



## **COVID-19 - Return to Practice Guidelines (12th Edition, January 2022)**

As Nova Scotia navigates the COVID Omicron variant, LifeShield continues to abide by all public health requirements.

The following constitutes our current operational status:

### **Proof of Vaccination**

Effective 04 October 2021, Nova Scotia Public Health Officials require individuals to show proof of vaccination to gain access to non-essential services.

Vaccination against COVID19 is a critical public health measure. There is overwhelming scientific evidence that these vaccines are safe. As such, LifeShield has established an internal policy wherein all of our instructors / staff who engage the public be fully vaccinated.

Meanwhile, First Aid & CPR training is an essential service, because:

1. First Aid & CPR certification is legislatively required under provincial and federal Occupational Health & Safety (OH&S) regulations;
2. First Aid & CPR certification may be compulsory to obtain / maintain employment;
3. First Aid & CPR education is a societal necessity which helps ensure the health and safety of our communities.

At present, the Province of Nova Scotia does not require vaccination for individuals seeking essential services, such as ours.

Quoting the Province of Nova Scotia's proof of vaccination directive:

*“Proof of full vaccination isn't required for most places that don't host formal gatherings and places that offer essential, non-discretionary services and activities, including... safety training that's required for a person's job and can't be done virtually.”*

As a result, LifeShield will not require proof of vaccination on the part of our participants.

Notwithstanding, we join Nova Scotia Public Health officials in urging all Nova Scotians to fully vaccinate as soon as possible.

### **Masking**

Ours is a classroom environment. Until further notice:

LifeShield participants and instructors SHALL require masks at all times unless they are eating or drinking at their socially distanced participant or instructor station.



## **Air Quality Initiatives**

To further protect our participants and staff, all LifeShield classrooms have been equipped with an modern air purification system designed to sense, capture and trap pollutants, viruses and bacteria as small as 0.3 microns.

## **PPE / Sanitizers / Disinfectant**

All participants are encouraged to bring a 3-ply face covering. Participants will be provided with a 3-ply 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 unless eating or drinking at a socially distanced station.

The wearing **masks and gloves** is mandatory when 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)

Last Update: 03 January 2022



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 Class Briefing**

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

- Review of PPE requirements
- Cleaning and disinfecting 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.

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.

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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