

COVID-19 - Return to Practice Guidelines (10th Ed. September 2021)

Nova Scotia will move into Phase 5 of its reopening plan at 12:01 a.m. on Sept. 15.

LifeShield will proceed as follows:

Blue font indicates provincial requirements (weblink [here](#)).

Green font indicates LifeShield's policy.

Effective 15 September 2021:

Wearing masks in indoor public places will no longer be mandatory but remain strongly recommended when people gather in indoor places.

LifeShield participants SHALL NOT require masks:

- As participants enter the room at start of day
- While participants are seated

LifeShield participants SHALL require masks:

- Anytime a participant leaves their seat, be it:
 - To engage in the practice of a skill
 - When leaving the classroom room for any reason
 - When re-entering the classroom

LifeShield instructors SHALL wear a mask:

- When greeting participants upon their arrival / checking participants in
- When they are within 6ft of a participant

Effective 15 September 2021:

The only restrictions that will remain in place for the general population within Nova Scotia are those related to management of COVID-19 cases; anyone with symptoms must still get tested, isolate while they wait for results and continue to isolate if they test positive.

LifeShield will cease the process of gathering pre-course health questionnaires from participants. LifeShield will also cease mandatory temperature assessment upon participant arrival.

Effective 04 October 2021:

Proof of full vaccination will be required for Nova Scotians who are 12 or older to participate in discretionary, recreational or non-essential activities such as dining out, going to a fitness facility, or going to a movie, theatre performance, concert or sporting event.

Per provincial OH&S regulations, First Aid & CPR training is an ESSENTIAL service. As such:

- LifeShield SHALL NOT require vaccination records for PARTICIPANTS

- LifeShield **SHALL** require vaccination records for all **INSTRUCTORS / STAFF** who, as part of their employment duties, are exposed to the public.

PPE / Sanitizers / Disinfectant

- 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.
- Per above, the wearing of **masks** is mandatory when 6ft of distance cannot be maintained.
- The wearing **masks and gloves** is mandatory in where participants are in physical contact (ie the performance of a skill).
- The wearing of (provided) **eye protection** is optional.
- 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.

In Class Briefing

- The following points shall henceforth supplement our traditional instructor-led briefing
- 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>)

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 as we learn to live with COVID19.

Best Regards,

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