

Recreation Services Aquatics

COVID-19 Pool Safety Plan

[Page 1-27 approved September 03, 2020 by Angela Whalen (VCH Environmental Officer)]

[Revised: November 27th by Aquatics Coordinator]

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Staff Training Plan

Category: COVID-19 Procedures

Approved by: Angela Whalen (Vancouver Coastal Health – Environmental Officer) 09//03/20

Revised: November 27, 2020

Procedure

Online Staff Training

The District of Squamish designed a blended learning staff training to re-activate staff prior to returning to work in Aquatics.

Pool Free Time

All lifeguards will have an optional opportunity to access the pool for a minimum of one hour over the course of six weeks.

Online Training Topics

1. Staff Safety, Facility Admission & Access
2. Disinfection
3. Safety Education
4. Rescue-Ready Assessment
5. Lifeguard Personal Protective Equipment
6. First Aid Procedures
7. Staff Awards and Recerts
8. Fast Track Airway Management & Oxygen Administration (Independent)
9. [COVID-19 Instructor Update \(LSBC\)](#) (Independent)
10. Aquatic Programming & Schedule
11. Pool COVID operations, traffic flow, and the “new normal”
12. Rec Staff software review

In-Person Training Topics

1. Rescue-Ready Assessment
2. Personal Protective Equipment
3. First Aid Procedures
4. Cleaning Procedures & Cleaning Chemicals
5. Pool COVID operations, traffic flow, and the “new normal” review

All training materials are available in the Lifeguard COVID-19 Training Manual and must be documented and signed by both staff member and supervisor.

Staff Safety

Category: COVID-19 Procedures

Approved by: Angela Whalen (Vancouver Coastal Health – Environmental Officer) 09//03/20

Revised:

Procedure

Brennan Park COVID-19 Safe Work Guidelines

Task:

During the COVID-19 pandemic, some staff will be working on-site in Brennan Park to maintain community services.

REMINDER:

The provincial health officer and the BC Centre for Disease Control (BC CDC) have issued the following guidance around self-isolation:

- anyone with symptoms of COVID-19 including fever, chills, cough, shortness of breath, sore throat and painful swallowing, must self-isolate at home for a minimum of 10 days
- anyone under the direction of the provincial health officer to self-isolate must follow those instructions
- anyone who has arrived from outside of Canada, or who is a contact of a confirmed COVID-19 case, is to self-isolate for 14 days and monitor for symptoms
- If you start to feel unwell while at work, isolate yourself and report it to your supervisor immediately

Maintaining a safe work environment:

In order to ensure a safe work environment and to foster a culture of compliance to health and safety protocols, we must have 200% accountability: you are not simply responsible to follow safe practices yourself (the first 100%). You are also responsible to ensure everyone around you does as well (the second 100%). When *anyone* sees *anyone* violate safe practices, you are to remind them of proper protocol with a polite “Please.” For example, “Please keep a 2 metre gap between us.” There is only one permissible response: an immediate “Thank you” followed by compliance.

6-step Safety Plan

Step 1: Assess the risks at your workplace

The virus that causes COVID-19 spreads in several ways. It can spread in droplets when a person coughs or sneezes. It can also spread if you touch a contaminated surface and then touch your face.

The risk of person-to-person transmission increases the closer you come to other people, the more time you spend near them, and the more people you come near.

The risk of surface transmission increases when many people contact the same surface and when those contacts happen over short periods of time.

Involve workers when assessing your workplace

Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces. The closer together workers are and the longer they are close to each other, the greater the risk.

- ☒ We have involved frontline workers, supervisors, and the joint health and safety committee (or worker health and safety representative, if applicable).
- ☒ We have identified areas where people gather, such as break rooms, production lines, and meeting rooms.
- ☒ We have identified job tasks and processes where workers are close to one another or members of the public. This can occur in your workplace, in worker vehicles, or at other work locations (if your workers travel offsite as part of their jobs).
- ☒ We have identified the tools, machinery, and equipment that workers share while working.
- ☒ We have identified surfaces that people touch often, such as doorknobs, elevator buttons, and light switches.

-
- Recreation Services has assessed and identified the risks involved with the spread of Covid-19 in our workplace.
 - Representatives from management, facilities, bookings, programs and aquatics have been involved in the workplace assessments. The necessary actions have been taken to ensure workers are aware of the recommended guidelines regarding physical distancing and proper sanitization.

