



COVID-19 - Return to Practice Guidelines

LifeShield, a Canadian Red Cross Training Partner – www.lifeshield.ca has resumed in-person First Aid & CPR training.

On June 18th 2020, Premier Stephen McNeil authorized:

[Social events, faith gatherings, weddings, funerals, and arts and culture events](#) that are run by a recognized business or organization can have 250 people outdoors or 50% of the venue's capacity to a maximum of 200 indoors.

All of our classroom facilities have been reconfigured to ensure ≥ 6 ft of spacing between participants

Though we continue to encourage social distancing where possible, a policy has been drafted (below) for use in situations where this is not possible.

The following points illustrate the procedures that we've implemented to keep us all safer.

Screening of Participants

- All staff and participants will be screened before they enter the classroom.
- Participants must submit to non-contact temperature screening prior to entering the classroom. - Should a participant screen febrile (≥ 37.5 C) they will be re-coursed free of charge.
- A copy of our *Fit for Training Questionnaire* is provided as an annex herein. There is no need to print this from as participants will be required to complete a hard copy upon arrival at the training facility. The annex is simply attached as reference. - Should a participant be deemed inadmissible, they will be re-coursed free of charge.
- Note: If you have a pre-existing, non-contagious condition i.e., Hay Fever, allergies, COPD a hand carried or emailed doctors note will suffice.

Building Protocols

- Participants will be provided with a procedural face mask, eye protection and non-latex gloves upon arrival. All items shall be provided at no additional cost. While masks and gloves are disposable, eye protection shall remain in the facility and will be decontaminated between sessions.

- The wearing of **masks** is mandatory when outside of the classroom (ie corridors, washrooms etc)
- The wearing of masks, gloves and eye protection is **optional while 6ft of social distancing is being maintained in the CLASSROOM.**
- The wearing of **masks** is mandatory in **CLASSROOM** situations where participants are **within 6 feet of one another.**
- The wearing **masks and gloves** is mandatory in **CLASSROOM** situations where **participants are in physical contact.**
- We will indicate clearly where participants should proceed upon entering the training premises. Directional signage or markings on the floor shall be used.
- We will control class movement as much as possible. Training rooms with multiple entrances will be designating an entrance and exit flow.
- Easy, visible access to sanitization stations shall be provided near to and within the classroom space.
- Each participant station will be provided with its own designated hand sanitizer bottle and disinfectant wipes.

Skills Requiring Close Proximity to Another Participant

- Mannequins shall be used as often as possible. Meanwhile, certain skills necessitate the use of a fellow human being. These skills include but are not limited to:
 - Rolling a person into the recovery position
 - Conscious adult choking
 - Wound care
 - Splinting
- Per above, First Aid & CPR training inherently requires close proximity when covering certain skills. In situations where students are **in physical contact with one another**, the use of **full PPE** is mandatory. **Full PPE** includes:
 - Procedural face mask
 - Non-latex gloves
 - Eye protection (optional)
- After a hands-on skills confirmation has been completed, the instructor and participants shall remove and dispose of worn gloves and sanitize their hands.
- In situations where 6ft distance *can* be maintained, then neither a procedural mask, eye protection or gloves are required. Meanwhile, any or all can be worn if the student wishes.
- Public Health guidelines will always take precedence. If directed to do so by Public Health officials, we will cease in-class training anew

1. In-Class Briefing

- The following points shall henceforth supplement our traditional instructor-led briefing
- Review of hand washing
- Review of physical distancing requirement
- Review of PPE requirements
- Review the emergency response plan with students.
- Cleaning of reusable tools and equipment used in-class
- Safe disposal of non-reusable tools and equipment used in-class

Use of Equipment

- Each participant workspace will be allocated personal training equipment which is to be used for the duration of a given course. Said equipment is for the exclusive use of the designated individual and will not be shared.
- At the conclusion of a training session all equipment will be placed in a designated receptacle to be cleaned or disposed of by the instructor.
- Take-home reference material will be distributed in electronic format within 24 hours of course completion.
- Each Student will be provided a kit containing the following.

