

## COVID-19 - Return to Practice Guidelines (9th Ed. 01 June 2021)

LifeShield, a Canadian Red Cross Training Partner – [www.lifeshield.ca](http://www.lifeshield.ca) has resumed in-person First Aid & CPR training.

LifeShield continues to abide by all Public Health orders.

Citing section 15 of the [Restated Order # 2 of the Chief Medical Officer of Health Under Section 32 of the Health Protection Act](#): (last updated 21 May 2021)

15.4 No person, business or organization may host a formal in-person meeting or training.

15.4.1 Notwithstanding section 15.4, a business or organization may host a mental health and addictions support group meeting while adhering to the following: (a) a maximum of 10 persons in attendance; and (b) all persons in attendance must adhere to masking and physical distancing requirements of 2 metres (6 feet) set out in this Order.

**15.4.2 Notwithstanding section 15.4, a business or organization may carry out meetings and training that are required for safety and essential operation.**

After careful evaluation of risks and benefits, we will be re-opening to the public on Thursday 03 June, 2021.

All of our classroom facilities are configured to ensure  $\geq 6$  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 upon arrival.
- 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  $\geq 38$  degrees Celsius
- Should a participant be deemed inadmissible, they will be re-coursed free of charge.

### **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 at all times while in our facilities.
- The wearing **masks and gloves** is mandatory in **CLASSROOM** situations where **participants are in physical contact**.
- The wearing of (provided) **eye protection** is optional.
- 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.
- 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, all of which are Health Canada approved. 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.

### **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,

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