Step 2: Implement protocols to reduce the risks

Select and implement protocols to minimize the risks of transmission. Look to the following for information, input, and guidance:

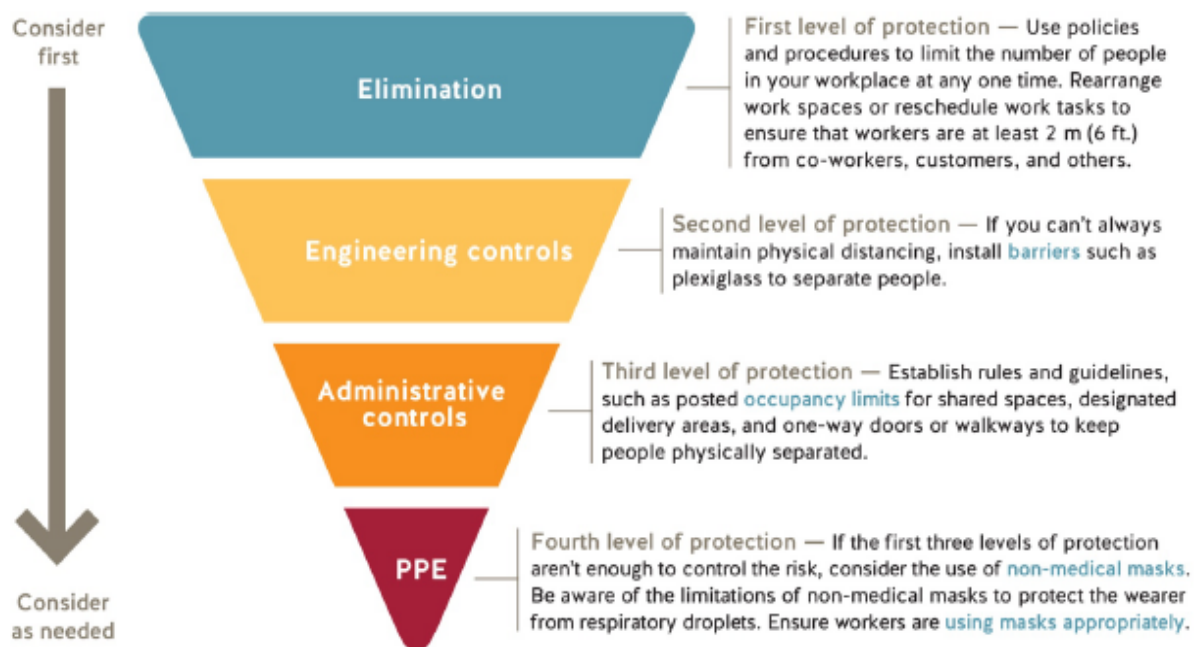
- ☒ Review [industry-specific protocols](#) on [worksafebc.com](#) to determine whether any are relevant to your industry. Guidance for additional sectors will be posted as they become available. If protocols are developed specific to your sector, implement these to the extent that they are applicable to the risks at your workplace. You may need to identify and implement additional protocols if the posted protocols don't address all the risks to your workers.
- ☒ Frontline workers, supervisors, and the joint health and safety committee (or worker representative).
- ☒ [Orders, guidance, and notices](#) issued by the provincial health officer and relevant to your industry.
- ☒ Your health and safety association or other professional and industry associations.

- ***BC's Restart Plan***
- ***BC's COVID-19 Go Forward Strategy***
- ***BCRPA's Recreation & Parks Sector Guideline for Restarting Operations***
- ***WorkSafe BC Guidelines***
- ***Lifesaving Society of BC and Yukon reopening Guidelines***
- ***SwimBC***
- ***ViaSport***
- ***Vancouver Coastal Health Coronavirus Disease (COVID-19) Guideline for swimming pool***

First level protection (elimination): Limit the number of people at the workplace and ensure physical distance whenever possible

Reduce the risk of person-to-person transmission

To reduce the risk of the virus spreading through droplets in the air, implement protocols to protect against your identified risks. Different protocols offer different levels of protection. Wherever possible, use the protocol that offers the highest level of protection. Consider controls from additional levels if the first level isn't practicable or does not completely control the risk. You will likely need to incorporate controls from various levels to address the risk at your workplace.



