

EVANS LAKE – COVID-19 HEALTH & SAFETY PLAN

Last updated: August 11, 2021



Evans Lake – COVID-19 Health & Safety Plan	1
Introduction	5
Roles & Responsibilities	6
Moving Targets	6
Public Health Measures	7
What is COVID-19 and how is it spread?	7
What are the symptoms of COVID-19?	7
Requiring Self-Isolation and Quarantine	7
Local COVID-19 Testing Centre	7
Administrative Measures	8
Camper group size & Composition	8
Activity Scheduling	9
First Day Orientation	9
Activity Delivery	9
Camper and Parent or Guardian Education	9
Record Keeping	9
Evans Lake Sick Leave policy	10
Onsite Communication & Distancing Supports	10
Planning for Inclement Weather	10
Other Administrative Measures	11
Overnight Accommodations	12
General	12
Sleeping Arrangements	12
Cleaning and Sanitization	13
Principles	13
Necessary Equipment	13
Daily clean	13
Other Environmental Measures	13
Food Service	14
General Food Service Precautions	14
Food Handlers	14
Meals with Campers	14
Procedure for Food Brought by Group	15

Dishwashing	15
First Aid, Health & Wellness	16
General	16
Hand Hygiene	17
Respiratory Etiquette	17
Personal Protective Equipment (PPE)	17
Tips for Proper Use of Mask	18
Washing Your Reusable Mask	18
Daily Health Check	18
Adapted OFAA Protocols (Occupational First Aid Attendants) During Pandemic	19
CPR protocols	20
CPR – OFA Level 1 and OFA Level 2	20
CPR – OFA Level 3	20
Assisted ventilation—OFA Level 3	20
Scenario: Self-treatment with direction	20
Scenario: OFA Level 1 and Level 2 with an intervention	21
Appendices	22
Protocol for child or staff with symptoms of COVID-19	23
How to Use a Mask	24
Procedure for Cleaning Staff Accommodations	25
Follow the check list	25
Twice-Daily Cleaning – High Touch Areas	26
Once-Daily Cleaning – General Cleaning	27
Once-Daily Cleaning – Staff Accommodations	28
As Needed Cleaning	29
Daily Health Check	30
activity overview	31
Risk Assessment	31
Activity	31
Notes	31
Activity-by-activity Breakdown	31
Nature Walks/Hiking	31
Eco Fun/Forest Education	33
Field and Forest Games	33

Campfires	34
Archery	35
Orienteering	36
PFDs & Lifejackets	37
Canoeing	37
Stand-up Paddle-boarding	39
Swimming	40
Rock Climbing	41
Low Ropes	42

INTRODUCTION

This document describes the Evans Lake Forest Education Society's operational adaptations to COVID-19.

It was adapted, in particular, from:

- *BC Camps Association Covid-19 Health & Safety Guidelines – Day Camps*
- B.C. Ministry of Health's *COVID-19: Public Health Care Guidance for Childcare Settings*
- B.C. Ministry of Health's *COVID 19: Guidance to the Hotel Sector*
- BC Ministry of Health's *COVID-19 Food and Beverage Sector Fact Sheet*

This plan adds to the health and safety standards Evans Lake already observes through the B.C. Camps Association's *Accreditation Standards*.

COVID-19 information and governmental guidance can change regularly. In order to stay on top of those changes, Evans Lake will monitor sources such as:

- BC Centre for Disease Control - COVID-19 Public Health Guidance for Child Care Settings http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance_Child_Care.pdf
- BC Centre for Disease Control - COVID 19 http://www.bccdc.ca/health-info/diseases-conditions/covid-19?utm_campaign=20200311_GCPE_AM_COVID_2_NOTIFICATION_BCGOV_BCGOV_EN_BC_NOTIFICATION_BC's_COVID-19
- Orders, Notices and Guidance <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>
- BC's Response to COVID-19 <https://www2.gov.bc.ca/gov/content/covid-19/info/response>
- Government of Canada: Coronavirus Disease (COVID-19) <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- Worksafe BC: COVID-19 Information and Resources <https://www.worksafebc.com/en/about-us/covid-19-updates>
- WorksafeBC: Child care and day camps: Protocols for returning to operation <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation/child-care>

A printed copy of the following documents must be kept on site during operations:

- Evans Lake's *COVID-19 Health and Safety Plan*
- Worksafe BC *COVID-19 Safety Plan*
- BCCA *Guidance for Day Camp*

ROLES & RESPONSIBILITIES

The roles & responsibilities listed below are in addition to each role's typical responsibilities.

Lauren Marghetti – Executive Director (**ED**):

- Lead external communication related to COVID-19 (e.g. social media, newsletters, media)
- Lead respondent for parent inquiries, rental groups
- Support during crisis incidents
- Liaison with Board of Directors

Conor Lorimer – Director of Operations & Education (**DOE**):

- Operational oversight and lead for this plan
- Procure and restock PPE and cleaning supplies within established budget

Kevin Berryman – Facilities Supervisor (**FS**):

- Manage Facilities team to execute this plan
- Coordinate site cleaning
- Oversee the distribution of cleaning supplies and PPE stock. Report current stock and projected use to DOE to ensure supplies are always readily available

Mollie Winter – Program Manager (**PM**):

- Manage Program team to execute this plan
- Coordinate as-needed cleaning related to site use by day campers (e.g. cleaning of archery area before, during, and after archery activity)
- Oversee the procedure that overnighting staff follow for cleaning & sanitizing accommodations, and meal service

David Woolfall – Food Services Manager (**FSM**):

- Deliver Food Services in accordance with this plan
- Liaise with PM and adjust food plan as needed within established budget. Adjustments to meet the food needs of the campers and staff must meet this plan's guidelines

Seasonal Staff team

- Implement plan as directed by PM
- Act proactively to raise questions or concerns if plan requires modification
- Promote culture of safety and thoroughness with this plan

MOVING TARGETS

The recommendations and orders from the BC Provincial Health Officer are continuously changing as the COVID-19 situation is dynamic. Evans Lake has the obligation to stay up to date on the requirements set out by the BCCDC and PHO. As such, these roles and responsibilities will adjust as needed.

PUBLIC HEALTH MEASURES

WHAT IS COVID-19 AND HOW IS IT SPREAD?

- Coronaviruses are a large family of viruses found mostly in animals. In humans, they can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).
- The disease caused by the coronavirus is COVID-19.
- COVID-19 has been declared a global pandemic.
- COVID-19 is a reportable disease and the local Medical Health Officer must be notified if there is an outbreak or suspicion of an outbreak.
- Coronavirus is transmitted via liquid droplets when a person talks, coughs or sneezes. The virus can enter through these droplets through the eyes, nose or throat if you are in close contact.
- The droplets vary in size, from large droplets that fall to the ground rapidly (within seconds or minutes) near the infected person, to smaller droplets, sometimes called aerosols, which linger in the air under some circumstances.
- It can be spread by touch if a person has used their hands to cover their mouth or nose when they cough. That's why it is recommended to cough or sneeze into your elbow and wash your hands regularly.
- COVID-19 is a reportable disease and the local Medical Health Officer must be notified if there is an outbreak, or suspicion of an outbreak.

WHAT ARE THE SYMPTOMS OF COVID-19?

- The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and the common cold. These symptoms include new or worsening cough, fever or chills, loss of sense of smell or taste, difficulty breathing, extreme fatigue or tiredness, body aches, headache, nausea or vomiting, diarrhea. Children tend to have abdominal symptoms and skin changes or rashes.
- People infected with COVID-19 may experience little or no symptoms, with illness ranging from mild to severe.
- Some people are more vulnerable to developing severe illness or complications from COVID-19, including older people and those with chronic health conditions.
- If you are someone who may be at a higher risk because of a pre-existing condition, we advise that you consult your physician to make an informed choice about your risks.

REQUIRING SELF-ISOLATION AND QUARANTINE

- Anyone with cold/flu symptoms or symptoms of COVID-19 are required to stay home and be tested for COVID-19.
- Self-isolation is also advised for those who are considered a close contact of a confirmed case and are waiting to see if they develop COVID-19 illness.
- If a person is found to be a confirmed case of COVID-19, public health staff will ensure there is robust contact tracing and management of any clusters or outbreaks.
- They will also ensure that children, staff and parents have access to healthcare providers and that appropriate supports are in place.

LOCAL COVID-19 TESTING CENTRE

- Squamish General Hospital – Emergency Department
Open 24 hours a day, 7 days a week

ADMINISTRATIVE MEASURES

CAMPER GROUP SIZE & COMPOSITION

- The Rental Group Leader is responsible for assigning overnight cabin groups and activity groups.
- Fall overnight cabin groups will be made up of 1-6 people sharing sleeping accommodations overnight (i.e. cabin; Rec Hall). Cabin groups may interact outdoors together as long as appropriate physical distancing measures are being followed.
- Cabin groups are defined as the group of individuals sharing overnight accommodations for their stay. Cabin groups should be no more than 5-6 campers (depending on the number of bunks in the cabin). *See *Overnight Accommodations* section for more information.
- Activity groups are defined as a set of campers participating in daily outdoor activities together. These may be one or two cabin groups assigned to be paired together for the week. Activity groups should be no more than 12 campers and 2 supervisors, but aim to be only 8 campers. BCCA regulations allow for group sizes of up to 12 campers.
- Outside of the cabin group or activity group, physical distancing should include avoiding physical contact, minimizing close, prolonged, face-to-face interactions, and spreading out as much as possible within the space available.
- Families/groups/individuals from different households may not go into each other's residences, even if they are considered to be in the same bubble outside of camp.
- Where possible, Evans Lake strongly suggests rental groups place members of the same household together as children who live in the same household do not need to maintain physical distance from each other.
- Evans Lake strongly recommends that rental groups target zero cabin changes per week (i.e. where one or more campers are switched from one cabin to another, or from one activity group to another).
- Group leaders should assign their own adult supervisors (i.e. adults within the group) to supervise cabin and/or activity groups, and wherever possible, the adult should be assigned a single camper group as much as is practicable and feasible for the duration of their stay.
- The number of staff interacting with and across groups of children should be minimized.
- Gatherings of all staff and campers in one location should be minimized, and physical distancing should be practiced as much as possible during those times. Large indoor assemblies of staff and campers should not be held.

