



Kajiniet ñan Bar Kōpeļļok: Kajjitōk ko Ekkutkut: Doulul ko Ikijjien Kaboñboñ (kōkāāl 5/27/2020)

Elōñ jet uwaak ko llaļ ñan Kajjitōk ko Ekkutkut ikijjien An Oregon Maroñ kōn Ājmuur (OHA) eo Alen Juon Kajiniet ñan Kōpeļļok [Kajiniet Ejejjēt ñan Doulul ko jikin Kaboñboñ](#): (Kajiniet ñan bar kōpeļļok kaboñboñ). Kajiniet eo kōn bar kōpeļļok kaboñboñ im Kajjitōk im Uwaak Ekkutkut kein rej ekkar ña doulul ko ikijjien kaboñboñ wōt me re maðmōd ilo juon county me eṃōj kōweeppān ñan [Alen Juon Kōpeļļok](#).

K1: Mōko iṃōn maanpā rej aikuj in kōṃṃan ta ñan bar kōpeļļok?

U1: Mōko iṃōn maanpā remaroñ kōpeļļok iuṃwin kajiniet in ñe rej ukōte būrookraaṃ ko ñan kōmō ekkeitaak-ānbwin āinwōt grappling im wrestling. Joļok torañ jān jaki in kōmmālmel im equipment ko ikōtaan an kajjojo armej kōjerbale im en ekkutkut aṃi karreo im joļok tōrañ ilo jikin jermal, ijoko me eļap ito-itak, im ioon men me ekkā jibwe ijoko im ri-jermal im lōbwilej rej kōjerbale. Rej barāinwōt aikuj in kōjjeṃļok wōran kilaj ko ñan joñan me ej loloodjake ke elōñ ejjab dikļok jān jiljino (6) ne ettoļok ikōtaan aolep armej ro ilo ruuṃ eo.

K2: Ewi kakien ko kōn swimming pool ko, kōpool kōmmālmel ri-kōjparok-mour (lifeguard) ro kaboñboñ ilo dān kilaj ko im katakin aō?

U2: Swimming pool ko rej aikuj in ikkiil wōt ñan aolep eṃṃakūtūt ko im reban bar kōpeļļok, meñe ilo Alen Juon wōt.

K3: Doulul ko me rej leļok eb ippān eo ṃōttam rej ke pād iuṃwin kajiniet eo an OHA kōn Doulul ko ikijjien Kaboñboñ?

U3: Aaet.

K4: Etke gym ko rej aikuj in kilōk shower ko?

U4: Eapañ aer loloodjake bwe ren kōttoļok ejjab dikļok jān jiljino (6) ne ilo gym shower ko. Ebarāinwōt ļap apañ aer kanooj in karreik shower ko ālikin an kajjojo armej kōjerbale.

K5: Kōmij dāpiji hot tub im pool kilep eo ammem bwe en ikkiil wōt. Bōtaab, kōm ekōṃaan kōpeļļok therapy pool eo. Emālim ke men in?

U5: Jaab. Eṃōj kakien ke doulul ko ikijjien kaboñboñ rej aikuj in dāpij sauna, ruuṃ in baat im whirlpool spa ko bwe ren ikkiil wōt. Barāinwōt, eṃōj kakien ke pool ko rej

aikuj in ikkiil wōt im ban bar kōpeļļok kōn jabdewōt em̄makūtkūt, meñe rej pād ilo Alen Juon.

K6: Emālim ke an jikin ikkure tennis kōpeļļok elaññe rej pād ilowaan doulul ko ikijjien kaboñboñ?

U6: Doulul ko ikijjien kaboñboñ rej aikuj in kōmō ikkure in ekkeitaak ko me rej kōpooļe an ri-bōk-kuñaer ekkeitaak-ānbwin, keepaak (dikļok jān jiljino (6) ne jān doon), ak kōjērbal kein ikkure (āinwōt bāājketboļ, squash, racquetball, taekwondo, karate, wrestling, jet kain maanpā iiōk). Emālim kōjērbal juon jikin ikkure tennis ñe juon armej wōt ej kōjērbale ilo juon iien bwe ren jab ajeji kein ikkure ko, ak ñe elōñ armej rej kōjērbale jikin ikkure eo ak rejjab ajeji kein ikkure im rej dāpiji aer kōttoļok-ānbwin. Ro uwaan ejja juon wōt kapijukunen remaroñ jīmōr ikkure.

K7: Pool eo ejeļļok-kōjērbal ilo doulul in ri-owner an mōko emaroñ ke kōpeļļok?

U7: Jaab. Ekkar ñan Wōtar in Kōmman 10-25, aolep pool ko rej aikuj in ikkiil wōt.

K8: Emālim ke eb-ippān-mōttam ñe armej re eb ippān ro uwaan kapijukunen eo aer wōt, rej eb jiljino (6) ne ettoļok jān jabdewōt bar emmaan im kōrā, kōņake mask im ļoor aolep bar kakien ko ekkar ñan doulul ko ikijjien kaboñboñ?

U8: Aaet. Ñe ro ri-eb ro mōttan doon rej uwaan ejja juon kapijukunen wōt, remaroñ en ippān doon. Rej aikuj in etal wōt im loloodjake bwe ren pād wōt jiljino (6) ne jān aolepan ro jet ilo ruum eo im ļoor aolep bar kakien ko ekkar ñan doulul ko ikijjien kaboñboñ.

K9: Ñe ri-jērbal ro ilo juon 24-awa gym rejjab pād wōt ie 24/7, meļeļe in men in ej ke ro uwaan remaroñ kōjērbale mweo ñe elōñ ri-jērbal ro ie?

