



PCA Event Participant Guidelines

In all things PCA does, first and foremost is the health and safety of our members, employees, sponsors and communities. Federal, State/Provincial and Local guidelines and restrictions supersede these guidelines where there is conflict or ambiguity.

Take Steps to Protect Yourself and Others:

- Stay home when you are sick (request a refund).
- Stay home if you have been in contact with someone in the last two weeks who has been sick.
- Bring your own personal protective equipment (PPE), including masks, gloves, hand sanitizer and disinfectant.
- Practice social distancing of at least 6 feet between non-cohabitating attendees.
- Wear your face mask when in the presence of others.
- Physical contact is discouraged. Refrain from shaking hands, fist-bumps and hugs.
- Wash your hands frequently with soap and water for at least 20 seconds especially before eating and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Refrain from touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue into the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Use best judgement and common sense regarding your fellow members' good health.

Region Leadership including the Event Chair have the authority to require you to leave if you cannot comply with these community protection measures.