



COVID-19 Safety Plan for SKGABC Events

Including Guide Exchanges and Exams

for Contractors, Employees, Volunteers, and Participants

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General Guidelines

The Sea Kayak Guides Alliance of BC (**SKGABC**)'s COVID-19 Safety Plan outlines the policies and procedures used to reduce the risk of COVID-19 transmission during Exams, Exchanges, and other in-person gatherings (**Events**).

The Sea Kayaking COVID-19 Best Practices Manual (**SKC19BPM**): https://www.skgabc.com/uploads/pdfs/Sea_Kayaking_COVID-19_Best_Practices.pdf has more details on specific safety practices. *It is to be used in conjunction with this document and is referred to throughout.*

To Whom Do I Go With Health and Safety Concerns?

Direct all feedback and correspondence to the SKGABC Executive Director: info@skgabc.com.

Basics

- As contractors and/or volunteers, Examiners and Exchange Leaders are responsible for the proper implementation of this COVID-19 Safety Plan.
- All Exam activity and Exchanges will occur either virtually or outdoors; no indoor locations.
- All Event Participants and Leaders must carry a hand hygiene kit, and appropriate face coverings, to be worn whenever a physical distance of 2 metres cannot be maintained.
- Gloves, face coverings, and eye protection must be used by both the patient and person administering first aid during all first aid patient care and interventions.

Group Size Limitations

- L2 Exams are limited to 8 participants + 2 Examiners maximum.
- L3 Exams are limited to 6 participants + 2 Examiners maximum.
- Exchange activities are limited to 14 participants including Leaders.

It is recommended that Examiners and Exchange Leaders **not** volunteer to lead on their own -- even if they are under the traditional ratios. The rationale for this is if one of the Leaders requires evacuation relating to COVID-19 symptoms.

Who is Prohibited from Events?

1. All participants **must be pre-registered** for the SKGABC Event. Non-registered individuals are not permitted to visit any Event location.
2. Anyone meeting any of the following criteria is prohibited from attending any Event location:
 - A. Anyone who has had symptoms of COVID-19 in the last 10 days, or develops symptoms during the Event. Symptoms include **fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or head ache**.
 - B. Anyone who has arrived from outside of Canada in the 14 days prior to the Event.
 - C. Anyone who has had contact with someone with a confirmed or probable case of COVID-19, in the 14 days prior to the Event.
 - D. Anyone directed by Public Health to quarantine or self-isolate.

Gear to Carry in to the Field

Who needs to bring what

	Exams		Exchanges	
	Leaders	Participants	Leaders	Participants
Copies of protocol documents <ul style="list-style-type: none"> This document The SKC19BPM: https://www.skgabc.com/uploads/pdfs/Sea_Kayaking_COVID-19_Best_Practices.pdf The written evacuation plan for the Event 	✓		✓	
Signage <i>Signs must be printed, laminated, carried in the field, and posted near the common area of any camp.</i> <ul style="list-style-type: none"> Daily Health Check Physical Distancing poster Hand Hygiene poster 	✓			
Group Evacuation Gear	✓		✓	
ALL personal camping gear for exclusive use, including: (SKC19BPM - 7.0 & 8.0) <ul style="list-style-type: none"> Tent, Sleeping gear, Cooking gear, Toileting gear All food and water Systems to manage own garbage and recycling 	✓	✓		
Eye protection and gloves (SKC19BPM - 2.16) For use at all times during first aid scenarios	✓	✓	✓	✓
Hand washing and sanitizing equipment Readily accessible at all times	✓	✓	✓	✓
Face coverings (SKC19BPM - 2.9) An approved face covering must be worn anytime a physical distance of 2 metres is not practical to maintain. <ul style="list-style-type: none"> Face coverings must include 2 or more layers of protective fabric, and cover the mouth and nose. All participants and Leaders will carry multiple face coverings, sufficient for the entire Event to allow changing when they become damp or soiled. Note that neck gaiters and other single-ply Buff-like face coverings do not suffice, and are not proven to be an effective barrier without reinforcement. See SKC19BPM - 2.9 and WorkSafeBC's "Selecting and Using Masks in Non-Health Care Settings", https://www.worksafebc.com/en/resources/health-safety/information-sheets/covid-19-health-safety-selecting-using-masks?lang=en 	✓	✓	✓	✓