Group	Definition	Maximum Size
Cabin Group	All members assigned to the same sleeping quarters	Rec Hall - 1 person <u>or</u> 1 household Cabins – 5-6 people (half-capacity of the number of beds available) <u>or</u> 1 household *Note: There are 2 cabins with capacity of 5 people and 8 cabins with a capacity of 6 people.
Activity Group	Up to two cabin groups paired for daily activities	12 campers + 2 supervisors
Rental Group	Entire rental group onsite	60 people

ACTIVITY SCHEDULING

- Activities will be scheduled in order to allow for any required cleaning and/or sanitizing before the next group arrives.

FIRST DAY ORIENTATION

- As part of their first day orientation, each group will review the rules & expectations of Overnight Camp. These will include the typical content for Evans Lake's first day orientation, as well as information on:
 - physical distancing
 - hand washing and sanitation
 - accommodation information (sleeping head-to-toe, alternating bunks, ventilating cabins)
 - meals, snacks, and water bottles
 - self-monitoring for symptoms of COVID-19
 - respiratory etiquette (proper coughing and sneezing)

ACTIVITY DELIVERY

- Scheduled activities have been vetted in order to meet best practices for physical distancing, cleaning & sanitization, and general risk management.
- A 'How-to' activity-by-activity breakdown can be found in the appendices.
- During training, staff will cover the principles for safe facilitation. Staff will understand the extent to which they can adapt activities as necessary, while maintaining the intended safeguards. For example:
 - Tag-based games and high energy games with no camper limits are allowed, but should be minimized
 - All equipment must be sanitized between uses
 - For equipment or surfaces that cannot be easily disinfected, increase attention to appropriate hygiene practices (e.g. handwashing)
 - Outside wherever possible

CAMPER AND PARENT OR GUARDIAN EDUCATION

- In order to make sure that campers and their parents or guardians are educated on all COVID-19 related policies and procedures, Evans Lake will use tools such as: pre-arrival email, daily health questions, direct emails, social media, first day orientation, and signage.
- Attempt to make the camper education as fun and engaging as possible.
- Be aware that continual reminders for campers, particularly younger ones, will be necessary.

RECORD KEEPING

- Keep daily records of the following for contact tracing purposes:
 - Child Name
 - Drop-off and pick-up time
 - Bus seating assignments for the bus from Squamish and from the bottom of the hill (if applicable)
 - Passengers in Evans Lake vehicles (i.e. camp trucks)

- Adult completing both drop-off and pick-up (if applicable)
- Adult emergency contact information
- All staff that interact with each camper group
- This log must be maintained for a minimum of four weeks after the completion of camp
- Daily health checks must be completed by all staff, and anyone visiting site, including campers and all rental group attendees. Health check documents will be available to staff and groups onsite.
- The Rental Group Leader is responsible for ensuring that all members of the group have completed their daily health check before breakfast, or the first group activity of the day, whichever is earlier in the day. Health check records must be submitted to a designated Evans Lake staff member.
- Keep records of campers or staff unable to attend due to being symptomatic.
- Keep records of any incidents involving campers or staff becoming symptomatic at camp. This record can initially be record in a First Aid Record, and then must be followed up with an Incident Report.
- Keep records of schedules and where each camper was during the day.
- Keep these records for at least 30 days.

EVANS LAKE SICK LEAVE POLICY

- From Evans Lake’s Human Resources Manual:

The following leave provisions apply to full-time regular and fixed term employees with contracts in excess of six months. Part-time regular and fixed term employees with contracts less than six months receive the same leave benefits on a pro-rated basis.

Sick leave will be granted at full pay for absences due to illness or injury at the rate of 1.25 days per month to a maximum annual entitlement of 15 days. In the event that employment with ELFES is terminated and the employee has been paid sick leave greater than entitled, the employee's final pay will be reduced by the amount of the paid leave taken beyond their entitlement.
- While B.C.’s state of emergency in response to COVID-19 is in effect, a doctor’s certificate will not be required to verify an employee’s request for sick leave.

ONSITE COMMUNICATION & DISTANCING SUPPORTS

- Signs will be posted in relevant areas around the site to encourage and support safe protocols. These include: reminders of handwashing near the Dining Hall, near other stations where we have set up sanitizers or where there are handwashing sinks, in an area where we expect guests to be using shared equipment, and near an area where we anticipate guests and staff to congregate.
- Physical markers—such as blue spray-painted dots, physical distancing circles—are to be set up in areas where people must wait their turn or were previously allowed to gather as a large group.

PLANNING FOR INCLEMENT WEATHER

- Activities will be conducted outside whenever possible.
- If there is inclement weather, consider adjustments such as:
 - ensuring that all guests are wearing the best possible rain gear that they have. Evans Lake also has a set of rain jackets that can be given out to group members in need. If a

- jacket is loaned out, loan it to one person for the duration of their stay, and follow the garment washing instructions to clean it when the item is returned;
- altering the schedule to do more activities in the forest (where there is tree cover) as opposed to an activity on the grass field;
 - doing alternate activities under open-air covered spaces such as the Outdoor Learning Centre (OLC), the pop-up shelters, and the bus shelter in front of Muggie's (beside Vista-Log Cabin)
 - If all of these options have been considered and more space is needed, use indoor space only when absolutely necessary. If a program or activity must occur indoors, ventilate the space as much as possible (e.g. keep windows and doors open), follow the masking protocols found in the *Personal Protective Equipment (PPE)*. These require mask wearing in any indoor common space. Indoor activities should also be set up in such a way to allow maximum physical distancing between groups and must follow the room capacity listed at the entry to each indoor space.

OTHER ADMINISTRATIVE MEASURES

- Staff must avoid physical contact with other staff
- Avoid greetings which require physical contact (e.g. high fives, handshakes, hugs).
- Evans Lake will restrict non-essential visitors and volunteers.
- Staff should bear in mind that, as part of their role at Evans Lake, we are following controlled procedures while working with children from up to 40+ households. While the daily health checks completed by staff should ensure that staff are fit to work on that day, we strongly encourage staff members to strictly follow public health orders and other best practices while away from the workplace.
- **Vaccinations:** Evans Lake strongly encourages all eligible staff, clients, and visitors to get vaccinated. Evans Lake will communicate this encouragement to those groups in ways such as pre-arrival emails, social media, or staff communication.

OVERNIGHT ACCOMODATIONS

We are pleased to once again provide Overnight Camp for rental groups. As with the rest of this Operational Plan, the following measures are adapted from requirements and best practices of the British Columbia Camping Association and many other sources, as well as Evans Lake's discretionary measures to ensure the utmost care and protection for campers.

GENERAL

- There are 11-12 beds in each cabin, and up to 4 beds in each of the Rec Hall rooms.
- Cabins will have a maximum of 5-6 people allowed (half-capacity). There are 10 cabins.
 - 2 cabins with capacity of 5 people
 - 8 cabins with a capacity of 6 people
- Rec Hall rooms will have a capacity of 1 person per room. There are 6 Rec Hall rooms.
- The exceptions to these capacity limits are:
 - A cabin with individuals from the same household outside of camp (e.g. a family unit/bubble) may host a maximum of 8 people.
 - A Rec Hall room with individuals from the same household outside of camp (e.g. a family unit/bubble) may host a maximum of 4 people.
- Note that the maximum activity group size (i.e. two cabins paired together) may not exceed 12 campers and 2 supervisors for a total of 14 people under any circumstances.
- Families may have their own private accommodation or be in shared accommodation with close friends or family. On site, households that registered together and are staying in an accommodation together can only access their own accommodations, not any other group's accommodations.
- Where buildings have shared indoor spaces between non-household individuals, masks will be worn in common spaces. E.g. For any folks staying in the back of the Rec Hall, the hallways and bathrooms are considered "common spaces" and people must mask up.

SLEEPING ARRANGEMENTS

- Wherever possible, there should only be one camper per bunk.
- Campers should alternate top or bottom bunk arrangements (e.g. Person 1 sleeps on bottom bunk of Bunk 1; Person 2 sleeps on top bunk of Bunk 2).
- Campers should sleep head-to-toe to limit proximity to one another's heads while sleeping.
- Evans Lake will supply clear plastic barriers between bunks where necessary.
- We are required to ventilate cabins. This will be done by leaving windows and doors open as much as possible. This means that cabins may be cooler at night. Please bring your own bedding and extra layers to keep warm. Evans Lake does not supply pillows, blankets, or sleeping bags.

CLEANING AND SANITIZATION

PRINCIPLES

- Buildings should be generally cleaned and disinfected daily.
- High contact surfaces may need to be cleaned more regularly, especially in areas that children use. High contact surfaces include door handles, light switches, hand railings, toilet handles, shared office equipment, sports equipment, appliances, and self-serve beverage stations.
- As general practice when programs are running, high contact surfaces (e.g. shared equipment, door knobs, light switches, table tops) should be cleaned a minimum of twice per day.
- Clean and disinfect any surface that is visibly dirty.
- Use commonly available detergents and disinfectants. Follow the label instructions and allow the disinfecting agent to remain wet on the surface for the specified amount of time.
- For equipment or surfaces that cannot be easily disinfected (e.g. climbing wall, stuffed toys), increase attention to appropriate hygiene practices (i.e. handwashing).
- Remove unnecessary items from the workplace to reduce surfaces that could become contaminated.
- Empty garbage cans daily.
- Complete appropriate hand hygiene after cleaning.
- Wash hands before and after wearing gloves.
- Items that cannot be easily cleaned and disinfected should be removed (e.g., magazines, toys).