- Staff and patrons practice social/physical distancing of 2m.
- Greeter staff positioned at entrance to facilitate controlled and limited public access to the facility as well ask preliminary questions, including COVID-19 symptom and travel.
- User groups to supply their own person to screen all athletes and take attendance prior to entering facility
- Physical distancing signage and markings installed.
- Hours of public access to the Centre and Pool will be reduced.
- Only additional staff necessary for expanded operations such as front counter services or programming will be authorized to return to work at the facilities. Individuals working remotely needing periodic access to the facility will check in with a supervisor before planning to enter the facility.
- Small work “pods” or groups that work together exclusively will be created to minimize the number of interactions.
- Maximum capacity is posted for shared facilities.
 - Bathrooms (max of 1)
 - lunchroom (max of 2 in Aquatics lunch room)
 - Garibaldi kitchen/lunch room (max 1)
 - Garibaldi room (max 4)
 - Copier room (max of 1)
 - Dry slab (Max 50 per side when divided)
 - Pool (max 44)
 - All offices that contain multiple workstations will be limited to 1 employee per office unless the office space is large enough to ensure excess amount of space for physical distancing or physical barriers have been established. Signage will be posted at each room.
- Pinch point areas will be marked “No Stopping” to ensure safe physical distancing in all areas.
- The use of the Aquatics lunchroom is limited to work operations only. Non-Aquatics staff are not to take breaks and store food in the Aquatics lunchroom.
- Staff and patron meetings will continue in online or telephone form wherever possible.
- Delivery personnel/suppliers should contact Facilities staff directly via telephone upon arrival to deliver or stage goods at a delivery location designated by Facilities staff.

Second level protection (engineering): Barriers and partitions

- ☒ We have installed barriers where workers can't keep physically distant from co-workers, customers, or others.
- ☒ We have included barrier cleaning in our cleaning protocols.
- ☒ We have installed the barriers so they don't introduce other risks to workers (e.g., barriers installed inside a vehicle don't affect the safe operation of the vehicle).

- Plexiglas installed at front counter between staff and patrons. Ensure the barriers cover all areas where the patron is expected to move around while interacting with the cashier.

- Stanchions in place separating exit/entrance traffic.

Third level protection (administrative): Rules and guidelines

- ☒ We have identified rules and guidelines for how workers should conduct themselves.
- ☒ We have clearly communicated these rules and guidelines to workers through a combination of training and signage.

- Directional traffic will be established with marking tape in the hallways, lobbies, and entrance and exit areas.
- Office, break room and storage room doors to be left open (and staff entrance door, weather permitting) to improve air flow and reduce contact with door fixtures.
- Communication to the public to outline facility rules and to reinforce online registration
- option to register online in order to reduce public foot traffic.

Fourth level protection: Using masks (optional measure in addition to other control measures)

- ☒ We have reviewed the information on [selecting and using masks](#) and [instructions on how to use a mask](#).
- ☒ We understand the limitations of masks to protect the wearer from respiratory droplets. We understand that masks should only be considered when other control measures cannot be implemented.
- ☒ We have trained workers in the proper use of masks.

- Employees providing face-to-face services at the front counter will have access to re-usable non-medical masks and gloves.
- Instructions for proper mask usage will be made available.
<https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid-19-how-to-use-mask?lang=en>

Reduce the risk of surface transmission through effective cleaning and hygiene practices

- ✓ We have reviewed the information on [cleaning and disinfecting surfaces](#).
 - ✓ Our workplace has enough handwashing facilities on site for all our workers. Handwashing locations are visible and easily accessed.
 - ✓ We have policies that specify when workers must wash their hands and we have communicated good hygiene practices to workers. Frequent handwashing and good hygiene practices are essential to reduce the spread of the virus. [[Handwashing](#) and [Cover coughs and sneezes](#) posters are available at worksafebc.com.]
 - ✓ We have implemented cleaning protocols for all common areas and surfaces — e.g., washrooms, tools, equipment, vehicle interiors, shared tables, desks, light switches, and door handles. This includes the frequency that these items must be cleaned (number of times per day) as well as the timing (before and after shift, after lunch, after use).
 - ✓ Workers who are cleaning have adequate training and materials.
 - ✓ We have removed unnecessary tools and equipment to simplify the cleaning process — e.g., coffee makers and shared utensils and plates
- Increased sanitization, especially high contact areas, shared equipment or workstations.
 - Public sanitization stations are available.
 - Sanitizer available at every workstation.
 - Place alcohol-based hand sanitizer near pay stations.
 - Some patrons will need to pay with cash. For patrons using credit cards and loyalty cards, have the customers scan or tap their cards and handle the card readers themselves where possible. Establish hygiene practices that include washing or sanitizing hands after handling cash or cards handled by the public.
 - Handwashing signage
 - Remove non-essential items (magazines, newspapers, toys) from common areas to facilitate cleaning.
 - Control use of equipment to one group of users at a time and clean and disinfect between use.
 - Do not allow sharing of items that are difficult to clean, sanitize, or disinfect or that are meant to come in contact with the face.
 - Each worker should have their own equipment needed for each shift (e.g., radio, first aid fanny packs).
 - Wash hands regularly for a minimum of 20 seconds with soap & water, including upon arriving for work, before and after breaks, after handling cash or other materials, and before and after handling common tools and equipment.
 - When no running water is available, use hand sanitizer frequently.
 - Create and follow a schedule that will allow for enhanced cleaning.
 - Sneeze or cough into your sleeve or a tissue and dispose of it right away. Wash hands with soap and water for at least 20 seconds or clean alcohol-based hand sanitizer.
 - Avoid touching your face with unwashed or gloved hands

