



COVID-19 - Return to Practice Guidelines (13th Ed. March 21 2022)

Effective 21 March 2021, Nova Scotia entered phase 3 of its COVID reopening plan. As a result, gathering limits, social distancing and most masking requirements have been lifted.

LifeShield will proceed as follows:

Masking

Nova Scotia Public Health authorities continue to strongly recommend masking in indoor public places, particularly when social distancing cannot be maintained.

As such, LifeShield shall make masks available to all participants. At the discretion of the participant, masks can be worn throughout.

LifeShield **participants and staff SHALL NOT REQUIRE** masks:

- As they move throughout the facility
- While seated in class

LifeShield **participants and staff SHALL REQUIRE** masks:

- While engaging in the practice of a skill requiring close contact with a fellow participant.
- Instructors will provide direction to this effect.

Distancing

- LifeShield will continue to seat participants 6 feet apart. This will be re-evaluated in Spring / Summer 2022

Sanitizers / Disinfectant

- 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.

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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