



Recommendations and Instructions for Safe Community Gardening and COVID-19 Prevention

Community gardens are an essential service as a source of healthy local food. During COVID-19 Emergency Orders in Ontario, the requirements below exist to help keep the community safe and to prevent and reduce the spread of COVID-19 in Curve Lake and Hiawatha First Nations, and the County and City of Peterborough:

Stay home if you are experiencing symptoms of illness.

Do not enter the garden if you are sick; go home immediately and complete the online Ontario Self-Assessment Tool at covid-19.ontario.ca/self-assessment or call Peterborough Public Health at 705-743-1000 for further direction.

Gardens are open to registered garden members only, for maintenance and gardening.

Although an important role of community gardens is to foster social connection, ***at this time, gardens are to be used for food production*** rather than programs or gatherings.

Maintain physical distancing.

- **A maximum of 5 people** are welcome in the garden at any given time.
- **Stay 6 feet (2 metres) apart** from anyone you don't live with.
- **Children should only be brought to the garden on an as-needed basis** and should be instructed to follow these physical distancing and hygiene recommendations.
- **Please limit time spent in the garden** to allow space for others.
- **Pets should not be brought to the garden.** Service animals are permitted.

As an extra precaution, **you can wear a cloth face mask or covering if you wish, when physical distancing is challenging.** Masks do not replace the need for physical distancing or handwashing. Surgical and N-95 masks should be reserved for health care workers.

Clean your hands.

Wash your hands before entering and after leaving the garden, before or after touching your face, and before or after touching handles, shared tools, or other objects. An alcohol-based hand sanitizer (containing at least 60% alcohol) can be used after washing hands or if hands are not visibly dirty.

Gardens should use any of the following options for handwashing:

- Sink equipped with hot and cold running water, liquid soap and paper towels
- Temporary handwashing station, using an insulated container with warm water (and a spigot), liquid soap, paper towels and a bucket to collect waste water. This should be used only if there is a way to dispose of the wastewater (e.g., into a sink or toilet). Wastewater must not be disposed of directly on the ground. If the garden has a sink onsite, this should be used for handwashing.
- Hand wipes to remove debris, followed by alcohol-based hand sanitizer (containing at least 60% alcohol)

Keep Surfaces Clean.

Avoid sharing tools, if possible. Disinfect shared, frequently touched surfaces before and after use, including reusable bins and buckets, railings, doorknobs, water spigots and tables. A disinfectant approved by Health Canada or a bleach-water solution may be used (see resource list). To prepare a bleach-water solution, add 4 teaspoons of bleach per litre of water; the solution must be prepared daily. Allow a contact time of at least 45 seconds before wiping away the disinfectant, or allow it to evaporate. Vinegar is not an approved disinfectant as it is not effective against pathogens such as the COVID-19 virus.

Garden gloves are recommended, and should be washed between visits. Wash your hands before and after using gloves. Avoid sharing used gloves.

Sign-in.

Record times you are at the garden, using a sign-in system.

This will assist public health with contacting gardeners who may be affected in the event that another gardener become ill. If your garden uses a paper sign-in sheet, please bring your own pen.

Before Returning to Your Community Garden:

Read these recommendations and instructions in detail.

All gardeners are asked to follow and help facilitate these requirements, to help keep our community safe. For more information on how to apply these instructions to your garden, please see the [action planning template](#).

Contact your community garden coordinator.

Through sending an email or in writing, to:

- a. let them know that you have read, understood, and agree to follow and facilitate these requirements, and**
- b. to provide them with any updates to your contact information.**

Complete the online Ontario Self-Assessment Tool

Visit covid-19.ontario.ca/self-assessment. If you have symptoms or have been exposed to someone with COVID-19, please stay home.

Consider whether it would be safest to stay home.

As of March 30, 2020, those over the age of 70 or those with compromised immune systems or underlying medical conditions, are advised to stay home.

Working Together.

Continue to work together and support each other.

Some community gardens may take more time to open. Please be patient! There may be new rules, schedules, and other instructions to help keep gardeners safe.

Thank you for helping to keep community gardens healthy and safe!