

Selkirk Lodge – COVID-19 Safety Plan

Background	1
Five Principles for Every Situation	1
Pre-Trip	2
Selkirk Lodge Responsibilities	3
Employee Responsibilities	4
Transportation	4
Physical Distancing & Protective Equipment	4
Helicopter Transfer:	4
Staging Area:	5
Loading/Unloading Helicopter:	5
Gear Handling:	5
Transportation:	5
When more than one employee is traveling, physical distancing practices apply. Shared travel with more than one person will be minimized.	5
Guests must drive independently or else only with those whom they will share their accommodation.	5
Communications	6
Pre-trip screening and Communication	6
Signage	6
Guest briefings	6
Daily symptom checks	6
Food Service	7
Dine-in Food and Beverage	7
Lodging	9
Equipment, Tools and Supplies	12
Activities	12
Managing Covid-19 Symptoms	13
Covid-19 Symptoms	13
What to do if someone shows symptoms	13
What to do if a guest or employee tests positive	14
Isolation procedures	14
Health Authority Contacts	15
Appendix 1: Hand Washing Poster	16
Appendix 2: Glove Donning and Removal	17
Appendix 3: Example pre-screening health questionnaire	18
Appendix 4: Product Guide for Disinfectants	19
Appendix 5: Additional Resources:	20

Background

Selkirk Lodge is a remote, off-grid backcountry lodge located 35 km east of Revelstoke near the headwaters of Albert Creek. Selkirk Lodge can accommodate up to 14 guests, for a total of up to 20 people including staff. Typical trips are from 4-7 nights. Selkirk Lodge provides guided and catered ski touring trips. The lodge is accessed by helicopter.

This document provides interim guidance for preventing the likelihood of communal transmission of the COVID-19 virus at Selkirk Lodge during the current crisis. This document has been created to align with COVID-19 orders, direction and safety protocols mandated by the Provincial Health Office (PHO) and regional health authorities.

Updates to this document will be made as new information arises.

Selkirk Lodge closed operations in March, 2020 to aid in the efforts to reduce transmission of Covid-19, and is remaining closed through the 2020/2021 ski season. Following [BC's 4-Phase Restart Plan](#), Selkirk Lodge plans to reopen for the 2021/2022 ski season under the Phase 3 "*temporary enhanced protocols*". Selkirk Lodge will return to normal operational practices in Phase 4

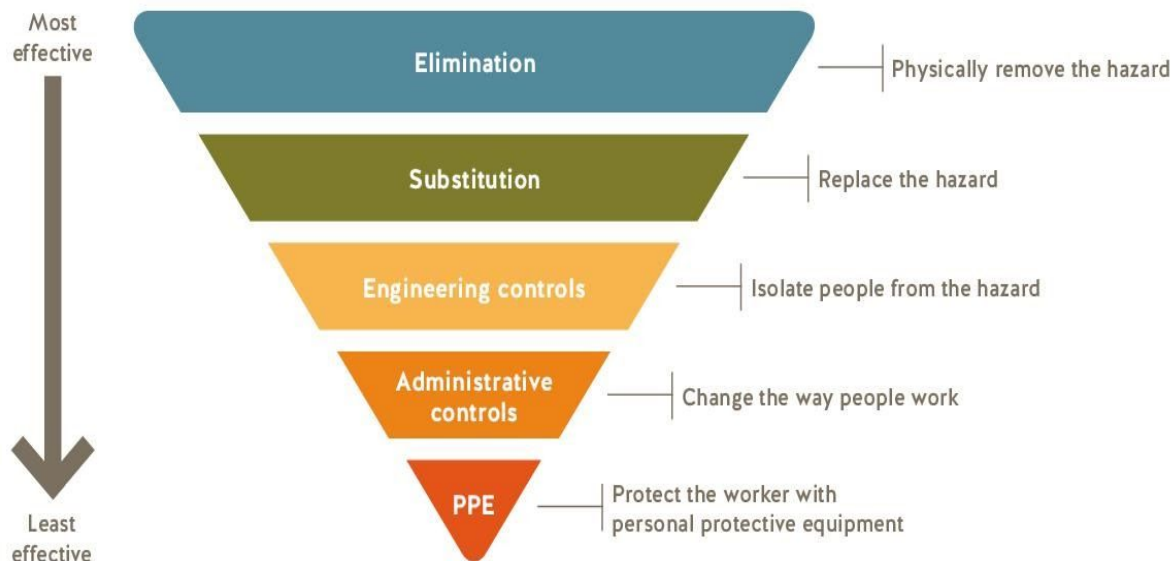
Selkirk Lodge reserves the right to deny or remove anyone who does not follow the implemented COVID-19 safety plan.

