>
<td>• Close indoor dining</td>
<td></td>
</tr>
<tr>
<td>Limit of 6 people may be seated together</td>
<td>Limit of 6 people may be seated together</td>
<td>Limit of 4 people may be seated together</td>
<td>Outdoor dining, curbside pickup/delivery</td>
<td></td>
</tr>
</tbody>
</table>
GYMS AND FITNESS

Gyms and fitness training centres are areas of heightened risk because clients are not wearing masks, are indoors and are breathing heavier than normal. Restrictions in these settings need to be stricter to lower this risk.

Community members should be aware that exercising indoors in a group setting/class is extremely risky and is not recommended. Although it may be permitted to occur when community transmission is low, there are other exercise alternatives that are much safer. Having space between people exercising does **NOT** sufficiently reduce the risk of virus transmission indoors if those people are not wearing masks. Instead, consider exercising at home, outdoors, or with just a personal trainer if possible.

<table>
<thead>
<tr>
<th>Alert Level 1:</th>
<th>Alert Level 2:</th>
<th>Alert Level 3:</th>
<th>Alert Level 4:</th>
<th>Alert Level 5:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Óhonte (Green)</strong></td>
<td><strong>Otsi:nekwar (Yellow)</strong></td>
<td><strong>Otiarén:ta (Orange)</strong></td>
<td><strong>Onekwénhta (Red)</strong></td>
<td><strong>Kahón:tsi (Black)</strong></td>
</tr>
<tr>
<td>- Occupancy based on sq. footage to accommodate at least 3m between people indoors <strong>(area with weights or exercise equipment)</strong></td>
<td>- Face coverings required throughout facility except when exercising</td>
<td>- Limit volume of music <strong>(e.g., conversation level)</strong> / require use of microphone for instructor where needed to avoid shouting</td>
<td>- Close saunas, steam rooms, whirlpools or any gathering areas</td>
<td>- <strong>Closed</strong></td>
</tr>
<tr>
<td>- Ensure physical distancing can occur in change rooms <strong>(remind clients to keep masks on while in change rooms)</strong></td>
<td>- Screening of all patrons prior to entry</td>
<td>- Implementation of Six Nations Health and Safety Guidelines</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Maximum 10 people indoors *(classes)* and 25 people outdoors *(classes)* | Maximum 5 people indoors *(classes)* and 10 people outdoors *(classes)* | No classes permitted | Personal training **ONLY** | |
**ARENAS AND SPORTS FACILITIES**

Enhanced measures and restrictions are needed in arenas and sport facilities as participants are in close proximity, breathing heavily and there are a number of people in the facility at one time. Measures are needed to prevent or reduce the risk of a large scale outbreak due to participation in sports leagues.

| Alert Level 1: Óhonte (Green) | Alert Level 2: Otsi:nekwar (Yellow) | Alert Level 3: Otiarén:ta (Orange) | Alert Level 4: Onekwénhtara (Red) | Alert Level 5: Kahon:tsi (Black) |
|--------------------------------|-------------------------------------|-----------------------------------|-----------------------------------|---------------------------------
| Spectators allowed with 6ft/2m distance between (up to maximum 50 indoors and 100 outdoors) | Spectators allowed with 6ft/2m distance between (up to maximum 25 indoors and 50 outdoors) | All sports and recreational programs limited to 10 people per room indoors and 25 outdoors (not combined) | All sports and recreational programs limited to 5 people per room indoors and 10 outdoors | Closed |
| • Require contact information for all patrons and attendance for team sports | • Require appointments for entry; one reservation for teams | • No contact for team or individual sports | | |
| • Require appointments for entry; one reservation for teams | • All spectators to wear face coverings | • All spectators to wear face coverings | | |
| • Limit volume of music (e.g., conversation level) /require use of microphone for instructor where needed to avoid shouting | | • Team or individual sports must be modified to avoid physical contact between players | | |
| • Team or individual sports must be modified to avoid physical contact between players | | • Screening of all players and spectators prior to entry | | |
| • Implementation of Six Nations Health and Safety Guidelines | | | | |

All sports and recreational programs must not be practiced or played (no games or scrimmage) No spectators (exemption for 1 parent/guardian of children)
MEETING AND EVENT SPACES

Enhanced measures are needed for any meetings or events when people will be indoors in the same space for a prolonged period of time. Extra precautions should be made whenever serving food or drinks in these settings.