U9: Aaet. Eaikuj in wōt ri-jērbal ko an mweo. Doulul ko ikijjien kaboñboñ rej aikuj in loloodjake bwe en wōr ri-jērbal ro me rej lale kakien ko ikijjien kōttoļok-ānbwin im joļok tōrañ. Doulul ko ikijjien kaboñboñ rej aikuj in kakien ke ri-jērbal ak ri-ļoļok mweo rej aikuj in iri aolep equipment (āinwōt boļ, kein kotak, mōjin, āierļok wōt) kajju mokta jān im ālikin kajjojo iien kōjērbal kōn juon kein joļok tōrañ me gym eo ej leļok me rej kōpooļe ion laajrak in product ko me emōj an [EPA kōweppān](#) ñan SARS-CoV-2 virus eo me ej kōmmane COVID-19. Juon iiōk me ej kōmman jān 60%-95% arkooļ ebarāinwōt emman. Emōj kakien ke doulul ko ikijjien kaboñboñ rej aikuj in rekoot im dāpiji: meļeļe ko ikijjien ekkeitaak client ro im raan im awa in an client ro kōjērbale mweo. Ñe elōñ juon COVID-19 positive keej me elōñ kadkadin ippān mweo, wōpija ro an ājmuur ļobwilej renaaj bōlen aikuji bwe peeñej eo en leļok meļeļe kein bwe ren anōk ri-ekkeitaak ro. Ijellokun kakien āinjuon, remaroñ kōkkure meļeļe kein ālikin 60 raan jān raan session eo.

K10: Ewi wāween an gym ko ukōte kiltōn jāāk-ilowaan ñan bōbrae aer ekkeitaak ro jet?

U10: Eñin jet wāween me renaaj jipañ ñan kadikļok an ri-jērbal ro im ri-wia ro ekkeitaak doon.

- Kōjerbal plexiglass ak bar kein bōbrae ko ñan kōjepel ri-jerbal ro jān client ro.
- Kōmakūti kōllā-jarom ak kein riiti kaat ko an ro uwaan ettoḷok jān ri-jerbal ilo desk ko iḡmaan.
- Leḷok hand-sanitizer kōmḡan jān arkooḷ (60-95%) iturin kōjām ko iḡmaan ak desk eo iḡmaan.

K11: Elōñ juon ammem pool ñan ro uwaan wōt im ejjab peḷḷok ñan ḷobwilej im kōmij katmāne bwe en kōpeḷḷok ilo Memorial Day. Kōm emaroñ ke kōpeḷḷok pool eo kōnke ejjab juon “pool ḷobwilej” im ej pād ñan ro uwaan wōt?

U11: Jaab. Ekkar ñan Wōtar in Kōmḡan 20-25, aolep pool ko rej aikuj in ikkiil wōt. Rej watōke pool ko an kuḷab ko āinwōt swimming pool ko ḷobwilej iumwin OAR 333-060-0015(f).

K12: Elōñ ke kajiniet āinjuon ñan kilaj in eb ñan ḷodikdik bwe ren ḷoore ijellōkun kilaj in eb an rūtto ro?

U12: Aaet, kilaj in eb an ḷodikdik ren ḷoore kajiniet eo ñan [Camp in Raan ilo Jemar ñan Ajri ro Ded in Jikuuḷ](#), im kilaj in eb ñan rūtto ro ren ḷoore Kajiniet Ejejjēt ñan Doulul ko Ikijjen Kaboñboñ.

K13: Ri-kaki in jarin ri-kōmmālmel rej ke aikuj in kōḡake kein kalbubuuk iturin mejāer.?

U13: Aaet, ri-kaki in jarin ri-kōmmālmel rej ke aikuj ḷoore [Kajiniet ñan Mask im Kein Kalbubuuk Iturin Māj ñan Peejneḷ, Kōmmakūt, im Lobwilej](#). Ri-kaki in jarin ri-kōmmālmel rej aikuj in kōḡake mask ko, kain kōjparok iturin māj, kain kalbubuuk iturin māj, ijellōkun ej ekkar juon wāween jake-jibwil armej ro me elōñ aer utamwe ak bar menin kōjekdoḡon. Rej aikuj in leḷok mask ko, kein kōjparok iturin māj, ak kein kalbubuuk iturin māj ñan ri-jerbal ro ijoko kaboñboñ. Kōmij bar rōjañ ke ḡōko iḡmōn kaboñboñ rej rōjañe client ro aer bwe ren kōḡake kein kalbubuuk iturin māj kōmḡan jān nuknuk, peba, ak ñan joḷok.

K14: Elaññe ña ij juon gym me ej barāinwōt leḷok jemar camp, imaroñ ke leḷok meñe county eo aō ejañin kōweeppān ñan kaddeḷoñ Alen Juon?

U14: Ñe kwōj jelḡae aolepan kakien ko ilo an OHA [Camp in Raan ilo Jemar ñan Ajri ro Ded in Jikuuḷ](#) ilo gym eo aḡ, innām kwō maroñ leḷok jemar camp meñe county eo aḡ ejañin kōweeppān ñan kaddeḷoñ Alen Juon. Kwōnaaj aikuj in ikkiil wōt kōn kain peejneḷ ko jet ḡae county eo aḡ ej bar kōpeḷḷok. Kwōnaaj loe kajiniet ñan [jemar camp im gym ko ilo website eo an OHA](#).

Ñan armej ro im elōñ aer utamwe ak armej ro im rejelā juon kajin me ejjab Kajin Pālle, OHA emaroñ leḷok peba ko ilo wāween ko jet āinwōt kajin ko jet, jeje kilep, jeje in ri-pilo (braille) ak juon wāween me kwō koḡaan. Ekkeitaak Mavel Morales ilo 1-844-882-7889, 711 TTY ak OHA.ADAModifications@dhsaha.state.or.us[1][g1][g2]