Before, During, and After

Before the Event

In Advance

Examiners & Exchange Leaders

1. Review the full *SKC19BPM*: https://www.skgabc.com/uploads/pdfs/Sea_Kayaking_COVID-19_Best_Practices.pdf
2. Develop and submit a **contingency plan**, outlining the plan of action for self-isolation and evacuation for any participant or Leader, including preventing the spread of COVID-19 in the case of suspected COVID-19 symptoms or any other illness or injury.
3. Meet and plan for the Event virtually. A pre-Exam orientation meeting with Leaders will occur with a representative from the SKGABC.

Participants

- Review the *SKC19BPM - 5.5: Rescue Modifications* in detail.
- Participants must receive all information about COVID-19 Safety Procedures via email prior to the Event.

1 day before:

- All participants and Examiners must complete the pre-trip health check within 24 hours of their exam start. This will be emailed to you.
- *Candidates with COVID-19 symptoms immediately before their exam may transfer their fees to a future Exam. Alternatively, a full refund may be requested with a doctor's note.*

During the Event

Event Start

Examiners and participants are encouraged not to carpool with anyone outside their household.

The Introduction to the Event will include a group review of this protocol, including:

- 1) a **check of required gear / PPE**, and
- 2) a **review of the policies and procedures** regarding:
 - Hand hygiene (see *SKC19BPM - 2.9*)
 - Face coverings (see *SKC19BPM - 2.9*)
 - Physical distancing (see *SKC19BPM - 2.6 & 2.7*)
 - Shared equipment & equipment sanitizing (see *SKC19BPM - 2.10*)
 - On-water rescues (see *SKC19BPM - 5.5*)
 - Daily health checks (see *SKC19BPM - Appendix 1*)
 - Emergency plan

Daily

- All participants and Leaders will use the posted COVID-19 health check sign **each day** and report their results to an Event Leader.
- Hand sanitizing must be carried out prior to moving kayaks.
- Use of shared group equipment in the field should be avoided whenever possible. Shared equipment should be sanitized anytime the equipment is transferred to a new person (e.g. VHF radios). Daily cleaning expectations will reviewed by all participants and Leaders.

Rescues

Review *SKC19BPM - 5.5: Safety Plan While on the Water: Rescues and Emergencies*.

- Modifications to rescues and first aid treatment should not unreasonably delay responding to an imminent danger (capsize, injury, hypothermia).
- All Leaders and participants should have gloves, hand hygiene kit, and face mask in a readily accessible location (e.g., lap bag) at all times, including for use during rescues.

If someone shows signs of illness during an Event

If a participant or Leader develops illness symptoms as described on the daily health check sign, they must put on a face covering, wash or sanitize their hands, self-isolate, and report their symptoms to a Wilderness First Aid attendant.

- Follow WFA protocol for illness. Leaders will refer to the pre-trip contingency plan.
- If reasonable, the ill person should remain in camp until a supported medical evacuation with professional PPE can be arranged.
- All surfaces and equipment that a patient with illness symptoms has come into contact with must be disinfected as per *SKC19BPM Section 2.10: Cleaning, Disinfecting and Sanitizing Protocols*.
- If participants or Leaders are required to enter a shared vehicle, boat, or other enclosed space during an evacuation, then they must wear an approved face covering at all times. (*SKC19BPM Section 6.0: Safety Plan for Travel*).

After the Event

- All participants and Leaders must continue to complete the daily self-check for 14 days after the Exam.
- All participants and Leaders must maintain contact (e.g. regularly checking email) for 14 days following the Event, contact tracing purposes.
- All participants are invited to share feedback on the Event as well as these policies and procedures.
- A post-Event debrief will be organized with Leaders to monitor risks, review updated WorkSafeBC information, and collect feedback.