Five Principles for Every Situation

Five Principles for Every Situation				
Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Distancing	Physical Modification
<ul style="list-style-type: none">• Frequent handwashing• Cough or sneeze into your sleeve• Wear a non-medical mask• No handshaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travelers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high touch areas• Touch-less technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and people• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces

Physical distancing remains the most important criterion to comply with standing [WorkSafeBC Updates](#) and the Provincial Health Officer Orders. While the controls are listed in order of effectiveness, all four types of controls may be used, as they often work best in combination.

Hierarchy of controls



For up-to-date information on COVID-19, please refer to [BC Centre for Disease Control](#).

3.1. Pre-Trip

Guests will need to bring a face mask, and a spare, and a small personal bottle of hand sanitizer.

In the 14 days prior to arrival at Selkirk Lodge, guests and staff must NOT have:

- Travelled outside of Canada.
- Tested positive for COVID-19.
- Experienced symptoms related to COVID-19
- Been in contact with anyone who has tested positive or shown symptoms related to COVID-19

3.1.1. Selkirk Lodge Responsibilities

Selkirk Lodge will adhere to the following controls where practicable:

Physical Distancing

- Ensure employees practice proper hygiene, including frequent hand washing, and proper cough and sneeze etiquette (into elbows rather than hands).
- Require employees exhibiting symptoms of COVID-19 to stay home. Communicate with employees about potential exposure to COVID-19.
- Provide training for employees on safety measures and procedures, physical distancing, proper handwashing and hygiene practices, monitoring and reporting illness, cleaning tools and protective equipment to ensure compliance and understanding of hygiene.
- Training will be offered by video or in-person and may include additional written materials. If training is done in person, the employer will ensure that people gather in small groups of five to ten, and reasonable physical distancing between members is maintained.

Engineering

- Regularly assess all potential hazards within their operations, taking appropriate steps to eliminate or control them. Such controls will include adhering to current public health orders and public health advice as well as implementing best practices to keep employees and guests safe.
- Follow a workflow consistent with current industry best practices and compliant with directives from the BC PHO. This workflow covers all areas of the operation including, but not limited to protective equipment requirements, sanitation, food handling, laundry and housekeeping procedures.
- Traveling to a grocery store or other necessary public establishment will be limited to one person per lodge whenever applicable.

Administrative

- Maintain a system whereby employees are able to inform management of concerns related to COVID-19 exposure in the workplace.
- Designate a COVID-19 coordinator to stay abreast of any current precautions being taken in our region and to oversee aspects of health and safety protocols, including ensuring that employees and guests are informed about the various health and safety protocols that are in place. This orientation will include an explanation of the safety measures and procedures, physical distancing, proper hygiene practices, and monitoring and reporting illness.
- At the beginning of each shift, the designated COVID-19 coordinator will conduct a pre-work conference to review any updates in the workflow.
- Targeted communicable disease interventions are non-stigmatizing and respect confidentiality. This includes maintaining privacy for those seeking healthcare or who may be part of self-isolation, contact tracing, or outbreak investigation.
- Employers will excuse staff for sick leave without requiring a doctor's note.

Protective Equipment

- Appropriate protective equipment is provided and instructions on its proper use for employees and guests is provided where applicable and practicable.

3.1.2. Employee Responsibilities

- All employees must adhere to the following controls where practicable:

Physical Distancing

- Exercise all practicable measures to limit their exposure to the COVID-19 virus while not at work.
- Immediately report to the coordinator and isolate from guests if experiencing any symptoms associated with COVID-19 while at work or away from work.
- Self-isolate for the recommended isolation period before returning to work if exposed to or experiencing any symptoms of COVID-19.
- Conduct the self-assessment tool (<https://bc.thrive.health/covid19/en>) and fill out a health declaration which includes current health status, recent travel, recent illness or contact with others who may have the COVID-19 virus prior to beginning a work shift. Alternatively, workers may choose to work longer shifts and/or remain with one operation so as to eliminate the need for the self-isolation period.