NECESSARY EQUIPMENT

This equipment will be placed and restocked by the Facilities team at designated areas in camp.

- Hand/Surface sanitizer (e.g. from Slope Side): Spray liberally, allow to air dry. If a delicate electronic, use a bucket with bleach solution and wipe down, allow to air dry.
- Gloves: Please test to find an appropriate size
- Cloths: After use, they should be placed in the dedicated laundry basket in the laundry area. To clean them, use the highest heat setting on the washer and tumble dry.
- 70% Alcohol-based spray (for electronics): For electronics follow the manufacturer's instructions for all cleaning and disinfection products. If no manufacturer guidance is available, use the alcohol-based spray to disinfect touch screens. Dry surfaces thoroughly to avoid pooling of liquids.

DAILY CLEAN

- The Facilities team is responsible for overseeing the daily cleaning.
- Individual staff members are responsible cleaning their work area using supplies and Personal Protective Equipment (PPE) supplied by the Facilities team.

OTHER ENVIRONMENTAL MEASURES

- All rooms must have posted occupancy maximums. As of June 11, 2021, rooms should have a minimum of 4m² per person. I.e. For any room with less than 8m², the maximum number of people in the space would be one. If more than that was necessary, all people in the room should be wearing a mask and time in that space should be as limited as possible.

FOOD SERVICE

GENERAL FOOD SERVICE PRECAUTIONS

- All food preparation must be done by FoodSafe trained staff.
- Only kitchen workers and supervisory staff shall be permitted to enter food preparation or storage areas.
- Follow safe food practices, such as protecting foods from contamination, minimizing direct handling of food and preventing cross-contamination of foods.
- Discard any foods that may have been contaminated from coughs or sneezes.
- Clean and sanitize utensils and surfaces in the kitchen regularly using standard sanitizing solutions (e.g., QUATs or chlorine). Follow the instructions on the product label.
- Increase frequency of cleaning and sanitizing of food contact surfaces and high-touch areas.
- Wash/sanitize used dishes using regular procedures (e.g., sanitizing dishwasher)
- At the discretion of the lead Food Services Staff member and the lead Program staff member, food can be served family-style, by staff-assisted buffet or pre-plated.
- Food distribution should ensure there is no gathering or crowding of campers and staff.
- At the discretion of the lead Food Services staff member and the lead Program staff member on site, self-serve food and beverage stations can be set up if sufficient staff and controls exists to ensure physical distancing and proper hand sanitizing.
- If self-serve food or beverage stations are set up, there must be:
 - Hand washing facilities or alcohol-based sanitizers must be within easy reach of the station.
 - Signs reminding patrons to wash or sanitize their hands before touching self-serve food, drink or other items, must be posted at the self-serve station.
 - High touch surfaces at the station, and utensils that are used for self-serve, must be regularly cleaned and sanitized.
- Ensure all campers and staff practice hand hygiene before all meals. Hand sanitizer will be available at the entry to the dining hall, and the closest hand wash station is beside Program Storage.
- When possible, meals should be arranged to be eaten outdoors. If indoor dining is used, households must be spaced at least 2 metres apart from each other.
- Singing is not permitted in the dining hall. Loud talking between households should be avoided.

FOOD HANDLERS

- Food handlers must regularly wash hands, even if they have no disease symptoms. This includes (but is not limited to) before starting, before preparing or handling food, after handling waste, after using the toilet, after blowing their nose, sneezing and coughing, after eating, drinking or smoking, and after handling money or credit cards.
- Food handlers must avoid touching their eyes, nose or mouth with unwashed hands.

MEALS WITH CAMPERS

- Increase the space between campers during snack and lunch by moving or separating tables and chairs so they are farther apart.

- Rental groups will be able to sit at picnic tables outside. These tables are properly spaced (at least 2 metres). Rental groups may also eat inside, as long as physical distancing between cabin groups is maintained, and the overall occupancy limit of the Dining Hall is adhered to.
- Cabin groups may not sit with other cabin groups and should not move tables together with other groups.
- Do not allow sharing of food or drink by workers or children.

PROCEDURE FOR FOOD BROUGHT BY GROUP

- Rental groups may choose to bring their own snacks in addition to food provided by Evans Lake.
- Food brought by groups can be stored in the Rec Hall. Best practices include individual servings rather than communal items (e.g. individual chip bags). Please bring sealable bins (e.g. Tupperware) to store food in. Groups will also have access to the fridge in the Rec Hall.

DISHWASHING

- As Evans Lake's dishwasher is not a high-temp dishwasher, the dishes are sanitized by chemical sanitizer.
 - Because of that, dishwashing temperatures do not need to be logged.
 - However, the pH of the sanitizer should be logged throughout the day.
- Used dishware from isolated guests and staff must be washed immediately.
- If a camper or staff is isolating because of COVID symptoms, use disposable dishes.
- Manually scrape off food from plates prior to beginning dishwashing. Minimize the use of sprayers to remove food and residue.
- Regularly clean and sanitize dish carts.
- Clean and sanitize all dish buckets (dirty and clean) after each shift
- Maintain separation between clean and dirty dishes in the dish washing area.

FIRST AID, HEALTH & WELLNESS

GENERAL

- More information about First Aid can be found in the *COVID-19 Extension* added to the Health & Wellness manual.
- First Aid is the rental group's responsibility. Evans Lake staff will not be providing First Aid or supplying First Aid items to groups. Groups should have at least one designated member with First Aid training to provide First Aid to members of their party.
- Groups should bring their own First Aid kit with them.
- Evans Lake will not be doing clinic/hospital trips with campers. In an emergency, Evans Lake will call an ambulance to transport the camper offsite.
- If anyone comes into First Aid for assessment/treatment, repeat the Twice-Daily Cleaning. See *Twice-Daily Cleaning* in Appendices.
- If a camper or staff member develops a new cough (e.g., unrelated to pre-existing conditions such as asthma), fever, shortness of breath, or other symptoms of COVID-19 during the camp day, isolate them away from others immediately, and send them home as soon as possible. See *Protocol for child or staff with symptoms of COVID-19* in Appendices. For staff members, Evans Lake will assist in arranging for a COVID-19 test.
 - If the sick person is a camper/guest, they can be isolated in the Infirmary room. If an additional room is needed, the flex Infirmary (adjacent to the First Aid room) can be used.
 - If the sick person is a staff member and that staff member has their own accommodation space, have them isolate in their own accommodation. If they do not, or at the discretion of their manager, they can isolate in the Infirmary room.
- While waiting for a **sick child** to be picked up, a staff member should stay with the child in a room isolated from others. The caregiver should remain as far away as safely possible from the child (preferably at least 6 feet), while remaining in the same room.
 - The staff member must wear a mask and, if possible, the camper should wear one as well. If additional PPE is requested by the staff member, Evans Lake can provide:
 - N95 Respirator mask (optional)
 - Face shield (optional)
 - Shoe covers (optional)
 - Disposable coveralls (optional)
 - *It is important to remember that children who are feeling unwell still need comforting by a caring adult. If a leader is concerned that they may have been exposed to droplets when caring for a sick child it is advised that they contact 811 for health advice.*
- The affected individual should isolate at home and be tested for COVID-19. If the test is negative, the individual can return to activities once symptoms are resolved. If the test is positive, the individual must isolate at home until directed otherwise by public health (for at least 10 days after illness onset).
- If anyone who has entered the camp facility is diagnosed with COVID-19, report to and consult with the local public health authority for advice.
- Report to the local public health authority any cluster of illness among the summer program staff or campers.

HAND HYGIENE

- Wash hands with soap and water for at a minimum of 20 seconds.
- Alcohol-based hand sanitizer containing at least 60% alcohol may be used if sinks are not available.
- If hands are visibly soiled, alcohol-based hand sanitizers may not be effective at eliminating respiratory viruses. Soap and water are preferred when hands are visibly dirty.
- Include regular hand washing times in daily schedules.
- Ensure the centre is well-stocked with hand washing supplies at all times including plain soap, clean towels, paper towels, waste bins, and where appropriate, hand sanitizer with a minimum of 60% alcohol.
- Children regularly forget about proper hand washing. Staff and campers should practice often and staff should model washing hands properly in a fun and relaxed way.
- Staff should assist young campers with hand hygiene as needed.

RESPIRATORY ETIQUETTE

- Cough and sneeze into your elbow. Teach this to both campers and staff.
- Remind campers and staff to avoid touching their face.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

PPE is an layer of prevention and exposure control measure and should be used in conjunction with other measures.

- **Overnight Camp:** Everyone (no age restriction) must wear a mask on Evans Lake buses, in common indoor spaces, and when physical distancing can't be maintained.
- For groups with young children, everyone 7 and older *by the time the camp happens* must wear a mask in common indoor spaces and when physical distancing can't be maintained. For everyone below 7, mask wearing is a personal preference (including when physical distance can't be maintained and common indoor spaces such as the dining hall).
- Where buildings have shared indoor spaces between non-household individuals, masks will be worn in common spaces. E.g. For any people staying in the back of the Rec Hall, the hallways and bathrooms are considered "common spaces" and people must mask up.
- The only exceptions are:
 - When they are within their own sleeping quarters (i.e. cabin; Rec Hall room)
 - Eating or drinking
 - Showering
- Masks are required to be worn by staff in indoor settings except when:
 - Sitting or standing at their own desk or workstation
 - There is a barrier in place
 - Showering
 - Eating or drinking
 - They are in their own housing unit
- Masks should be worn any time that physical distancing of 2m cannot be maintained, and if you are in proximity of someone you suspect may be ill. Masks can be worn by personal preference at any other point and that decision will be respected.
- We strongly recommend that groups reduce/limit time spend indoors as much as possible.

