



Canadian
Red Cross

Training
Partner

COVID-19 - Return to Practice Guidelines

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

LifeShield continues to abide by a Public Health order by limiting participant numbers.

All of our classroom facilities are configured 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.
- 24 hours prior to training, participants will receive an email containing our ***Pre-Course Health Questionnaire***.
- Upon arrival in the classroom, participants will be asked if there have been any changes to their physical health / risk factors since the online questionnaire was completed.
- For those participants who are unable to complete their online questionnaire, a hard-copy will be provided upon arrival in the classroom.
- Participants shall submit to non-contact temperature screening upon arrival.
- Any **one** of the following will render a participant inadmissible:
 - Incomplete health questionnaire
 - Completed questionnaire wherein one or more answers elicit known risk to others
 - Refusal to submit to non contact temperature screening
 - Temperature screening ≥ 38 degrees Celsius
- 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

- All participants are encouraged to bring a face covering. Participants will be provided with a procedural face mask, eye protection and non-latex gloves. 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** is mandatory when inside the classroom, regardless of whether of not one is socially distanced.
- The wearing **masks and gloves** is mandatory in **CLASSROOM** situations where **participants are in physical contact**.
- Staff will indicate clearly where participants should proceed upon entering the training premises. Directional signage or markings on the floor shall be used.
- Staff 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.

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
- 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 shall be disinfected with the products provided. Cleaning and disinfecting will be overseen 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.

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 the Atlantic Provinces they would be required to self-quarantine for 14 days upon their arrival back to area 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

The following actions shall be taken in the event that a student or the trainer becomes sick during the training session.

- All participants will be asked to directly home and to have no physical contact with their family or the public.

- All participants shall be reminded that, to visit <https://when-to-call-about-covid19.novascotia.ca/en> and do a self-assessment before calling 811 for further direction.
- The instructor shall notify management that training was suspended due to concerns of a symptomatic student or trainer.
- The training room and any potentially contaminated equipment shall 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,

Kyle Mohler, Firefighter / Paramedic
Owner - LifeShield
Canadian Red Cross Training Partner
902-444-9362 (w)
kmohler@lifeshield.ca