



COVID-19 Guidelines for Programs

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COVID-19 Program Information

The health and safety of everyone involved in FPCC programs, communities, and especially Elders, is of the utmost importance to us. We are taking action to maintain safe operations while supporting our communities and participants. While actions to provide vaccines are currently underway there is no cure or treatment for COVID-19. We want to be very careful that our programs do not put anyone at risk and ensure that they follow the current orders of the [Provincial Health Officer](#). FPCC supports each First Nation's self-determined right to protect their community and we respect any additional guidelines set by Chief and Council or local governments to help keep their communities safe. Following these guidelines will help us take care of one another and keep each other safe.

Please note:

- All programs must be aware of and follow current guidelines from the [Provincial Health Officer](#)
- Applicants must consider how the program will proceed under strict COVID-19 restrictions
- Please ensure that your project proposal meets the requirements listed in this document.
- It is critical that we take care of and protect our Elders and Knowledge Keepers, and those at a higher risk of illness. We need to work together to find safe ways to involve Elders.
- FPCC staff are here to assist program participants with unexpected and unplanned changes as a result of COVID-19 impacts on programs.
- We will do our best to share information and respond to changes together. If you have any questions, please [contact program staff](#).



FPCC-funded projects must agree to the following COVID-19 project guidelines. Please note that all of the below are subject to compliance with the Public Health Orders of the B.C. Health Officer and your community's current guidelines and orders. This document will be updated as needed and program applicants and recipients will be notified and asked to review updated information.

1. The following guidelines are in place at all times.

- Abide by your community or First Nation's COVID-19 plan and orders.
- Follow the [B.C. Public Health Orders](#) (PHO) and guidelines stated by the [B.C. Health Officer](#) (BCHO).
- Ensure that you have a COVID-19 safety plan (or follow the plan in place in your community) and a contact tracing process in place.
- Be sure to check the PHO if you plan to travel between communities or health regions.
- Project proposals must be prepared to modify their projects at any time if the PHO changes. You may view the COVID-19 Restart Plan Phase 1-4 guidelines [here](#). The Restart Plan may be on hold at any time if there are province-wide restrictions. Please check for current status.

2. When provincial health orders permit group gatherings:

- Please use [advance health self-assessment](#) tools, practice social distancing, ensure that indoor spaces allow for safe social distancing, and have approved indoor ventilation.
- Singing activities will be limited to outdoor settings only with increased physical distancing.
- Please follow the recommendations of the BCHO for gatherings. Wear masks when required by the PHO and ensure that the [BCHO COVID-19 safety protocols](#) are in place for any gatherings. Any gathering can have a risk and we need to do our best to minimize the risk by implementing safe practices.
- Ensure that you check the [B.C. PHO](#) to confirm you are following the current guidelines on the number of people permitted. At all times do not plan any program activities for groups over 50 individuals. The smaller the group the less chance for exposure. We recommend that as much work as possible happens online and remotely.
- When gathering, practice food safe measures, avoid sharing food, dishes or utensils.
- Avoid sharing any equipment as this increases the risk of transferring the virus. If this is necessary, make sure items are thoroughly sanitized with no risk of virus transmission.
- Do not require in-person participation in program activities but find solutions to make programs accessible for those who do not wish to gather in person. FPCC staff can assist with advice on meeting remotely.
- Project proposals must be prepared to modify their projects at any time if the B.C. Public Health Orders change. You may view the COVID-19 Phase 1-4 guidelines [here](#).

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We know that the work you are doing is important and we are committed to supporting programs to be successful during COVID-19 restrictions. FPCC staff are here to support you and assist in planning or modifying your projects as we want everyone to continue this important work. We encourage you to contact us if you have any questions related to your program, the application form, or if you require tools and resources to complete your project. We are here to support you in your work.

Useful Links:

[FPCC Program Staff Directory](#)

[FPCC COVID-19 Resources](#)

[Current B.C. Public Health Orders](#)

[COVID-19 Self-Assessment Tool](#)

[B.C. Restart Plan Phases 1-4](#)

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