- Gloves are required only if the cleaners or disinfectants being used recommend the wearing of gloves.
- This last form of protection should only be considered after careful consideration of the previous control measures.
- Wear chemical resistant disposable gloves when cleaning. Wash your hands before and after using gloves.

TIPS FOR PROPER USE OF MASK

- Make sure you know how to wear your mask. Follow manufacturer or industry specifications and directions.
- Don't wear masks below the nose or chin. This can increase the risk of exposure.
- Keep your mask clean and dry. If it gets wet, it's less effective at preventing the spread of droplets.
- Change masks as necessary. You may need several masks available as they build up moisture during the day and become less effective. If your mask becomes wet, soiled, or damaged, replace it immediately.
- Make sure you know how to clean your mask. Wash cloth masks every day using the warmest water setting. Store in a clean, dry place to prevent contamination. Disposable masks cannot be laundered.
- Practice good hygiene even if you're wearing a mask. Don't remove your mask to cough or sneeze. After coughing or sneezing, wash your hands. Don't touch your eyes, nose, or mouth.

WASHING YOUR REUSABLE MASK

- Any day that a reusable mask is used, it should be washed at the end of the day, or sooner if it has become wet or dirty.
- Do your best to label your mask (e.g. your initials written with a permanent marker on the corner of the mask).
- You can include your face covering with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering.
- Make sure to completely dry cloth face covering after washing.
- For drying in a dryer, use the highest heat setting and leave in the dryer until completely dry.
- For air drying, lay flat and allow to completely dry. If possible, place the cloth face covering in direct sunlight.

DAILY HEALTH CHECK

- A copy of the *Daily Health Check* can be found in Appendices.
- Anyone attending camp will be asked to complete a daily health check every day for one week prior to arrival onsite.
- Evans Lake must supply the BC Self-Assessment Tool link (<https://bc.thrive.health/covid19/en>) to all rental groups prior to their arrival.
- On arrival, adults accompanying campers will answer an initial set of health check questions about recent travel history, contact with anyone with confirmed or suspected COVID, and the presence of COVID symptoms. If the answer to any of these questions is "yes," the camper cannot join Overnight Camp.

ADAPTED OFAA PROTOCOLS (OCCUPATIONAL FIRST AID ATTENDANTS) DURING PANDEMIC

These protocols are adapted from Worksafe BC's *OFAA protocols during the COVID-19 pandemic* document. Evans Lake recommends that the Rental Group Leader share this section with any designated first aid staff attending with the group. The original Worksafe BC document can be found here: <https://www.bcmsa.ca/wp-content/uploads/2020/05/ofaa-protocols-covid-19-pdf-en-1.pdf>

- 1) When you receive a call for first aid, if possible, gather the following information:
 - What are the circumstances surrounding the call for assistance?
 - Are critical interventions likely required? If so, call 911 or have emergency transport vehicle (ETV) prepared.
 - Are there any obvious signs of COVID-19?
 - If the patient is stable, has mild symptoms, or is not in distress, instruct the patient to go for testing.
 - If the patient is having difficulty breathing, arrange for transport to a hospital (and call ahead).

- 2) If no critical interventions are required, if possible and appropriate, interview the patient from at least 2 m (6 ft.). Ask the following questions:
 - Is anyone in your household sick or in self-isolation due to COVID-19 or suspected COVID-19?
 - Have you been in contact with anyone who has been sick with COVID-19?

- 3) When you arrive at the patient's location, assess the situation:
 - Does the patient have a minor injury that the patient can self-treat while you provide direction and supplies?
 - If yes, direct the patient to self-treat per your OFA protocols (see "Scenario: Self-treatment with direction")

- 4) If providing direct patient care (within 2 m), don the appropriate level of personal protective equipment (PPE) for the situation. PPE could include the following items:
 - Surgical mask
 - Face shield (or safety eyewear, i.e., safety glasses or goggles)
 - Pocket mask with a one-way valve and filter
 - Gloves
 - Coveralls (disposable or washable)
 - Patients could don a surgical mask or pocket mask, or clear face shield

In view of the global scarcity of PPE, Worksafe BC recommends a point-of-care assessment by the first aid attendant and diligent use of PPE as required.

- 5) Remove and wash any PPE that is not disposable by following the BC Centre for Disease Control's directives for cleaning and disinfecting eye and facial protection:
 - Don a new pair of gloves
 - Using a clean cloth, wipe with soap and water, cleaning from the inside to the outside
 - Rinse with water and remove excess water

- Using on disinfectant wipe at a time, and first squeezing excess disinfectant into a sink to prevent splashing your face, thoroughly wipe the interior then the exterior of the facial protection
 - Ensure all surfaces remain wet with disinfectant for at least one minute (or applicable disinfectant wipe contact time)
 - Equipment may be rinsed with tap water if visibility is compromised by residual disinfectant
 - Allow to dry (air dry or use clean absorbent towel)
 - Remove gloves and perform hand hygiene
 - Store in a designated clean area
- 6) For further direction on safe donning and doffing procedures refer to the BC Centre for Disease Control's instructions for donning and doffing PPE.

If critical interventions are required and there is no way of determining background information, anyone providing close assistance (2 m or closer) should don appropriate PPE. Limit access to the patient to the number of people required to deal with the critical intervention. It is important to limit exposure to others.

CPR protocols

Staff should perform compression-only CPR during the COVID-19 pandemic. If there is more than one trained rescuer with the required PPE, change places for performing compressions approximately every minute, as performing continuous compressions at a rate of 100 per minute will be fatiguing with full PPE on.

CPR – OFA Level 1 and OFA Level 2

Upon approaching the scene, the staff member conducts a scene assessment and dons appropriate PPE. Once PPE is on, the staff member approaches the patient and applies appropriate PPE (i.e., clear face shield) on the patient and ensures an open airway. If no air movement is felt the staff is to start continuous chest compression at a rate of 100 per minute.

CPR – OFA Level 3

Upon approaching the scene, the staff member conducts a scene assessment and dons appropriate PPE. Once PPE is on, the staff member approaches the patient and applies appropriate PPE (i.e., clear face shield) on the patient and ensures an open airway. If no air movement is felt the staff is to check for a carotid pulse, and if no pulse is felt, the staff is to start continuous chest compression at a rate of 100 per minute.

Assisted ventilation—OFA Level 3

If assessment of a patient determines distressed breathing and assisted ventilation is required, the staff should use a Bag-Valve Mask rather than a pocket mask. Ensure any trained helper(s) don appropriate PPE (surgical mask and face shield) prior to assisting.

Scenario: Self-treatment with direction

A staff member (first aid) receives a call stating another staff member has injured her hand. The staff member (FA) collects as much information about the severity of the injury as possible. The injury is

deemed to be minor with no other concerns, so the staff member (FA) goes to the injured staff member, but stays 2 m (6 ft.) away. On arrival, the staff member (FA) asks:

- Is anyone sick or in self-isolation in your household due to COVID-19?
- Are you able to administer first aid to yourself if I tell you what to do and how to do it?

After the staff member (FA) has conducted the interview, the staff member (FA) visually assesses the patient and the wound from a distance and asks the patient about underlying conditions relating to the injury. The staff member (FA) then places the required first aid supplies on a surface 2 m from the patient. The staff member (FA) steps back and directs the patient to pick up and apply the supplies. The staff member (FA) then verbally conducts a modified secondary survey and documents the findings.

Scenario: OFA Level 1 and Level 2 with an intervention

A staff member (FA) receives a call about someone who has been struck in the head and is unresponsive. The staff member (FA) immediately ensures that 911 is called. On approaching the scene, the staff member (FA) conducts a scene assessment and dons appropriate PPE, i.e., surgical mask, face shield, gloves, etc. Once PPE is on the staff member (FA) approaches the patient and places appropriate PPE, i.e., clear face shield, on patient prior to conducting the primary survey and performing any critical interventions that are required. The staff member (FA) positions the patient in the three-quarter-prone position to ensure the airway is open and clear and no further interventions are needed. Only one person (the staff member—FA) needs to be in contact with the patient; all others stay 2 m away. The attendant monitors the patient until the ambulance arrives.

APPENDICES

PROTOCOL FOR CHILD OR STAFF WITH SYMPTOMS OF COVID-19

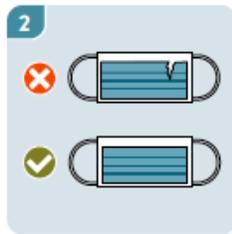
Child with Symptoms of COVID-19	Staff with Symptoms of COVID-19
<p><u>If Child Develops Symptoms At Home:</u> Parents or caregivers must keep their child at home until they have been assessed by a health care provider to exclude COVID-19 or other infectious diseases, AND their symptoms have resolved.</p> <p><u>If Child Develops Symptoms While At Child Care:</u> Staff must take the following steps:</p> <ol style="list-style-type: none"> 1. Identify a staff member to supervise the child. 2. Identified staff member should immediately separate the symptomatic child from others in a supervised area until they can go home. 3. Contact the child’s parent or caregiver to pick them up right away. 4. Where possible, maintain a distance of 2 metres from the ill child. Mask up. If tolerated, the child should mask up as well. 5. Provide the child with tissues, and support as necessary so they can practice respiratory hygiene. 6. Open outside doors and windows to increase air circulation in the area. 7. Avoid touching the child’s body fluids. If you do, wash your hands. 8. Once the child is picked up, wash your hands. 9. Clean and disinfect the space where the child was separated and any areas used by the child (e.g., bathroom, common areas). 10. If concerned, contact the local public health unit to seek further advice. Parents or caregivers must pick up their child promptly once notified that their child is ill. 	<p><u>If Staff Develops Symptoms At Home:</u> Staff must be excluded from work, stay home and self-isolate until they have been assessed by a health care provider to exclude COVID-19 or other infectious diseases, AND their symptoms have resolved.</p> <p><u>If Staff Develops Symptoms While At Work:</u> Staff should go home right away where possible.</p> <p>If unable to leave immediately, the symptomatic staff person should:</p> <ol style="list-style-type: none"> 1. Separate themselves into an area away from others. 2. Maintain a distance of 2 metres from others. 3. Use a mask to cover their nose and mouth while they wait for a replacement or to be picked up. 4. Remaining staff must clean and disinfect the space where staff was separated and any areas used by them (e.g., office, bathroom, common areas). 5. If concerned, contact the local public health unit to seek further advice.