Step 3: Develop policies

Develop the necessary policies to manage your workplace, including policies around who can be at the workplace, how to address illness that arises at the workplace, and how workers can be kept safe in adjusted working conditions.

Our workplace policies ensure that workers and others showing symptoms of COVID-19 are prohibited from the workplace.

- ☒ Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
- ☒ Anyone directed by Public Health to self-isolate.
- ☒ Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms.
- ☒ Visitors are prohibited or limited in the workplace.
- ☒ First aid attendants have been provided OFAA protocols for use during the COVID-19 pandemic.
- ☒ We have a working alone policy in place (if needed).
- ☒ We have a work from home policy in place (if needed).
- ☒ Ensure workers have the training and strategies required to address the risk of violence that may arise as customers and members of the public adapt to restrictions or modifications to the workplace. Ensure an appropriate violence prevention program is in place.

Our policy addresses workers who may start to feel ill at work. It includes the following:

- ☒ Sick workers should report to first aid, even with mild symptoms.
 - ☒ Sick workers should be asked to wash or sanitize their hands, provided with a mask, and isolated. Ask the worker to go straight home. [Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self-isolation.]
 - ☒ If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911.
 - ☒ Clean and disinfect any surfaces that the ill worker has come into contact with.
- Policies have been communicated to all District of Squamish employees that outline good hygiene and effective hand-washing practices. Our employees will have access to updated Covid-19 safe work procedures, including an “Employee Sick Policy.”
 - Current emergency evacuation procedures and mustering arrangements support physical distancing requirements, i.e. muster point in auditorium or outdoor muster point at skate park.
 - Follow OFAA protocols during the COVID-19 pandemic guideline for first-aid.
<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

Step 4: Develop communication plans and training

You must ensure that everyone entering the workplace, including workers from other employers, knows how to keep themselves safe while at your workplace.

- ☒ We have a training plan to ensure everyone is trained in workplace policies and procedures.
- ☒ All workers have received the policies for staying home when sick.
- ☒ We have posted signage at the workplace, including occupancy limits and effective hygiene practices.
[A customizable [occupancy limit poster](#) and [handwashing signage](#) are available on [worksafebc.com](#).]
- ☒ We have posted signage at the main entrance indicating who is restricted from entering the premises, including [visitors](#) and [workers](#) with symptoms.
- ☒ Supervisors have been trained on monitoring workers and the workplace to ensure policies and procedures are being followed.

- Recreation Services supervisors are conducting Covid-19 training and communication plans for members of their team. Regular tailgate meetings are planned to remind all employees of Covid-19 safety protocols.

Step 5: Monitor your workplace and update your plans as necessary

Things may change as your business operates. If you identify a new area of concern, or if it seems like something isn't working, take steps to update your policies and procedures. Involve workers in this process.

- ☒ We have a plan in place to monitor risks. We make changes to our policies and procedures as necessary.
- ☒ Workers know who to go to with health and safety concerns.
- ☒ When resolving safety issues, we will involve joint health and safety committees or worker health and safety representatives (or, in smaller workplaces, other workers).

- Recreation Services staff are constantly observing and adapting our policies and procedures when necessary. Representatives for the District of Squamish Joint Occupational Health and Safety committee meet once a month and are involved in resolving safety issues and monitoring risks in their departments.

Step 6: Assess and address risks from resuming operations

If your workplace has not been operating for a period of time during the COVID-19 pandemic, you may need to manage risks arising from restarting your business.

- ☒ We have a training plan for new staff.
- ☒ We have a training plan for staff taking on new roles or responsibilities.
- ☒ We have a training plan around changes to our business, such as new equipment, processes, or products.
- ☒ We have reviewed the start-up requirements for vehicles, equipment, and machinery that have been out of use.
- ☒ We have identified a safe process for clearing systems and lines of product that have been out of use.