Administrative

- Complete a detailed training session on current workflow health and safety procedures.
- Familiarize themselves with and understand their own and others' workplace health and safety responsibilities.
- It is expected that protocols in this document are followed by all personnel. All employees should sign off on the training that they received, including an understanding of the importance of following Best Management Practices and Exposure Control, and an understanding that if not, standard disciplinary actions will apply.

Protective Equipment

- Protective equipment will not be shared between employees. If reusable gloves are used, those gloves will be dedicated for cleaning and disinfection of surfaces for COVID-19 and will not be used for other purposes. Gloves intended for re-use will be washed, cleaned and disinfected between use. Hands should be washed immediately after gloves are removed.

3.2. Transportation

Physical Distancing & Protective Equipment

3.2.1. Helicopter Transfer:

- All air operators must comply with the Interim Order to Prevent Certain Persons from Boarding Flights in Canada due to COVID-19, pursuant to sub-section 6.41 (1) of the Aeronautics Act, effective April 17, 2020, which repeals the previous version signed on April 9, 2020. Transport Canada - [Recommended Sequencing for Air Operators](#).

- All passengers will be notified that they will be required to undergo a health check and a verification that they are carrying a non-medical mask or face covering, and that they must wear the mask or face covering at all times during the flight when they are unable to maintain a reasonable physical distance from another person unless both persons live in the same private dwelling-house or other place that serves that purpose; and they must comply with any instructions from a crew member with respect to wearing the mask or face covering.

3.2.2. Staging Area:

- Physical distancing is paramount.
- Respect all physical distancing guidelines.
- When disembarking from the helicopter, passengers must adequately distance themselves to prevent crowding.

3.2.3. Loading/Unloading Helicopter:

- In conditions where it is impossible to maintain physical distancing, passengers will be required to wear Protective Equipment.
- Employees will also be protected using protective equipment while loading and unloading guests.
- Handwashing facilities or sanitizer will be made available before and after the helicopter ride.

3.2.4. Gear Handling:

- Employees must respect physical distancing and wear appropriate protective equipment while handling luggage.

3.2.5. Transportation:

- When more than one employee is traveling, physical distancing practices apply. Shared travel with more than one person will be minimized.
- Guests must drive independently or else only with those whom they will share their accommodation.

3.3. Communications

3.3.1. Pre-trip screening and Communication

- Training for clients will take place in a two-step process, including a prescreening questionnaire and an on-site orientation. This communication is available on the Selkirk Lodge website, as well as on signage on the premises.
- It is required that all employees and guests verify they have completed the BC COVID-19 Self-Assessment tool or complete a pre-trip declaration before being allowed to travel to the lodge. A copy will be provided to guests in advance, and it will be made clear that anyone experiencing symptoms within 14 days of their trip will not be permitted on the premises. See Appendix 3 for a sample declaration form.
- Guests will be advised to bring a mask and hand sanitizer sufficient for helicopter and other transportation with them.

3.3.2. Signage

- The following signage will be displayed in multiple prominent locations.
- Information & posters for handwashing, located on the [BCCDC website](#) here:
- Information & posters for respiratory/cough etiquette, located on the [BCCDC website here](#):
- Information & posters for self-isolation & self-monitoring, located on the [BCCDC Website here](#):

3.3.3. Guest briefings

- An in-depth briefing on the lodge-specific COVID management plan will be conducted at the beginning of the trip.
- A daily safety briefing will be conducted to remind guests of the guidelines and to confirm the absence of symptoms. Guests will be encouraged to immediately bring any symptoms to the attention of staff members.
- Physical distancing will be maintained during briefings.

3.3.4. Daily symptom checks

- All employees and guests must complete a quick daily symptom check. Refer to Section 3.6 if symptoms are reported

3.4. Food Service

3.4.1. *Dine-in Food and Beverage*

3.4.2 *Food Preparation Protocols:*

Physical Distancing:

- Only essential staff members will be permitted within the kitchen, to reduce possible contamination and to allow physical distancing measures to be upheld.
- No guests permitted in the kitchen.
- Markings or dividers may be used in the kitchen to ensure physical distancing.
- External packaging (boxes, crates etc.) will not be allowed inside the kitchen.

