



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 headache**.
 - 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 into the Field

Who needs to bring what

		Exams		Changes
	Leaders	Participant s	Leaders	Participant s
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	✓✓	✓✓	✓✓	✓

<p>Face coverings (SKC19BPM - 2.9)</p> <p>An approved face covering must be worn anytime a physical distance of 2 metres is not practical to maintain. • 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.</p> <ul style="list-style-type: none"> • 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 	✓	✓	✓	✓
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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.