Staff Health and Hygiene

Category: COVID-19 Procedures

Approved by: Angela Whalen (Vancouver Coastal Health – Environmental Officer) 09//03/20

Revised: November 27, 2020 by Michelle Ford

Procedure

COVID-19 Health Assessment

To avoid transmission between employees and bathers, every employee suspected or confirmed to have contracted COVID-19 must stay home.

Staff COVID-19 Self-Assessment

To reduce the risk of COVID-19 transmission and ensure the health and safety of employees and the public, the Provincial Health Officer issued a new Provincial Health Order. The District of Squamish must ensure all on-site employees including contractors complete a health check prior to entering a facility and are cleared for Work by completing the online COVID-19 Self Screening Tool.

Any employee experiencing respiratory illness similar to the flu or a cold such as fever, chills, cough, and shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite must stay home from work and start to self-isolate immediately.

Sick Workers

- Sick workers must report to supervisor, even with mild symptoms.
- Sick workers should be asked to wash or sanitize their hands and provided with a mask, and isolated. Ask the worker to go straight home and call the COVID-19 information line for further guidance related to testing and self-isolation.
- If the worker is severely ill (e.g. difficulty breathing or chest pain), call 911.
- Clean and disinfect any surfaces that the ill worker has come into contact to.

Daily records (for a minimum of 60 days) are kept of staff who work together in the event there is a need for contact tracing on the part of the Medical Health Officer.

Hygiene

Hand Hygiene

Employees must wash their hands with soap and water for at least 20 seconds or clean with alcohol-based hand sanitizer upon entry to the building as well as before and after the following:

- Eating
- Breaks
- Smoking
- Blowing one's nose, coughing, or sneezing
- Using the toilet
- Being in contact with animals or pets
- Using shared equipment
- Providing routine care for customers needing assistance or first aid

Face Masks

- In accordance with the PHO new Provincial Health Order issued on November 19th, 2020, masks are now mandatory in all indoor public facilities for anyone over the age of 12, who is able to remove the masks themselves and does not have an underlying health condition preventing them from wearing a mask.
- Aquatics will provide disposable 3-layered surgical masks for staff
- Aquatics will provide reusable masks while guarding on deck
- Staff must wear face masks if physical distancing cannot be maintained with other staff members in staffing areas
- Masks can become contaminated on the outside when touched by hands so employees should avoid touching or adjusting them often.
- Masks that become wet, soiled, or damaged are less effective and must be replaced immediately.
- Masks must be put on and taken off correctly, including not touching the front of the mask and washing hands before/after application and removal.
- Never share masks with others.

Personal Hygiene

- Avoid physical greetings such as handshakes and hugs.
- Employees must practice good hygiene throughout their shift including proper hand washing and cough/sneeze etiquette.

- There should be no sharing of cigarettes or vaping equipment. Keep shared spaced and equipment clean

Keeping Shared Spaces & Equipment Clean

Shared Staff Area

- Staff should arrive dressed in their uniform.
- Personal items brought in (e.g. bags, shoes, jackets) must be kept to a minimum.
- Lockers:
 - Sanitize lockers before and after shift.
 - All belongings must be kept inside lockers.
 - Nothing should be kept on the floor in staff areas.
- Guard/Lunch Room:
 - Each staff member responsible for sanitizing common surfaces before and after using area.
 - The use of the Aquatics lunchroom is limited to work operations only. Non-Aquatics staff are not to take breaks and store food in Aquatics lunchroom.
- Fish Bowl:
 - Disinfect computer before and after every use
- Laundry:
 - Must be done while wearing gloves and mask.
 - Throw gloves away after use
 - Staff must bring their own towel each shift and take home to wash after shift.
 - Uniforms should be washed at home at the end of each shift

Shared Equipment

- Equipment and tools must not be shared between employees (PPE, fanny packs, whistles, keys, etc.). Everyone will have their own fanny pack stocked with necessary PPE. Must be kept in their own locker.
- Lifeguards should only use one rescue tube per shift. Disinfect the rescue tube before and after the shift. If a rescue tube must be shared, it must be disinfected between uses.
- Clean staff room table before and after each use.
- Do not share cups, glasses, or utensils.
- Avoid sharing common objects (e.g. pens).
- Uniforms should be washed at home at the end of each shift

Facility Admission & Access

Category: COVID-19 Procedures

Approved by: Angela Whalen (Vancouver Coastal Health – Environmental Officer) 09//03/20