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>• Booking multiple rooms for the same event not permitted</td>
<td>• All attendees to wear face coverings at all times</td>
<td>• Active screening and contact info for all attendees</td>
<td>• No self-serve food <em>(have staff prepare plates ahead of time or serve to attendees)</em></td>
<td>• Limit volume of music *(e.g., <em>to be no louder than the volume of a normal conversation)</em></td>
</tr>
</tbody>
</table>
## RETAIL

<table>
<thead>
<tr>
<th>Alert Level 1: Ōhonte (Green)</th>
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<th>Alert Level 3: Otiarén:ta (Orange)</th>
<th>Alert Level 4: Onekwénhtaara (Red)</th>
<th>Alert Level 5: Kahôn:tsi (Black)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• All patrons to wear face coverings</td>
<td>• Line-ups/patrons congregating outside, 2m distance and face covering required</td>
<td>• Limit # of patrons indoors based on sq. footage of space</td>
<td>Curbside pickup/ delivery only</td>
<td>Curbside pickup/ delivery only</td>
</tr>
<tr>
<td>• Implementation of Six Nations Health and Safety Guidelines</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## PERSONAL CARE SERVICES

Enhanced measures are necessary for personal care services as patrons are typically in the space for a prolonged period of time. Service providers need to be in very close proximity to clients and for some procedures, clients may not be able to wear a mask. Screening is recommended to avoid contact with anyone who may be ill or in self-isolation and taking contact information is recommended in the event of an outbreak for contact tracing purposes.

<table>
<thead>
<tr>
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<th>Alert Level 4: Onekwénhtaara (Red)</th>
<th>Alert Level 5: Kahôn:tsi (Black)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Require contact information from all patrons</td>
<td>• Require screening of patrons</td>
<td>• Limit # of patrons in building based on sq. footage to accommodate 6ft/2m between patrons</td>
<td></td>
<td>Closed</td>
</tr>
<tr>
<td>• Implementation of Six Nations Health and Safety Guidelines</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>No services requiring removal of face coverings</td>
<td>Consider limiting # of daily appointments, increasing cleaning, etc.</td>
<td></td>
</tr>
</tbody>
</table>
**BINGO HALL**

The Bingo Hall is a site at increased risk for transmission as people are congregating indoors for an extended period of time.

<table>
<thead>
<tr>
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<th>Alert Level 4: Onekwénhtara (Red)</th>
<th>Alert Level 5: Kahòn:tsi (Black)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Capacity cannot exceed 50 people</td>
<td>Capacity cannot exceed 25 people</td>
<td>No food served or eating indoors Capacity cannot exceed 10 patrons</td>
<td>No food served or eating indoors Capacity cannot exceed 5 people</td>
<td>Closed (Virtual or drive-in permitted if everyone stays in car)</td>
</tr>
</tbody>
</table>

- Require screening of patrons
- Require contact information from all patrons
- Minimum 6ft/2m between each person
- Implementation of Six Nations Health and Safety Guidelines
### Performing Arts

<table>
<thead>
<tr>
<th>Alert Level 1: Ōhonte (Green)</th>
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<th>Alert Level 3: Otiarén:ta (Orange)</th>
<th>Alert Level 4: Onekwénhta (Red)</th>
<th>Alert Level 5: Kahôn:tsi (Black)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Singers and players of wind or brass instruments must be separated from spectators by plexiglass or some other impermeable barrier</td>
<td></td>
<td>• Performers and employees must maintain 2m physical distance except for purposes of the performance</td>
<td></td>
<td>Closed to spectators Singers and players of brass or wind instruments must be separated from any other performers by plexiglass or other impermeable barrier</td>
</tr>
<tr>
<td></td>
<td>• Rehearsal or performing a recorded or broadcasted event permitted</td>
<td>• Drive-in performances permitted</td>
<td>• Require contact information and active screening of all guests</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Performers and employees must maintain 2m physical distance except for purposes of the performance</td>
<td>• Implementation of Six Nations Health and Safety Guidelines</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Up to maximum of 50 spectators indoors and 100 outdoors</td>
<td>Up to maximum of 25 spectators indoors and 50 outdoors</td>
<td>Up to maximum of 10 spectators indoors and 25 outdoors</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Closed
How is Six Nations Affected by Ontario’s COVID-19 Response Framework?

In Six Nations, we have developed our own indicators and thresholds for action. Our criteria is customized to our own community and considers our specific context. Our thresholds for action are stricter than Ontario’s, so we will increase our Alert Status more readily than other public health units.

If Brant or any surrounding area is in a different colour Alert Status than us, it does have an affect on what measures we implement in our community as our community relies on services in those areas. However, we will track our indicators based on virus transmission in our community and our ability to handle those cases and this will have an impact on our measures as well. This is because although we are large for a reserve, we are small compared to other public health units and our numbers will not significantly affect Brant public health unit. This means we need to watch our own indicators and make decisions to implement measures that are appropriate for our community and not rely on Brant or other governments to do that for us.

If Brant and/or Haldimand-Norfolk go into Lockdown or there is a Federal or Provincial lockdown, then Six Nations would go into lockdown as well.

In general, it is recommended to avoid other areas that are in a higher Alert Level than us. For instance, if Six Nations is in “Green”, it is recommended to avoid any zone that is not also the same colour because those areas have higher rates of virus transmission. Conversely, if Six Nations is in a higher colour status such as “Red” then we should provide the courtesy of avoiding areas that have a lower colour status than us so we don’t introduce the virus into those areas.
This document was produced in collaboration with the following organizations:

Six Nations Emergency Control Group
Six Nations Public Health
Six Nations Health Services
Six Nations Communications Department
Six Nations of the Grand River Elected Council

Designed and illustrated by:

Six Nations of the Grand River Elected Council
Communications Department Graphic Designer/ Illustrator
Courtney Watts