

## COVID-19 – PARTICIPANT PROTOCOLS

### Program Waivers/Informed Consent:

- Participants are required to review and acknowledge the new program Waivers/Informed Consent.

### Physical Distancing:

- 2 metre physical distancing in place at all times.
- No socializing or gathering, before, during or after your program.
- Arrive 5 minutes prior to class and please leave immediately after the class including in the parking lot.

### Hand Hygiene & Equipment Cleaning:

- Wash your hands frequently with soap and water. If soap and water are not available, please use hand sanitizer wipes.
- Carry and use hand sanitizers.
- Refrain from touching your face.
- Cough and sneeze into tissue or elbow.
- Do not share equipment.
- Bringing own equipment to class is encouraged. If required to utilize City of Revelstoke equipment, please clean after use.

### Screening:

- Participants will be asked:
  - Do you have any of the following symptoms: coughing, fever, sore throat or difficulty breathing?

If any program participant answers yes to the health screening question, they will not be permitted to attend the program. Anyone who has the symptoms of COVID-19 is recommended to go straight home and consult the self-assessment app at <https://bc.thrive.health/> or contact 8-1-1 for further guidance related to testing and self-isolation.

### General:

- Do not spit.
- Bring your own water bottle.

## COVID-19 – INSTRUCTOR/VOLUNTEER PROTOCOLS

### Health Screening Controls:

- Instructors/volunteers should self-monitor for symptoms associated with COVID-19 by using the BC Health COVID-19 Symptom Self-Assessment Tool located here: <https://bc.thrive.health/> and answer the prompted questions, which include:
  - Are you experiencing symptoms consistent with COVID-19 (refer to the link above for the most up to date list of symptoms)?
  - In the past fourteen (14) days have you been outside of Canada or as directed by the PHO.
  - In the past fourteen (14) days have you been in close contact with anyone who is symptomatic or has been diagnosed with COVID-19?

If you answer 'yes' to any of the above questions, instructors/volunteers must stay home or if at work, go home immediately and contact the Recreation Program Coordinator for advice.

*(Note: As symptoms and information on the pandemic change, other questions may arise in the survey. Follow the advice provided after the survey has concluded and if advised to stay home, notify the Recreation Program Coordinator immediately.)*

- Instructors/volunteer will ask participants the following questions when they arrive for class:
  - Do you have any of the following symptoms: coughing, fever, sore throat or difficulty breathing?

If any program participant answers yes to the health screening question, they will not be permitted to attend the program. Anyone who has the symptoms of COVID-19 is recommended to go straight home and consult the self-assessment app at <https://bc.thrive.health/> or contact 8-1-1 for further guidance related to testing and self-isolation. If a participant is severely sick (e.g. difficulty breathing, chest pain etc.) call 9-1-1.

### Physical Distancing Controls:

- Two metre physical distancing in place at all times.
- No socializing or gathering before, during or after the program including in the parking lot.
- Inform participants that they should arrive 5 minutes prior to class and please leave immediately after the class.
- Ensure that room occupancy does not exceed posted limits.
- Confirm participant spacing requirements and protocols with Recreation Program Coordinator. Recommended spacing is outlined in the [BCRPA Guideline for Restarting Recreation](#)

### Personal Protective Equipment (PPE):

- Facial masks are not mandatory. If an instructor/volunteer chooses to wear one, they are responsible for proper disposal or frequent cleaning of them, dependent on which type they choose to utilize. Information for the care and disposal of facial masks can be found on the [BC Centre for Disease Control website](#).
  - Fabric masks should be laundered after each day and dried on the highest temperature setting possible. They must be thoroughly dried before re-use.
  - Paper masks should be disposed of after each day of use in accordance to the link above.
- Disposable gloves are not required unless an instructor/volunteer is conducting first aid or carrying out duties that regularly require the use of them. Gloves are not to be used as replacement for proper and frequent hand hygiene. Wearing gloves may actually help spread

the coronavirus as workers may unintentionally touch something or someone contaminated with the coronavirus with their gloved hand.

**Hand Hygiene:**

- Wash your hands frequently with soap and water. If soap and water are not available, please use hand sanitizer wipes.
- Carry and use hand sanitizers.
- Refrain from touching your face.
- Cough and sneeze into tissue or elbow.
- Minimize requirement to handle paperwork with participants. Sanitize hands before and after handling shared documents.

**Cleaning & Disinfecting:**

- Cleaning and disinfecting product will be available at each location. Instructor/volunteer must follow cleaning protocols as outlined by the Recreation Program Coordinator.
- Adapt programming where possible to minimize the use of equipment.
- Encourage participants to bring and use their own equipment.
- If City of Revelstoke equipment is required, clean before and after use.
- Ensure that participants do not share equipment.
- Program participants are not allowed in equipment storage rooms.

**First Aid Controls:**

- Instructors/volunteers will be required to following the [OFAA protocols during the COVID-19 pandemic for first aid protocols](#).
- Instructors will have portable first aid kit with them onsite.
- Instructors will be provided with PPE for first aid care to utilize if they cannot maintain physical distancing.