From *COVID-19 Public Health Guidance for Child Care Settings*

HOW TO USE A MASK



1 Wash your hands with soap and water for at least 20 seconds before touching the mask. If you don't have soap and water, use an alcohol-based hand sanitizer.



2 Inspect the mask to ensure it's not damaged.



3 Turn the mask so the coloured side is facing outward.



4 Put the mask over your face and if there is a metallic strip, press it to fit the bridge of your nose



5 Put the loops around each of your ears, or tie the top and bottom straps.



6 Make sure your mouth and nose are covered and there are no gaps. Expand the mask by pulling the bottom of it under your chin.



7 Press the metallic strip again so it moulds to the shape of your nose, and wash your hands again.



8 Don't touch the mask while you're wearing it. If you do, wash your hands.



9 Don't wear the mask if it gets wet or dirty. Don't reuse the mask. Follow correct procedure for removing the mask.

Removing the mask

1 Wash your hands with soap and water or use an alcohol-based hand sanitizer.

2 Lean forward to remove your mask. Touch only the ear loops or ties, not the front of the mask.

3 Dispose of the mask safely.

4 Wash your hands. If required, follow the procedure for putting on a new mask.

Note: Graphics adapted from BC Centre for Disease Control (BC Ministry of Health), "How to wear a face mask."

PROCEDURE FOR CLEANING STAFF ACCOMMODATIONS

Staff members are responsible for cleaning their own accommodation/room

- Ensure that all personal belongings are stored so that surfaces can be properly cleaned
- Make sure you have a full sprayer of Hand/Surface sanitizer (e.g. from Slope Side)
- Please wear clothing that may get stained during cleaning
- Put your nitrile glove on
- Put your goggles on
- Adjust the sprayer to a fine mist

Follow the check list

- Put soiled PPE in a garbage can that is lined with a plastic bag
- Put soiled rags in the green bin located in the laundry room
- Return Spray bottle and goggles to station you got it from. Spray and wipe down the goggles and spray bottle when you put them away.
- Wash your hands.
- Please fill out your check list paperwork and put it in the file in the office.

TWICE-DAILY CLEANING – HIGH TOUCH AREAS

Area	E.g. of High-Touch Areas	Staff	Time
Workshop	Door handles, light switches, combo lock, any other areas known to have been touched		
Office	Keyboards, table or desktop, light switches, door handles, red Muskoka chairs, any other areas known to have been touched. Camp phones using 70% alcohol-based spray for electronics		
Office Washroom	Counters, toilet, door handles, light switches, showers, doors & door jambs, sinks, faucets, any other areas known to have been touched.		
LOU (Field Washroom)	Counters, toilet, door handles, light switches, showers, doors & door jambs, sinks, faucets, any other areas known to have been touched		
First Aid Room	Counters, sink, door handles, light switches, showers, doors & door jambs, sinks, faucets, main table, any other areas known to have been touched		
ROSE Bowl Washroom	Counters, toilet, door handles, light switches, showers, doors & door jambs, sinks, faucets, any other areas known to have been touched		
PUNCH Bowl Washroom	Counters, toilet, door handles, light switches, showers, doors & door jambs, sinks, faucets, any other areas known to have been touched		
OLC	Picnic tables, light switch, Muskoka chairs near gaga-ball court, top edge/railing of gagaball court		
Golf carts	Seats, steering wheel, key, roof support bars, any other areas known to have been touched		
Dining Hall	Ramp railings, door handles and jamb, door, sink, faucet, light switches, soap/paper towel/sanitizer dispensers		
Campfire Pit	Sitting logs, any other seats, lock & clasp on wood shed		
Nuclear Free Zone	Benches		
Hand wash station @ Prog. Storage	Sink, faucet, soap dispenser, paper towel dispenser, counter		
Rec Hall Washrooms	Counters, toilet, door handles, light switches, showers, doors & door jambs, sinks, faucets, any other areas known to have been touched.		
Rec Hall	Door handles, light switches, doors & door jambs, any other areas known to have been touched.		
Swamp	Padlock, door handles, light switches, doors & door jambs, any other areas known to have been touched.		
Laundry Masks	Wash all staff reusable masks (see instructions in this manual)		

Date: _____ Supervisor: _____

Note: The supervisor can ~~strike through~~ an area (first column on left) and initial the "staff" box if an area was **verifiably not used** and, therefore, no cleaning/sanitization is required.

ONCE-DAILY CLEANING – GENERAL CLEANING

Area	Description	Assigned Staff	Time
Radios	Spray bleach solution or apply rubbing alcohol onto cloth. Wipe all parts of radio. (This covers Dave, Dan and Kevin’s radios. Program staff will be sanitizing their own radios as part of their <i>Once-Daily Cleaning – Staff Accommodations</i> checklist in their cabin/accommodations.)		
Garbages	Empty all sites garbages		
Washrooms	Sweep floor, wash (as needed, if visibly dirty after sweep)		
Dining Hall	Sweep floor, wash (as needed, if visibly dirty after sweep)		
Rec Hall	Sweep floor, wash (as needed, if visibly dirty after sweep)		

Date: _____ Supervisor: _____

ONCE-DAILY CLEANING – STAFF ACCOMMODATIONS

Note: Post within a staff’s accommodation/cabin, complete daily, and submit to supervisor at the end of the week.

Clean Accommodation: Door, door handles & jambs, light switches, thermostat, bed frame, locker, plus any side table, wall unit, or other surface that ought to be cleaned. Empty garbage and sweep as needed.

Clean Radio: Spray bleach solution or apply rubbing alcohol onto cloth. Wipe all parts of radio.

Launder mask: Turn in your reusable mask to coordinator at end of day for cleaning.

Staff Accommodation & Equipment	Mon	Tues	Weds	Thu	Fri	Sat (if used)	Sun (if used)
[write name of accommodation]							
Clean Radio							
Launder Mask							

Start Date: _____ End Date: _____ Staff Member: _____

DAILY HEALTH CHECK

As part of ensuring our campers and staff are healthy and to prevent any spread of COVID-19, all site visitors must complete the daily health check with the exception of anyone who is dropping someone off and does not exit their vehicle. Note: this record will be kept for at least 30 days in order to assist public health officers with contact tracing.

Camper Name:		Staff Name:		Drop off Time:	
Adult Completing Drop off:		Names of others in vehicle:			

Health Check	Yes	No
Does your child have a fever or above normal temperature?		
Has your child experienced shortness of breath or had trouble breathing?		
Does your child have a dry cough?		
Does your child have a runny nose?		
Has your child recently lost or had a reduction in your sense of smell?		
Does your child have a sore throat?		
Has your child been in contact with someone who has tested positive for COVID-19?		
Has your child tested positive for COVID-19?		
Has your child been tested for COVID-19 and are awaiting results?		
Has your child traveled outside of Canada in the past 14 days?		

I confirm that the above information I have provided in the Daily Health Check is true.

Parent/Guardian Signature

Date

Staff Notes:

ACTIVITY OVERVIEW

Risk Assessment	Activity	Notes
Low risk with modifications (i.e. can run if adhering to certain modifications)	Nature walks	
	Hikes	
	Eco Fun/Forest Education	
	Unstructured Forest Time	
	Campfires	
	Forest & Field Games	
	Orienteering	
	Survival Skills	
Reduced risk with modifications (i.e. Evans Lake is planning to run with modifications, but will re-evaluate that decision as needed throughout the summer.	Swimming	
	Canoeing	
	Paddle-boarding	
	Rock Climbing	Physical distancing, enhanced cleaning requirements
	Low Ropes	Physical distancing, enhanced cleaning requirements
	Gaga Ball	Masks to be worn while playing, sanitize hands before and after, enhanced cleaning requirements

ACTIVITY-BY-ACTIVITY BREAKDOWN

Note 1: this section only outlines activities we hope to run or are still assessing (i.e. any activities we have already decided to not run for summer camp 2021 have been removed).

Note 2: to avoid unnecessary repetition when possible, this section assumes that relevant guidelines (e.g. BCCA standards) and general modifications for COVID-19 (e.g. physical distancing for all campers and staff members, proper hand hygiene, overall group size restrictions etc.) are being adhered to at all times, unless otherwise noted. Similarly, this section assumes that any additional signage is being employed to help facilitate movement, physical distancing, and proper hygiene, so does not detail any signage requirements.

NATURE WALKS/HIKING

Description:

- Group day hikes will take place on local trails so groups can visit nearby lakes, scenic mountain lookouts, and other forest areas.

COVID Risks:

- **Physical Distancing:** Ensuring that participants and staff remain at least 2 metres apart.