Engineering:

- Lunches and field snacks will be provided to guests in a pre-packaged format.
- All meals will be plated and served by staff
- Food contact surfaces, dishware, utensils, food preparation surfaces, and beverage equipment will be washed, rinsed, and sanitized after use.
- Trained staff will wash equipment and utensils using Health Department guidelines that allow achieving disinfection. Since we are washing by hand, we use the four-step process (wash, rinse, sanitize, air dry), ensuring that all equipment is disinfected.
- When preparing fresh fruits and vegetables, they will be washed with cold, potable water prior to consumption.
- Fresh fruits and vegetables will only be handled if they will be washed or cooked immediately to limit any hand transfer of germs.
- Cross-contamination will be minimized by having perishables appropriately separated.

Administrative:

- Guests will be reminded of physical distancing and personal hygiene measures prior to meals

Protective Equipment:

- Serving staff will wear Protective Equipment when handling guest food or beverage products if they are required to work within 2 meters of those they are serving.
- Wearing gloves does not exclude food handlers from washing their hands.

3.4.3 *Food Service Protocols:*

Physical Distancing:

- All meals will be plated and served by staff.
- Seating will be arranged to ensure physical distancing guidelines.
- Guests will be seated in their physically distanced seating arrangement while waiting for their meals to be served.

Engineering:

- Sanitizers will be prepared and used according to label instructions, and approved sanitizers and disinfectants will be used for their designated purposes.
- Many condiments will be replaced with one-time use containers if available to minimize commonly touched surfaces.
- High touch areas such as doorknobs, equipment handles, condiments that cannot be served in individual packets, dining tables and counters etc. will be cleaned & disinfected frequently.
- Floors, counters and other facility access areas, such as bathrooms, will be frequently cleaned and disinfected using authorized disinfectants.
- Access to fresh water for guests' personal water containers will not be near the kitchen. Water access location(s) will be frequently disinfected.

Administrative:

- Designated routes for customers to and from tables and washrooms will be mapped and marked.

Protective Equipment:

- Serving staff must wear protective equipment when handling guest food or beverage products if they are required to work within 2 meters of those they are serving.

3.4.4 Food Services Cleaning Protocols

Physical Distancing:

- Only designated lodge staff may perform dishwashing and post-meal clean-up operations.

Engineering:

- Authorized cleaning products will be used, following the manufacturer's instructions regarding dilution and contact time.
- Disposable wipes will be provided so that commonly used surfaces can be wiped down by employees before each use.
- Trained staff will wash equipment and utensils using Health Department guidelines that allow achieving disinfection. Since we are washing by hand, we use the four-step process (wash, rinse, sanitize, air dry), ensuring that all equipment is disinfected.
- All food contact surfaces, such as food preparation tables, kitchen and packaging areas are cleaned and sanitized on a regular basis.
- All surfaces of the tables and chairs are cleaned and disinfected before each meal.

Administrative:

- Cleaning responsibilities are clearly assigned to as to ensure that the level of cleaning meets the requirements set out in the cleaning schedule.

- Increased cleaning and disinfection frequency of high traffic areas and hand contact points, to reduce the risk of spreading COVID-19.

Protective Equipment:

- Employees will consider wearing nitrile gloves (instead of work gloves), depending on the task and where appropriate.
- Remove and dispose of used gloves in a garbage bag immediately after use.

BC Dept of Health Food Safety and Sanitation Plans - [Food Premises Regulation](#)

3.5. Lodging

In order to maintain adequate physical distancing in common areas, and adequate accommodations so as to avoid members from separate households sharing bedrooms, Selkirk Lodge will operate at a reduced capacity of 10 guests (Reduced from 14).

Physical Distancing:

3.5.1 Guest Accommodations:

- Members of different cohorts will not be placed in the same shared accommodation space.
- In cases where this is not possible, shared accommodations will be arranged in such a fashion that beds are at least 2m apart and head-to-toe where possible. If beds cannot be at least 2m apart, temporary barriers, such as curtains, will be placed between beds, to prevent droplet spread while sleeping, and sleep head-to-toe.
- No individuals in a shared accommodation can be ill or meet a criterion that requires self-isolation requirements. Any individuals that become ill or require self-isolation will be immediately moved into separate facilities, otherwise all individuals in the accommodation unit must be placed in self-isolation.
- Employees will not enter guest rooms until authorized.