Revised: November 27, 2020 by Michelle Ford

Procedure

Facility Admission

The District of Squamish Aquatics is implementing the following facility admission protocols:

1. At the entrance, signs are installed to inform patrons that:
 - a. Patrons must not enter if they suspect they have COVID-19 or if they have any of the known COVID-19 symptoms.
 - b. Patrons must maintain physical distance of 2 metres from other patrons and staff
 - c. On arrival, patrons must wash their hands with soap and water for at least 20 seconds or clean with alcohol-based hand sanitizer that will be provided for them.
 - d. Mandatory wearing of masks in order to facility
 - e. Avoid aquatic facilities if patrons are at high-risk of COVID-19 contraction, have a severe illness or immunocompromised.
2. Patrons show up on time, pre-showered, dressed in swim suit ready to swim.
3. A pre-rinse using the sauna shower will be available in accordance with VCH guidelines.
4. Employees located at the front desk are protected by a Plexiglas barrier.
5. Employees should wear gloves while handling cash and locker tokens.
6. A reservation system and swim time limitations are in place to avoid crowd gathering and wait times.
7. No Drop-ins permitted
8. Occupancy Limit:
 - a. Entire Pool Area: 44
 - b. Lane swims: 12
 - c. Group Swims: 36
 - d. Aquafit: 12 (currently suspended)

Facility Access

1. Facility access is provided with separate entry and exit points at the main entrance with a barrier ensuring physical distancing.
2. A greeter will be stationed at the entrance to facility to monitor capacity and screen all patrons before their enter the building/
3. Signage, floor markings and barriers are installed to guide patrons in and out of the building.
4. Physical markers are installed on the lobby floor which indicate two meters physical distancing for patrons waiting in line.
5. Signage and barriers are installed in the change rooms to encourage physical distancing.
6. Lockers will not be available to use. Patrons may place belongings in designated boxes or chairs
7. Occupancy limits posted for all public and staff spaces.
8. Staff visitors are prohibited.
9. Staff must leave the building immediately after their shift ends.

Occupancy Limits – Dry Spaces – Maximum 44

Public Spaces	Maximum Occupancy
Men's Change Room	2
Women's Change Room	2
Family Change Room	1
Lobby	4
Picnic Table Area	9
Staff Spaces	Maximum Occupancy*
Maintenance Rooms (2)	1
Front Desk	1
Photocopier Room	1
Program Office	1
First Aid Room (Fish Bowl)	2
Lunch Room/Guard Room	3 (includes 1 person in programmer office)
Laundry/Locker Room	1
Aquatics Storage Room	1
Mechanical Room	1
Air Handling Room	1

Occupancy Limits – Pool Spaces

Pool Spaces	Maximum Occupancy
Main Pool: Lane swim	12 people in lanes + 2 bubbles TOTAL: 22
Main Pool: Bubble Swim	5 groups of 6 people TOTAL: 30
Main Pool: Aquafit	12
Main Pool MAX	44
Hot Tub	Closed
Sauna	Closed
Teach Pool	1 group of 6 people TOTAL:6

Disinfection Procedures

Category: COVID-19 Procedures

Approved by: Angela Whalen (Vancouver Coastal Health – Environmental Officer) 09//03/20

Revised:

Procedure

The disinfection procedures listed are in response to the COVID-19 pandemic. These cleaning measures are in addition to regular facility cleaning procedures which are located in the Pool Safety Plan.

Personal Protection

The risk of exposure to cleaning staff is inherently low, however cleaning staff should wear disposable gloves and appropriate PPE for all cleaning tasks, including handling trash. PPE should be removed carefully to avoid contamination of the wearer and surrounding area. Work uniforms should be washed after each shift.

Cleaning Procedures

Surfaces frequently touched by hands are most likely to be contaminated. These include doorknobs, handrails, light switches, cabinet handles, faucet handles, tables, countertops, and electronics. These areas are high priority cleaning areas within the facility.

Lockers will be closed to the public. Lockers used by employees to store personal belongings are cleaned and disinfected between use. This will be part of Lifeguard daily disinfection procedures.

The District of Squamish Aquatics has created a detailed cleaning log which includes where, what, and how often cleaning is occurring. Log sheets and procedures are posted in the lobby maintenance room and are completed/signed off each time cleaning occurs.

Cleaning occurs in the change rooms after every designated swim session. Showers and lockers will remain closed lower exposure risk and lighten cleaning load.

Cleaning and disinfecting of high touch surfaces areas located on the pool deck will be sanitized and cleaned after every designated swim sessions.