- **Cleaning & Sanitizing:** Cleaning all high-touch surfaces and common equipment between participants. Sanitization required only if someone suspected to be ill used the equipment.
- **Ensuring a safe work environment:** Providing proper PPE, training, and support for staff.

Adaptations & Existing Measures:

- Prior to leaving for a hike, all campers and staff will be led to a wash station to **wash their hands**.
- Throughout the hike, **hand sanitizer will be available** via the staff members' packs, as needed.
- Hikers will carry their own daypack with a water bottle and any other personal gear, as needed. It is important that campers are not sharing gear or carrying anyone else's gear. If a camper happens to not have the proper equipment – a good day pack – Evans lake can supply one, provided appropriate cleaning/sanitization and sign-out policies are followed.
- Any group gear (e.g. first aid supplies, programming materials) will be carried by a staff member.
- Total hiking group size is recommended as no more than 16 campers and 3 supervising staff members in order to ensure adequate supervision while providing **sufficient physical distancing space on hiking trails and at lookouts**.
 - BCCA standards require a 1:8 staff to camper ratio on all "front country" outings.
 - When possible, a second staff member will join a pod group for a hike.
 - In accordance with the BCCA's COVID-19 recommendations, pods must be comprised of twelve or fewer campers. The higher number noted in the above maximum covers two pods who may remain in their individual pod units, but hike in close enough proximity to each other that the staff members can quickly support each other in an emergency and/or on an unfamiliar trail.
 - The two pods should stagger stops and/or only both stop in the same location if there is sufficient space for everyone to adhere to physical distancing, with an additional buffer between the two pods.
 - Enhanced cleaning/sanitization will take place before and after any breaks, to ensure the campers are safe and the area is safe for the next group.
 - Staff will stay in constant radio contact with other groups to ensure sure that adequate space is maintained and avoid using the same spaces when possible
- A garbage station will be set up for campers to throw away any food waste and garbage that they have - a staff member wearing a glove should pick up the garbage to avoid campers touching the garbage bag. The bag will be carried by a staff member until it can properly be disposed of. When handling the garbage bag, it is recommended that staff wear gloves.
- Immediately before and after any food consumption (e.g. meal or snack breaks on hikes), pods will either return to site to wash their hands, or, if that is not possible, they will use hand sanitizer with an alcohol content level of over 70%.
- Staff who are handling communal equipment will **wear nitrile gloves**. Gloves can be disposed of into the closest garbage can (or, while on trail, in the designated garbage bag, carried by a staff member). Staff should wash their hands immediately after glove removal (while on hike, if washing hands is not possible, they should disinfect their hands immediately with hand sanitizer with an alcohol content level of over 70%).
- As soon as the group returns from their hike, all campers and staff will be led to a wash station to **wash their hands**.

Eco Fun/FOREST EDUCATION

Description:

- Eco Fun is our flagship environmental education program. Eco Funs involve a variety of educational activities and lessons and take place on multiple occasions over the course of a week of summer camp.

COVID Risks:

- **Physical Distancing:** Ensuring that participants and staff remain at least 2 metres apart.
- **Cleaning & Sanitizing:** Cleaning all high-touch surfaces and common equipment between participants. Sanitization required only if someone suspected to be ill used the equipment.
- **Ensuring a safe work environment:** Providing proper PPE, training, and support for staff.

Adaptations & Existing Measures:

- All aspects of every Eco Fun will take place outside.
- The range of equipment needed for Eco Funs will be limited; cleaned after every use; and, when an Eco Fun is not in session, the equipment required to run that Eco Fun will be stored. The equipment should be disinfected if used by someone suspected of being ill.
- Staff will be assigned their own Eco Fun/equipment packs that they will be responsible for cleaning, sanitizing, and otherwise taking care of for the week. When not in use, staff can store their pack in the Swamp or in their assigned living space. Any gear that will be shared between pods should be stored in the Swamp and signed out appropriately.
- Prior to beginning an Eco Fun (and potentially again after/before certain activities within an Eco Fun), all campers and staff will be led to a wash station to **wash their hands**.
- During any Eco Fun, **hand sanitizer will be available** via the lead staff member.
- Total group size is recommended to be no more than 16 participants, in addition to 2 supervising staff members, in order to provide **sufficient space for physical distancing**.
- When an Eco Fun has finished, all campers and staff will be led to a wash station to **wash their hands**.
- **PPE:** Staff who are handling communal equipment may choose to wear nitrile gloves. Gloves can be disposed of into the closest garbage can. Staff should wash their hands immediately after removing gloves.

FIELD AND FOREST GAMES

COVID Risks:

- **Physical Distancing:** Ensuring that participants and staff remain at least 2 metres apart.
- **Cleaning & Sanitizing:** Cleaning all high-touch surfaces and common equipment between participants. Sanitization required only if someone suspected to be ill used the equipment.
- **Ensuring a safe work environment:** Providing proper PPE, training, and support for staff.

Adaptations & Existing Measures:

- All aspects of field and forest games will take place outside, including explanations and debriefs.
- Group size will be restricted according to the ability to sufficiently physical distancing space in the game space. Note that tag-based games that require minimal contact are permitted.
- Games involving "tagging," other forms of contact, "tossing," and other forms of equipment sharing should be minimized and/or adapted to promote physical distancing and limit unnecessary sharing of equipment.
- Pod leaders are encouraged to come up with new games and variations of previous games that fit into the new guidelines. If you are not positive that all aspects of your game/activity meet all health and safety requirements, consult with a senior staff member.
- **To ensure adequate cleaning and sanitization can be completed**, the range of equipment needed for games will be limited, and, when a game is not in session, the equipment required to run that game will be stored either in the Rec Hall inside a locked room (the Swamp) or locked inside Program Storage.
- Prior to beginning a game, all campers and staff will be led to a wash station to **wash their hands**.
- During a game, **hand sanitizer will be available** at the designated sanitization stations.
- When possible and equipment is being shared, equipment can be wiped with a cleaning solution between uses.
- When the game has finished, all campers and staff will be led to a wash station to **wash their hands**.
- **PPE:** Staff who are handling communal equipment may choose to wear nitrile gloves. Gloves can be disposed of into the closest garbage can. Staff should wash their hands immediately after removing gloves.

CAMPFIRES

COVID Risks:

- **Physical Distancing:** Ensuring that participants and staff remain at least 2 metres apart.
- **Cleaning & Sanitizing:** Cleaning all high-touch surfaces and common equipment between participants. Sanitization required only if someone suspected to be ill used the equipment.
- **Ensuring a safe work environment:** Providing proper PPE, training, and support for staff.

Adaptations & Existing Measures:

- The fire will be built, lit, and maintained by one designated staff member to maintain physical distancing and to minimize touching the same objects. Any shared equipment (e.g. hatchet or axe) will be cleaned appropriately before and after use.
- To light the fire, staff will use their assigned matches/lighter. Staff members will not share matches/lighters amongst each other and/or campers, and should clean after every use.
- Campers and staff will remain in their designated pods for the duration of the activity, and adhere to physical distancing.
- Prior to attending campfire, all campers and staff will be led to a wash station to **wash their hands**.
- Benches/logs will be marked to indicate safe sitting arrangements (i.e. with markers spaces 2+ metres apart from each other).
- Singing is allowed outdoors, as per the June 11, 2021 update from the BCCA.

- Non-performers will remain in the vicinity of their marked seat.
- Performers will remain at the designated performer area. If there is more than one performer, they will also remain two metres apart.
- To ensure **sufficient space for physical distancing at the campfire**, it is recommended that no more than three pods will sit around the lakeside campfire pit (26 seats) and no more than three pods will enjoy campfire at the forest campfire pit by the Nuclear Free Zone (21 seats). Consider that the main attraction of our campfires is not the fire, but the signing, stories, etc. In that sense, a “campfire” can be set up in the area most suitable for singing, stories, and physical distancing with the group size you have.
- If the Knothead Ceremony will take place, nominations will be taken as usual, but, instead of nominees coming to the front for blind voting in close proximity, they will remain in their seats and/or stand in an appropriately physically distanced manner for the cheer vote. Whoever wins will not be given the physical Knothead award, but will still be known as the Knothead for the next day.
- **Hand sanitizer will be available** at the campfire, as needed.
- No food or beverages will be served at campfire, including cookies and hot chocolate.
- At the conclusion of campfire, all campers and staff will be led to a wash station to **wash their hands**.

ARCHERY

COVID Risks:

- **Physical Distancing:** Ensuring that participants and staff remain at least 2 metres apart.
- **Cleaning & Sanitizing:** Cleaning all high-touch surfaces and common equipment between participants. Sanitization required only if someone suspected to be ill used the equipment.
- **Ensuring a safe work environment:** Providing proper PPE, training, and support for staff.

Adaptations & Existing Measures:

- Archery takes place at our outdoor archery range.
- When archery is not in session, permanent equipment (e.g. targets and quivers) will remain at the range, while all bows, arrows, and archery repair equipment will be stored in the Rec Hall inside a locked room (the Swamp).
- Prior to attending archery, all campers and staff will be led to a wash station to **wash their hands**.
- **Archers should be as distanced as possible when standing at the three shooting stations.**
- Each archer has **their own arrows and will use the bow they are lined up for**. Before each camper’s turn, their bow and arrows will be cleaned by the staff member. If there are enough arrows, the staff member could assign arrows for each camper to hold onto for the whole session. This would be at the staff member’s discretion if they feel that this would be safe and reasonable for the group of campers they are with. For younger campers, it would likely be preferable to clean arrows every time despite the extra time this would add.
- When finished shooting, each archer leaves their bow at their shooting station and enters the range to **retrieve their own arrows**.
 - If the campers are holding onto their own arrows, they would be put in the camper’s **designated spot** on the ground marked by their name tag at the beginning of the

session. These designated spots should be chosen according to the staff member's best judgement – arrows should be only placed somewhere where the staff member can easily keep an eye on them, there is no risk of arrows being stepped on or lost, and campers will not need to be in close contact with other campers to put their arrows down.