3.5.2 Common Areas:

- Where possible, groupings of any size will be structured so that those present can maintain a reasonable physical distance from each other, or other measures will be employed.
- The frequency and duration of in-person indoor meetings will be reduced, guest briefings and other indoor gatherings and meetings will be held outside to the extent possible.
- Markers such as tape or stickers will be placed strategically on benches, at tables, to locate chairs, and on floors to provide employees and guests with visible cues that support physical distancing.
- Employees and guests will be briefed on potential choke points (doorways, stairwells, etc) that exist within the lodge. Employees and guests should call out ahead when moving through choke points and should keep moving to avoid congestion and potential for contact.

Engineering:

General Cleaning Requirements:

- Vacuums: Selkirk Lodge is equipped with a central vacuum system that exhausts outdoors.
- The use of spray bottles or pressurized sprayers will be avoided as they might aerosolize contaminants.
- Disinfectants that have a Drug Identification Number (DIN) will be used following the instructions on the product label for dilution, contact time and safe use.
- If commercial or household cleaning products are not readily available, Selkirk Lodge will prepare a bleach and water solution with 20 ml of unscented household bleach per 980 ml of water.

3.5.3 General Disinfection Protocols:

- Visibly dirty surfaces will be cleaned before disinfecting, unless stated otherwise on the product instructions. Cleaning refers to the removal of visible dirt, grime and impurities. Cleaning does not kill germs but helps remove them from the surface.
- Clean cloths, paper towels or wipes will be used to clean and disinfect surfaces.
- Cleaning and disinfectant solutions will be put into clean buckets for use.
- Paper towels and disposable wipes will be immediately discarded after use.
- When using the bleach and water solution, surfaces will be allowed to air dry naturally, and a fresh bleach solution each day. For more information, please see: [BCCDC - Cleaning and Disinfecting for Common Areas](#)
- Rubber gloves will be worn while handling bleach solutions and the area will be well ventilated.

3.5.4 Handwashing Stations

- Lodge operators and employees will model good hygiene practices while with guests, including diligent hand washing with soap and water or use of hand sanitizer with a minimum 60% alcohol.
- Handwashing stations with soap and water are available to individuals in the lodge.

3.5.5 Cleaning of Shower and Toilet Facilities

- Shower facilities will be cleaned and disinfected daily.
- Selkirk Lodge uses a bag shower, and the shower may be prepared by the individual using the water that is available at the taps on the water tanks as it can be easily disinfected, water must not be obtained from the hot water pots to prepare a shower.
- If a shower or toilet stall is used by an individual in self-isolation, it will be cleaned and disinfected after use.

3.5.6 Cleaning of Bedrooms

- Employees are NOT to provide housekeeping services within rooms occupied by guests or other employee's rooms during their stay.

- Prior to employees and guests moving into their bedrooms:
 - A garbage pail lined with a plastic bag will be provided for their waste.
 - Employees and guests will be instructed to place laundry in the rubbermaid bins provided, and waste bags should be tied shut and left outside their door for collection at the end of their stay.
- All guest rooms will be fully cleaned and disinfected at the end of every trip.
- Guests will be instructed to open their windows prior to leaving at the end of their stay in order to facilitate an air exchange.
- Employees must practice diligent hand hygiene before entering and after leaving each bedroom.
- A thorough cleaning of all hard surfaces will be completed as in Disinfecting Surfaces
- Fabric items that cannot be laundered will be steam cleaned (e.g., plush chairs and drapes).
- All garbage containers will be emptied.

3.5.7 Cleaning of Common Areas

- Items that cannot be easily cleaned and disinfected will be removed (e.g., magazines, books, throw pillows, etc.)
- Daily cleaning and disinfection of all common areas and surfaces will be completed.
- High touch surfaces are cleaned at least twice daily. This includes door knobs and handles, radios, light switches, tables, counter tops, chairs and washrooms.
- Floors and walls are kept visibly clean and free of spills, dust and debris.
- Garbage cans in common areas are to be emptied regularly.

Administrative:

- Selkirk Lodge has reduced capacity from 14 guests to 10 to allow for easier physical distancing in common areas, and to avoid bedrooms being shared between members of different households.