Chemicals Used for Disinfection/Cleaning.

Product	Application	Who can Use	PPE	Dwell Time	Rinse	Mop/Bucket Colour
Disinfectant “Morning mist” <i>(Cannot be use on Chlorine)</i>	Mop, trigger spray bottle, auto scrubber, pump sprayer	All Staff	Goggles, gloves	10 minutes	Rinse with water after 10 minutes	White spray bottle/pump sprayer (large)
Diluted Bleach? (Disinfectant/ Sanitizer) <i>(can be used on chlorine)</i>	Mop, trigger spray, pump sprayer	All Staff	Staff – Gloves, goggles	10 minutes	Optional	White Spray bottle/Spary pump canister labeled “bleach”
(Degreaser, Deodorizer)	Mop, trigger spray bottle,	Maintenance, Lifeguards	Safety glasses, gloves	3-5 minutes	Remove thoroughly after applied	Spary pump canister labelled degreaser

Assignment of Disinfection/Cleaning Tasks – Cleaning blocks

Staff	Change Rooms	Washrooms	Lobby	Staff Areas
Lifeguards	<ul style="list-style-type: none"> • Showers • benches • change tables • walls • lockers • garbage containers • partition walls • door handles • counters • mirrors • soap dispensers • sinks • paper dispensers 	<ul style="list-style-type: none"> • Walls • sinks • doors • garbage containers • grab bars • mirrors • paper dispensers • soap dispensers 	Maintenance responsible for this	<ul style="list-style-type: none"> • Staff change room • Guard room • Lockers • Kitchen • Computers • All other common area surfaces
Maintenance	<ul style="list-style-type: none"> • Floors • garbage • toilets • urinals • sinks • paper towel dispensers • stall doors • change rooms 	<ul style="list-style-type: none"> • Floors • garbage • toilets • urinals • partitions • walls • doors • counters • sinks • floors 	Public washrooms, floors, vending machines	After hours cleaning

Assignment of Disinfection/Cleaning Tasks – Pool Deck and Equipment

**Diving board, and pool equipment will not be available for public use in initial opening phase of the pool*

Staff	Viewing Area on Deck	Railings/ Entry Exit points	Diving board	Pool Equipment/On deck
Lifeguards	<ul style="list-style-type: none">• Railings• chairs• tables	All railings on pool deck	<ul style="list-style-type: none">• Railings• steps• board	<ul style="list-style-type: none">• Kickboards• noodles• flippers• marshmallows• mats• benches/chairs• blue bench
Maintenance	<ul style="list-style-type: none">• Floors• Garbage• railings• tables• chairs	Viewing area door handle, railings, floors	N/A Lifeguards at the end of shift.	<ul style="list-style-type: none">• Benches• chairs• mechanical room door handles• aquatic storage• handles

Aquatic Programming

Category: COVID-19 Procedures

Approved by: Angela Whalen (Vancouver Coastal Health – Environmental Officer) 09//03/20

Revised: December 4, 2020 by Michelle Ford

Procedure

General

1. Bather loads are reduced to allow appropriate physical distancing.
2. Signage installed at the entrance to inform patrons that:
 - a. Users should not spit, urinate, or blow their nose in the water.
 - b. People at higher risk of COVID-19 should not participate in programmed activities.
 - c. Patrons should not share water bottles, towels, goggles, or any other equipment.
 - d. Water bottles should be filled at home.
 - e. The use of goggles is encouraged to avoid mucus contamination.
3. 15 minutes is allocated after every registered swim to ensure sanitization and disinfect pool area between swims.
4. An extra 30mins is allocated mid-day to thoroughly clean change rooms and washrooms.
5. Patrons show up on time, pre-showered, dressed in swim suit ready to swim.

Patron Equipment

1. There is no current evidence that COVID-19 survives in chlorinated pool water. There are no special disinfection procedures to put in place for equipment that is regularly in contact with chlorinated water.
2. Snorkels are prohibited.
3. Only essential equipment (PFD's) are available for public.

Aquatic Programs

- Swimming lessons are now offered with modifications in accordance the Canadian Red Cross Water Safety Instructor COVID-19 Guidelines.
- Birthday parties (Cancelled until stage 4 of BC Re-Start Plan)
- Leadership courses
- Pool User Groups: Children over 7 and youth programs only
- Aquafit (Suspended until further guidance is provided by the Provincial Health Officer)
- Adult Swim Club

Programs will resume in accordance with Provincial Health Authority recommendations.