- Alternatively, campers could hold onto their arrows while waiting for their next turn if the staff member feels this is appropriate with the group of campers in question.
- Using a cleaning solution, **a staff member will spray and wipe each bow and all arrows after each archer's turn.**
- Total group size is restricted to eight campers, in addition to up to two supervising staff members, in order to provide **sufficient space for physical distancing at the range.**
- Non-shooters will stand in the **clearly marked "on-deck" area** (3 metres behind the archer in the shooting station) and all non-shooters will also be distanced a minimum of 2 metres away from each other.
- **Hand sanitizer will be available** at the range, as needed.
- At the conclusion of the activity, all campers and staff will be led to a wash station to **wash their hands.**
- At the conclusion of the activity, **a staff member will clean all bows and arrows with soap and water.**
- **PPE:** Staff who are handling communal equipment may choose to wear nitrile gloves. Gloves can be disposed of into the closest garbage can. Staff should wash their hands immediately after removing gloves.

References:

- The BC Archery Association is working on a "return to archery" plan: <https://bcarchery.ca/ReturnToPlay>
- https://bcarchery.ca/sites/default/files/uploads/page/files/2020/return_to_play_plan_-_archery_final_0.pdf
- <https://extranet.worldarchery.org/documents/index.php/documents/?doc=4987>
- <https://archerycanada.ca/covid-19/>

ORIENTEERING

COVID Risks:

- **Physical Distancing:** Ensuring that participants and staff remain at least 2 metres apart.
- **Cleaning & Sanitizing:** Cleaning all high-touch surfaces and common equipment between participants. Sanitization required only if someone suspected to be ill used the equipment.
- **Ensuring a safe work environment:** Providing proper PPE, training, and support for staff.

Adaptations & Existing Measures:

- Orienteering will take place on the field and Evans Lake Forest.
- When orienteering is not running, all compasses will be stored in the program storage.
- Prior to starting orienteering, all campers and staff will be led to a wash station to **wash their hands.**
- After sanitizing their hands, a staff member will lay one compass per camper on the ground on the ground in a circle, distanced 2 metres apart from each other. Camper will then be invited to sit or stand at one of one of the compasses.

- Each camper will have their own compass to use for the duration of the activity.
- All introductions, warm-up and practice exercises and games will be modified to ensure all participants will maintain physical distancing.
- Staff will consider how to assign campers into groups (or keeping them solo) in order to maintain physical distancing.
- At the conclusion of the activity, a **staff member will then clean all compasses, maps, and the container with soap and water or a 70-90% alcohol solution.**
- At the conclusion of the activity, all campers and staff will be led to a wash station to **wash their hands.**
- **PPE:** Staff who are handling communal equipment may choose to wear nitrile gloves. Gloves can be disposed of into the closest garbage can. Staff should wash their hands immediately after removing gloves.

PFDs & LIFEJACKETS

COVID Risks:

- **Physical Distancing:** Ensuring that participants and staff remain at least 2 metres apart.
- **Cleaning & Sanitizing:** Cleaning all high-touch surfaces and common equipment between participants. Sanitization required only if someone suspected to be ill used the equipment.
- **Ensuring a safe work environment:** Providing proper PPE, training, and support for staff.

Adaptations & Existing Measures:

- Staff may use nitrile gloves to handling PFDs.
- Staff members and campers are invited to bring their own PFD to Evans Lake.
 - If they do this, they should store their PFD with their personal belongings at all times.
- Staff members and campers can be loaned an Evans Lake PFD.
- Staff and campers can access a PFD at the beginning of a session where one is needed.
- At the end of using a PFD, it will be:
 - hung at the designated area at the boat dock
 - sprayed with the Vital Oxide "fogger" and left to sit wet with the disinfectant for at **least five minutes** before being used by the next person.
- Before any waterfront activity, campers will put on their PFD and follow staff instructions on how to properly size and check their own PFDs. Before stepping onto any dock, campers will demonstrate to a staff member that their PFD does not go over the ears.

CANOEING

COVID Risks:

- **Physical Distancing:** Ensuring that participants and staff remain at least 2 metres apart.
- **Cleaning & Sanitizing:** Cleaning all high-touch surfaces and common equipment between participants. Sanitization required only if someone suspected to be ill used the equipment.
- **Ensuring a safe work environment:** Providing proper PPE, training, and support for staff.

Adaptations & Existing Measures:

- Staff running paddle-boarding and canoeing at the same time must coordinate to make sure that the boat dock is not being occupied by both groups at the same time, to avoid any confusion and congestion on the dock, and to ensure adequate cleaning can take place in between different pod access to the dock.
- Prior to accessing the Boat Dock, all campers and staff will be led to a wash station to **wash their hands**.
- The upper boat dock has sufficient space for one pod and staff. If more than one pod must be on the upper dock, consider whether there is sufficient space and, if not, implement masking as needed. Multiple pods can access the dock by moving the second pod onto the top dock once the first pod is down on the lower dock.
- To **provide sufficient space for physical distancing**, campers will complete their own PFD sizing checks, following the directions of staff members.
- At the end of each use, paddles should be cleaned. Gloves can be used per staff preference if not required by the cleaning product instructions.
- At the end of each use, emergency kits should be cleaned. Gloves can be used per staff preference if not required by the cleaning product instructions.
- To ensure **sufficient space for physical distancing when boarding and disembarking from a canoe**, one staff member will assist the paddler(s) by steadying the canoe from closer to the bow while the paddler in the stern steps in/out. When that paddler is settled, they will steady the canoe and the staff member will move two metres away so the person in the bow (if any) can step in/out safely.
 - Staff members should wear a mask when assisting campers with boarding and disembarking from a canoe if physical distancing cannot be maintained.
- When canoes capsize, the methods to assist the people in the water do not need to be limited by physical distancing requirements if masking is available as an option. Because there will usually be more than one person in the water after a canoe capsizes, consider this range of options for a rescue:
 - Option 1: the paddler(s) in the water will be directed to swim to the nearest dock. The swimmer will be assessed by the staff member in a canoe as to whether this is feasible (look for their demeanour, efficacy of their PFD, distance to the dock, etc.).
 - Option 2: the paddler in the water can hold the painter on the staff members canoe provided that it is long enough that they won't be near the paddlers in the canoe. The people in the water could also find a spot on the outside of the canoe to hold onto that is sufficiently distanced from the paddlers.
 - Option 3: Perform a canoe-over-canoe rescue and assist the paddlers back into their canoe. If needed staff members can mask up.
- **Hand sanitizer will be available** at the Boat Dock, as needed.
- When finished with the activity, all campers and staff will be led to a wash station to **wash their hands**.
- **PPE:** Staff who are cleaning equipment and/or handing out, receiving, or handling canoes, paddles, lifejackets, and emergency kits may wear nitrile gloves. Gloves can be disposed of into the closest garbage can. Staff should wash hands immediately after glove removal.

References:

- Recreational Canoeing Association of British Columbia's guidelines:
<https://bccanoe.com/homehome/covid-information>
<https://bccanoe.com/component/edocman/rcabc-covid-update-march-31-2021/viewdocument/136?Itemid=>

- Paddle Canada update: <https://www.paddlecanada.com/courses-have-re-opened-but-there-are-rules-to-follow/> and program checklist: <https://www.paddlecanada.com/wp-content/uploads/2020/05/PC-Covid-Guidelines-for-sanctioned-courses.pdf>
- NRS gear cleaning guidelines: <https://dh36nblqpps8a.cloudfront.net/assets/pdf/nrs-coronavirus-cleaning-may-2020-2.pdf>
- Canoe Kayak Canada's guidelines: <https://canoekayak.ca/paddling-covid-19-public-health-measures/>
- BC Rivers Outfitters Association's COVID-19 Best Practices for Commercial River Rafting Operations: [https://www.outdoorcouncil.ca/resources/Documents/COVID%20Guidelines/BCROA%20Covid-19%20Best%20Practises%20\(13.05.20\).pdf](https://www.outdoorcouncil.ca/resources/Documents/COVID%20Guidelines/BCROA%20Covid-19%20Best%20Practises%20(13.05.20).pdf)

STAND-UP PADDLE-BOARDING

COVID Risks:

- **Physical Distancing:** Ensuring that participants and staff remain at least 2 metres apart.
- **Cleaning & Sanitizing:** Cleaning all high-touch surfaces and common equipment between participants. Sanitization required only if someone suspected to be ill used the equipment.
- **Ensuring a safe work environment:** Providing proper PPE, training, and support for staff.

Adaptations & Existing Measures:

- Prior to accessing the Boat Dock, all campers and staff will be led to a wash station to **wash their hands**.
- The upper boat dock has sufficient space for one pod and staff. If more than one pod must be on the upper dock, consider whether there is sufficient space and, if not, implement masking as needed. Multiple pods can access the dock by moving the second pod onto the top dock once the first pod is down on the lower dock.
- Each paddler has **their own PFD/lifejacket and paddle** when they are paddling. See the PFD section for more information.
- To **provide sufficient space for physical distancing**, campers will complete their own PFD sizing checks, following the directions of staff members.
- Equipment should be distributed in a way that maintains physical distancing (such as a staff placing it on the ground and then being retrieved by a camper).
- To ensure **sufficient space for physical distancing when boarding a paddleboard**, a staff member will bring campers down one at a time to the lower dock. Wearing a mask, the staff member will stabilize the paddleboard for the camper as they step onto the board.
- To ensure **sufficient space for physical distancing when disembarking from a paddleboard**, the staff on the dock will call out to one paddle-boarder at a time to come and dock. Wearing a mask, the staff member will stabilize the paddleboard for the camper as they hop off the board. The staff member will secure the paddleboard and instruct the paddler to move to the upper dock.
- When finished paddling, campers will drop all paddles beside the paddy shack for a staff member to clean and put away.
- **Hand sanitizer will be available** at the Boat Dock, as needed.
- When finished with the activity, all campers and staff will be led to a wash station to **wash their hands**.