3.6. Equipment, Tools and Supplies

Physical Distancing:

- Contact with another individual's personal items poses risk of indirect transfer of the virus. All personal items must be kept in locations where there is no risk of incidental contact by other workers or lodge guests.
- Where practicable, each employee and guest will utilize only their own communication radio, safety equipment and other gear throughout the duration of the trip to minimize contact spread of COVID-19.

- Mobile phones, water bottles, coffee mugs, headlamps, reading materials, and other personal items may have droplets on them and could transmit infection to another worker or lodge guest. These items must not be left in common areas.
- Each guest will have a designated space to use to dry their gear in the drying room, this will be clearly marked.

Engineering:

- Where it is not possible to provide personal equipment due to operational safety requirements, employees will wipe down and disinfect shared equipment with disposable wipes or a diluted bleach solution between uses by different individuals.
- Employees who wear leather gloves or other impermeable gloves as hand protection during work may share tools and equipment without disinfecting the tools between each user and must continue to clean and wash hands to break the chain of infection.

Administrative:

- A labeling system is in place to help with organization of shared tools and equipment.
- Employees receive training on cleaning tools and to ensure compliance and understanding of hand washing and hygiene.

Protective Equipment: - Each guest and employee will be assigned Protective Equipment for their personal use only.

3.7. Activities

Physical Distancing:

- Physical distancing of 2m between all employees and guests will be maintained where possible, during guided field activities.
- Particular attention will be paid to situations where physical distancing would not be a traditional part of the guide activity, including: regrouping, coaching of technical sections, gear checks, short roping and other mountaineering applications.
- Care must be taken to avoid following too closely behind one another when walking outside. Increased physical distancing guidelines must be observed to avoid the chance of acquiring droplets that may have become entrained in the wake or slipstream behind another person.

Engineering:

- Field activities will be modified to reduce the likelihood of situations where physical distancing cannot be safely maintained. In general, field activities will be undertaken with a reduced level of risk from normal operations.
- Any shared tools will need to be disinfected between use as laid out in Section 3.5.5.6.

Administrative:

- Itineraries may be shortened to decrease the risk of injuries or unplanned overnights.
- Less technical routes may be selected to decrease the need for close-proximity guide to guest interactions.

Protective Equipment:

- If physical distancing cannot be safely maintained in the field (e.g. guide administering first aid) then all involved individuals (guides and guests) will wear Protective Equipment (gloves and non-medical mask).
- Guides will ensure that all guests are carrying a set of Protective Equipment during field activities or must carry several extra sets in their first aid kit.
- Staff outdoor work will follow the same considerations with respect to physical distancing, reduced risk tolerance and use of Protective Equipment as listed in 3.5.6.1.

3.8. Managing Covid-19 Symptoms

3.8.1. Covid-19 Symptoms

- The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and the common cold. Commonly these are fever / chills, cough, sneezing, sore throat, and shortness of breath. Additional symptoms may include muscle aches, fatigue, headache, loss of appetite, runny nose, nausea and vomiting, diarrhea, loss of sense of smell or taste. Shortness of breath and chest pain can be signs of severe illness.
- 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.
- A key issue in transmission is the median incubation period (the time from infection to appearance of symptoms) and the serial interval (the time between successive cases) for the Covid-19 virus. The serial interval for Covid-19 virus is estimated to be 5-6 days. There are some emerging indications that there are people who can shed Covid-19 virus 24-48 hours prior to symptom onset, but at present, the WHO suggests that this does not appear to be a major driver of transmission. However, we need to acknowledge that there is debate about this and that at this time we cannot be categorical.

3.8.2. What to do if someone shows symptoms

Workers or guests who determine they may have signs or symptoms of COVID-19 based on the [self-assessment tool](#), must:

- Immediately report to the designated Covid-19 coordinator
- Call 8-1-1 to speak to a nurse from [HealthLink BC](#) and get advice about how you are feeling and what to do next
- The affected person should proceed directly to self-isolation.
- If you develop symptoms, use the BC COVID-19 Self-Assessment Tool to help determine if you need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else, if they are unable to.
- After doing the self-assessment tool, if you still have questions, contact your healthcare provider or call 8-1-1 for guidance.
- If the symptoms are severe such as shortness of breath (e.g. struggling to breathe or speak in single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.