Emergency First Aid & CPR Participants:

- Non-Latex Gloves - Disposable
- Procedural Face Mask - Disposable
- CPR Barrier Device - Disposable
- Safety Glasses
- Adult / child mannequin
- Baby mannequin
- Kneeling pad
- Sample of Asthma Inhaler / Epinephrine Auto Injector

Standard & Marine Basic First Aid & CPR Participants:

All of the above, PLUS

Triangular bandages

- 1 Sam splint
- 4x4 gauze pad x 4
- 4" roller gauze x 4
- Pressure dressing (or towel, laundered between courses)

LifeShield Instructor Responsibility

- Our team is appropriately trained with respect prevention of disease transmission and the need for increased diligence amid COVID-19.
- Our team is well versed with respect to our policies and procedures, including those aimed at keeping staff and clients safe.
- We have advised all trainers to avoid all non-essential travel until further notice.
- If an employee was to travel outside of Nova Scotia they would be required to self-quarantine for 14 days upon their arrival back to the province and seek approval prior to coming back to work.
- Our team members understand that they need to notify management and stay home if they are sick. If an employee is concerned they have COVID-19 symptoms they may complete the self-assessment tool (<https://when-to-call-about-covid19.novascotia.ca/en>)

Emergency Response Plan

- Actions to be taken in the event that a student or the trainer becomes sick during the training session.
- Instruct all students to go directly home, have no contact with their family or the public
- Instruct to students with symptoms to visit <https://when-to-call-about-covid19.novascotia.ca/en> and do a self-assessment before calling 811
- Instructor to notify management that training was suspended due to concerns of a symptomatic student or trainer.
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- The training room and any potentially contaminated equipment will be placed under restricted access, until the room and equipment can be disinfected.

Conclusion

- Safe, effective, learner-centred training remains achievable provided we all exercise continued diligence. I am extremely proud of our team and have the utmost have faith in both staff and participants to move forward amid these challenge times.

Best Regards,

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Fit for Training Questionnaire

To prevent the spread of COVID-19 in our community and reduce the risk of exposure within training facilities, students, trainers and any other person at our training facility who may have contact with students are required to complete this "Fit for Training Questionnaire". This form must be received by the instructor before a student is approved to begin training.

Date (yyyy/mm/dd):	Time:
Name (First, Last):	Training Location (Street Address)
Company Name (if applicable)	Instructor Name (First, Last):

Self-Declaration by Student / Trainer: If you answer YES to any of these questions, **notify the instructor immediately.**

1	Are you sick or exhibiting any of the following symptoms? - If so, please specify. <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Fever <input type="checkbox"/> Cough <input type="checkbox"/> Body Aches <input type="checkbox"/> Headache <input type="checkbox"/> Sore Throat <input type="checkbox"/> Runny Nose <input type="checkbox"/> Unusual Fatigue <input type="checkbox"/> Shortness of Breath <input type="checkbox"/> Sneezing <input type="checkbox"/> Hoarse Voice. <input type="checkbox"/> Diarrhea <input type="checkbox"/> Loss of Smell of Taste <input type="checkbox"/> Red, purple or blue lesions on the hands or feet without clear cause
2	Have you traveled outside of Nova Scotia in the last 14 Days? <input type="checkbox"/> Yes <input type="checkbox"/> No
3	Has anyone in your household been quarantined (self or directed) or identified as a COVID-19 confirmed or suspected case? <input type="checkbox"/> Yes <input type="checkbox"/> No
4	To your knowledge have you been exposed to anyone who has been been quarantined (self or directed) or identified as a COVID-19 confirmed or suspected case? <input type="checkbox"/> Yes <input type="checkbox"/> No

I (print full name) _____ confirm that I am NOT experiencing any flu-like symptoms and agree to report to the instructor immediately if symptoms occur.

Signature: _____ Date: _____