- **PPE:** Staff who are cleaning equipment and/or handing out, receiving, or handling canoes, paddles, lifejackets, and emergency kits may wear nitrile gloves. Gloves can be disposed of into the closest garbage can. Staff should wash hands immediately after glove removal.

SWIMMING

COVID Risks:

- **Physical Distancing:** Ensuring that participants and staff remain at least 2 metres apart.
- **Cleaning & Sanitizing:** Cleaning all high-touch surfaces and common equipment between participants. Sanitization required only if someone suspected to be ill used the equipment.
- **Ensuring a safe work environment:** Providing proper PPE, training, and support for staff.

Adaptations & Existing Measures:

- Lifeguarding equipment should be cleaned after each use.
- Additional PPE will be stored in the focal point, according to the Lifesaving Society's Guidelines for Reopening BC's Pools and Waterfronts, and as further detailed in this year's extension to the Evans Lake Waterfront Manual.
- Lifeguards will have a wet pack on them at all times when guarding. This pack will include a Ziploc bag containing two masks and gloves. All other PPE will be stored in a dry pack at the focal point.
- Prior to accessing the Swim Dock, all campers and staff will be led to a wash station to **wash their hands, and/or sanitize their hands at the dock.**
- In order to provide **sufficient physical distancing space at the swim dock**, one pod group will swim off the main dock (into the southern swim area), while another can swim into the more shallow "crib" area.
 - Whenever possible, there should also be an additional lifeguard and/or staff member (i.e. three staff members total).
- As a safety measure, the Buddy Board can be used in order to keep track of campers at the swim dock.
- In order to limit the possibility of requiring a rescue, swimmers must wear a PFD/lifejacket which they will wear at all times while in the water. Please see the PFD section for more information.
- To **provide sufficient space for physical distancing**, campers will complete their own PFD sizing checks before accessing the swim dock.
- Swimming will take place in the designated swim areas located off the swim dock.
- In order to create sufficient swimming space for two pods, the birling log will be off limits.
- Additional modifications for water rescues and first aid will be followed according to the Lifesaving Society's Guidelines for Reopening BC's Pools and Waterfronts, and as further detailed in this year's extension to the Evans Lake Waterfront Manual. Key modifications include the following:
 - Even when completing a rescue or administering first aid, physical distancing should be maintained whenever possible (e.g. prioritize the ladder approach, minimize the number of staff members involved in a rescue if they are not needed for direct patient care).
 - For in-water rescues, lifeguards should **approach the victim in a way that limits face-to-face contact** if possible.
 - For resuscitation, **lifeguards should not attempt mouth-to-mouth or in-water ventilations.** Guards should dry themselves off and put on appropriate PPE before beginning any first aid.

- There should be a designated first aid responder who is not the lifeguard at all times, to ensure a quick first aid response once a victim has been removed from the water.
- For first aid, the number of people in direct contact with the victim should be minimized. **Extra PPE** should be kept at the focal point for both rescuers and victims.
- Any viral filters that get wet must be removed from circulation.
- **Hand sanitizer will be available** at the Swim Dock, as needed.
- When finished swimming, all campers and staff will be led to a wash station to **wash their hands**.
- **PPE:** Staff may wear nitrile gloves whenever handling communal equipment. Gloves can be disposed of into the closest garbage can. Staff should wash hands immediately after glove removal.

References:

- Lifesaving Society BC & Yukon branch's COVID-19 guidelines:
<https://www.lifesaving.bc.ca/covid-19>
- Guidelines for Reopening BC's Pools and Waterfronts:
[https://www.lifesaving.bc.ca/Areas/Admin/Content/images/DashboardFilePdfUpload/DashboardFilePdf/Dashboard_5901379_Restart_Step_3_-_Guidelines_for_BC_Yukon_Pools_Waterfronts_\(1\).pdf](https://www.lifesaving.bc.ca/Areas/Admin/Content/images/DashboardFilePdfUpload/DashboardFilePdf/Dashboard_5901379_Restart_Step_3_-_Guidelines_for_BC_Yukon_Pools_Waterfronts_(1).pdf)

Rock Climbing

COVID Risks:

- **Physical Distancing:** Ensuring that participants and staff remain at least 2 metres apart.
- **Cleaning & Sanitizing:** Cleaning all high-touch surfaces and common equipment between participants. Sanitization required only if someone suspected to be ill used the equipment. Harnesses and ropes cannot be cleaned due to safety and integrity of the equipment.
- **Ensuring a safe work environment:** Providing proper PPE, training, and support for staff.

Adaptations & Existing Measures:

- All regular staff training and camper safety procedures for rock climbing remain in place, in addition to the following measures in regards to COVID-19.
- Staff members are invited to bring their own climbing gear to Evans Lake, such as helmets, climbing shoes, and harnesses.
 - If they do this, they should store their gear with their personal belongings at all times.
 - All personal gear should be clearly labelled.
 - Any personal gear must be assessed by a trained person in order to ensure the integrity of the equipment. If such an assessment cannot be performed, the camper can use Evans Lake's equipment.
- Additional PPE will be stored in the locked shelving storage attached to the climbing shack.
- Prior to accessing the climbing wall, all campers and staff will be led to a wash station to **wash their hands**.
- In order to provide **sufficient physical distancing space at the climbing wall**, total group size in the rock climbing space is restricted to one pod and two staff
 - In a day camp setting, only one pod may access the climbing wall at a time, to ensure adequate space for physical distancing and adequate sanitization of the area between pod groups.
- Campers and staff should clean hands immediately before grabbing gear. Hand sanitizer will be available at the wall.

- Campers and staff must wear masks at any point where physical distancing cannot be maintained (such as when getting tied into the climbing rope).
- Wearing a mask while climbing is optional, but not required, so long as physical distancing from other climbers on the wall may be maintained.
- Routes should be selected to allow at least 2 metres between climbers on the wall.
- Climbing will take place on the designated climbing wall.
- **Staff will not sanitize harnesses or ropes between users**, nor at any point before or after the climb, as this can damage the integrity of the gear.
- **Bleach and detergent cannot be used on climbing gear.**
- If gear can be left unused for 72 hours, it can be considered clean.
- Chalk or liquid chalk may be used on the wall, though campers and staff should wash hands thoroughly before applying chalk, and once a route has been completed.
- To **limit contact on a shared surface**, climbers may be assigned a specific route to try for the session.
- **Hand sanitizer will be available** at the Climbing Wall, as needed.
- When finished climbing, all campers and staff will be led to a wash station to **wash their hands**.
- **NOTE: Harnesses, ropes, and holds cannot be cleaned as this damages the safety and integrity of the gear. Frequent hand-washing and hand-sanitizing, mask-wearing, avoiding touching one's face, and physical distancing are the main methods of minimizing the risk of COVID-19 while rock climbing.**
- **PPE:** Staff may wear nitrile gloves whenever handling communal equipment. Gloves can be disposed of into the closest garbage can. Staff should wash hands immediately after glove removal.

References:

- WorkSafe BC: <https://www.worksafebc.com/en/covid-19/industry-specific-information/gyms-and-fitness-centres>
- Climbing Wall Association: <https://www.reopen.climbingwallindustry.org/cleaning>
- Association for Challenge Course Technology: https://cdn.ymaws.com/www.acctinfo.org/resource/resmgr/files/2020-05-14_camp_courses_guid.pdf
- Ground Up Climbing Gym: <https://www.climbgroundup.com/covid-19-policies/>

LOW ROPES

COVID Risks:

- **Physical Distancing:** Ensuring that participants and staff remain at least 2 metres apart.
- **Cleaning & Sanitizing:** Cleaning all high-touch surfaces and common equipment between participants. Sanitization required only if someone suspected to be ill used the equipment.
- **Ensuring a safe work environment:** Providing proper PPE, training, and support for staff.

Adaptations & Existing Measures:

- Prior to accessing the low ropes course, all campers and staff will be led to a wash station to **wash their hands**.
- In order to maintain physical distancing, staff may consider measures like splitting a pod between two elements (if sufficient supervision exists)
- Specific challenge elements should be selected that minimize instances where physical distancing isn't possible. High contact elements (such as the spider's web) should be avoided.
- Frequently touched surfaces can be sanitized between groups, **depending on the material of the surface**
- To **limit contact on a shared surface**, pods may be assigned specific challenge elements to try for the session.
- **Hand sanitizer will be available** at the low ropes course, as needed.
- When finished climbing, all campers and staff will be led to a wash station to **wash their hands**.
- **PPE:** Staff may wear nitrile gloves whenever handling communal equipment. Gloves can be disposed of into the closest garbage can. Staff should wash hands immediately after glove removal.

References:

- WorkSafe BC: <https://www.worksafebc.com/en/covid-19/industry-specific-information/gyms-and-fitness-centres>
- Climbing Wall Association: <https://www.reopen.climbingwallindustry.org/cleaning>
- Association for Challenge Course Technology: https://cdn.ymaws.com/www.acctinfo.org/resource/resmgr/files/2020-05-14_camp_courses_guid.pdf
- Ground Up Climbing Gym: <https://www.climbgroundup.com/covid-19-policies/>