3.8.3. *What to do if a guest or employee tests positive*

- Any employee who tests positive will not be able to return to active duty until they are free of the COVID-19 virus.
- Any team members who work closely with the infected team member must also be removed from the workplace for at least 14 days to ensure the infection does not spread further into the workplace.
- The affected employees' work areas will be closed off, cleaned and disinfected immediately as well as any surfaces that could have potentially been infected/touched.

3.8.4. *Isolation procedures*

- Any guest or employee displaying symptoms of COVID-19 will be moved into isolation.
- If an employee or guest needs to be isolated, they will be sent home where practicable, or provided a separate room, and must follow all self-isolation guidance as provided by the [BCCDC Self Isolation Guidelines](#)
- If you have not traveled outside Canada you are required to isolate for a minimum of 10 days from the onset of any Covid-19 symptoms. You may return to your regular activities when:
 - At least 10 days have passed since your symptoms started, AND
 - Your fever is gone without the use of fever-reducing medications (e.g. Tylenol, Advil), AND
 - You are feeling better (e.g. improvement in runny nose, sore throat, nausea, vomiting, diarrhea, fatigue)

If Symptoms Worsen, as per the following guidelines - [BCCDC – If you are sick](#)

- If it becomes harder to breathe, you can't drink anything or feel much worse, seek urgent medical care at an urgent care clinic or emergency department
- If you or someone in your care has chest pains, difficulty breathing, or severe bleeding, it could be a life-threatening emergency. Call 9-1-1

Health Authority Contacts

Fraser Health Authority

Phone: (604) 870-7903

Email: HPLand@fraserhealth.ca

Island Health Authority

Phone: (250) 519-3401

Fax: (250) 519-3402

Email: gateway_office@viha.ca

Northern Health - Communicable Disease Hub

Phone (during business hours): 1-855-565- 2990

After hours phone: 1-250-565-2000, press 7 and ask for the Medical Health Officer on call

Vancouver Coastal Health Authority

Phone: (604) 675-3800 Manager on call

Email: EHVC@vch.ca

Interior Health Authority

Phone: (250) 851-7305

Email: workcamps@interiorhealth.ca



Appendix 2: Glove Donning and Removal

Technique for donning and removing non-sterile examination gloves

When the hand hygiene indication occurs before a contact requiring glove use, perform hand hygiene by rubbing with an alcohol-based handrub or by washing with soap and water.

I. HOW TO DON GLOVES:



1. Take out a glove from its original box



2. Touch only a restricted surface of the glove corresponding to the wrist (at the top edge of the cuff)



3. Don the first glove



4. Take the second glove with the bare hand and touch only a restricted surface of glove corresponding to the wrist



5. To avoid touching the skin of the forearm with the gloved hand, turn the external surface of the glove to be donned on the folded fingers of the gloved hand, thus permitting to glove the second hand

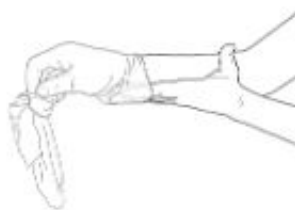


6. Once gloved, hands should not touch anything else that is not defined by indications and conditions for glove use

II. HOW TO REMOVE GLOVES:



1. Pinch one glove at the wrist level to remove it, without touching the skin of the forearm, and peel away from the hand, thus allowing the glove to turn inside out



2. Hold the removed glove in the gloved hand and slide the fingers of the ungloved hand inside between the glove and the wrist. Remove the second glove by rolling it down the hand and fold into the first glove



3. Discard the removed gloves

4. Then, perform hand hygiene by rubbing with an alcohol-based handrub or by washing with soap and water

Selkirk Lodge Pre-Trip Declaration of Health and Exposure

Selkirk Lodge takes the safety of their guests and employees, and the prevention of the spread of the COVID-19 pandemic very seriously. As such, you are required to make four attestations below. The inability to make one or more of these attestations may disqualify you from participation.

I, the undersigned, attest to the following: (please initial beside each applicable attestation)

_____ *To the best of my knowledge, I do not have the novel coronavirus COVID-19 or any variant of the novel coronavirus COVID-19, nor have I had it within the past 14 days*

_____ *To the best of my knowledge, I have not been exposed to someone who has the novel coronavirus COVID-19 or any variant of the novel coronavirus COVID-19 within the past 14 days*

_____ *Within the past 14 days, I have not experienced any of the following that are new and not related to allergies or pre-existing conditions: persistent cough, fever higher than 38 degrees Celsius (98.6 degrees Fahrenheit), shortness of breath, sore throat, flu-like symptoms, runny nose*

_____ *I have not travelled outside Canada during the past 14 days*

By signing below, I confirm my understanding that I may be refused participation in, or be asked to leave this trip, with no option for refund of payment, if any of the above attestations are found to be incorrect or if the status of those attestations changes between the time of signing of this form and any time before the end of the trip.

Name of participant (please print)

Signature of participant

Date

Appendix 4: Product Guide for Disinfectants

PRODUCT	DEFINITION	APPLICATION	PROTECTION LEVEL
Multi-Surface Cleaner	Use full-strength or dilute 250 mL per 4L of warm water apply to surface until thoroughly wet. Wipe with a clean cloth, sponge, or mop. To Sanitize/Disinfect: Pre- clean surface Apply to surface until thoroughly wet. To Sanitize: Leave for 1 minute before wiping. To Disinfect: Leave for 10 minutes before wiping. Rinse all food contact surfaces with water after using the product	Disinfectant that meet Health Canada's, requirements for emerging viral pathogens. These authorized disinfectants may be used against SARS-CoV-2	Advanced disinfectant and sanitizer for Hard surfaces
Bleach (6%) solution	100/1 dilution of sodium hypochlorite solution with water used to disinfect surfaces, 10mL bleach to 1 Litre of water. Minimum contact time of 10 minutes in a single application. Air dry.	Recommended by the BCCDC for disinfecting non-pours surfaces	General use disinfectant and sanitizer for Hard surfaces
Neutral Disinfectant cleaner	Use 3.9 mL per liter of water for a minimum contact time of 10 minutes in a single application. Can be applied with a mop, sponge, cloth, coarse spray or by soaking. The recommended use solution is prepared fresh for each use then discarded. Air Dry.	Approved for use against the coronavirus disinfecting non-pours surfaces	Advanced disinfectant and sanitizer for Hard surfaces, low acidity
Disinfecting Wet Wipes 70% Alcohol	To sanitize / disinfect: Pre-clean surface. Use 70% alcohol based fresh wipes to thoroughly wet surface. To sanitize: Allow surface to remain wet for 10 seconds. Air Dry.	Single use isopropyl alcohol wet wipes, disposable	Safe to use on electronics such as Smart phones, Tablets & POS equipment
Touch Free Hand Sanitizer	Minimum 70% alcohol hand sanitizer solution, rub hands together until dry.	To clean hands if handwashing is not available	General use to kill bacteria and viruses

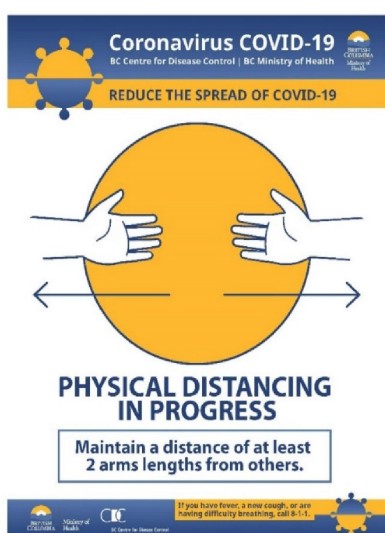
Hard-surface disinfectants must meet Health Canada's requirements for emerging viral pathogens. These authorized disinfectants may be used against SARS-CoV-2, the coronavirus that causes COVID-19. This means they are one of the easiest viruses to kill with the appropriate disinfectant when used according to the label directions.

How to find out which disinfectant meets Health Canada's requirements for COVID-19:

Health Canada - Hard-surface disinfectants and hand sanitizers (COVID-19): [List of disinfectants for use against COVID-19](#). Locate the Drug Identification Number (DIN) on the disinfectant product label and enter into the blank field

Appendix 5: Additional Resources:

- Hard-surface disinfectants and hand sanitizers (COVID-19): [List of hand sanitizers authorized by Health Canada](#):
- [BC Centre for Disease Control: Cleaning and Disinfecting](#):



COVID-19 posters for clients and staff encouraging physical distancing and good hand washing are to be posted in appropriate locations, where they will be most noticed.

[Download a free physical distancing poster and hand washing poster from the BCCDC.](#)