Public Swim Schedule

- The District of Squamish Aquatics is offering an alternate swim schedule to limit the number of patrons in the building to **44** during a public/family swim session.
- Lane swim, bubble/household swim, Aquafit will be available with pre-registration through the Recreation Services online registration through squamishlive.ca
- Aquatics will retain all basic contact information of group attendees in the event that there is a need for contact tracing on the part of the Medical Health officer.
- No drop-ins
- No late entries permitted

Lane/Lap Swimming

To maintain physical distancing of 2 metres, a maximum of four (4) persons per double lane. There will be a total of three (3) double lanes available during designated lane swim times. Or one double lane during aquafit, swim lessons and adult swim club.

Bubble/Household Swim

Swims are temporarily limited to members of your IMMEDIATE HOUSEHOLD ONLY, as per provincial guidance. Ages 12y and younger must attend with a responsible adult over the age of 16 . Children under 7y must be with an arm's reach of an adult at all times. When registering for a household swim, you will have the choice of four different areas; (1) beach area (2) shallow end of main pool (3) deep end of main pool (4) teach pool. There is no sharing or moving one area to another

Aquafit Classes

Aquafit classes are currently suspended until further guidance is provided by the Provincial Health Officer. To maintain physical distancing of 2 metres, a maximum of twelve (12) Aquafit patrons will be allowed to register for each class. It is encouraged that participants bring their own equipment to the class.

Swim Lessons

GENERAL INFORMATION

- Each Swim lesson will have a 15 minute gap between the next lesson to allow for children to exit the pool and to complete sanitization
- Through the 2.5hr lesson time block, there will also be public swims staggered throughout.
 - Please review the updated weekly schedule and be prepared for multiple groups coming and leaving during these times.
- Children must come changed and ready to swim, and leave the facility immediately after lessons
- No late entries permitted

PRESCHOOL + SK 1-4 SWIM LESSONS

- Parents/Caregivers will enter the pool through the viewing area doors and each family will have a designated bench along the windows to place their belongings on.
- All swim lessons will be taught with an instructor on deck, who will occasionally enter the water for demonstrations.
- All preschool swim levels (Starfish/Duck, Splash'n Play and Sea Turtle/Sea Otter) will be mandatory parent/caregiver participation. The parent/caregiver is now accountable for ensuring the child is safe in the water, which reduces contact with the instructor.
- For all preschool levels, it must be a one-to-one ratio of child-to-parent/caregiver in the water during the entire duration of the lesson.
- The Provincial Health Officer has recently stressed the importance of no longer having parents and families sit on the sidelines, and therefore, family members (not participating in the lesson) can no longer stay and watch lessons from the viewing area and must wait outside of the facility.

SWIM KIDS 5 OR HIGHER

- The Provincial Health Officer has recently stressed the importance of no longer having parents and families sit on the sidelines, and therefore, parents and family members can no longer stay and watch lessons from the viewing area and must wait outside of the facility. This will help limit the number of patrons in the building and assist in the safety of other patrons and staff.
- Parents may enter the facility through the pool entrance doors and can stay with the child in the waiting area till the lifeguard is ready to take attendance. Once your child has entered the pool, you must exit the facility until the lesson is over.
- Each child will have a designated bench, along the windows, to place their belongings on.
- At the end of the lesson, the instructor will escort the child through the family change rooms to the pool entrance doors for pickups. (Parents must remain outside of the building for pickup.)
- All swim lessons will be taught with an instructor on deck, who will occasionally enter the water for demonstrations and children must maintain a minimum of 2m distance between one another throughout the class.

Aquatic Amenities

Diving Boards

- Floor markings installed to indicate physical distancing measures for line-ups.
- Clean all touch points as usual.

Sauna/Steam Room *Closed until further notice*

- Saunas and steam rooms present a higher risk of COVID-19 transmission due to:
 - Design makes it more difficult to maintain appropriate physical distancing.
 - Challenging surfaces to keep clean and disinfected.
 - Potential for COVID-19 to be spread when patrons touch common surfaces.
- The sauna and steam room will remain closed until further notice.

Hot Tub

- Closed until further notice.

Pool User Groups

*** In accordance to the PHO order on December 2, 2020 all adult swim programs are suspended until further notice**

Procedures for entering the facility prior to designated time block:

- Entry into building will **not be permitted earlier than 10 minutes** prior to designated time block
- Swimmer may only enter the building through the pool entrance doors.
- Parents **ARE NOT ALLOWED** in the facility for drop offs and picks ups or on the pool deck.
- Coach or safety-person **must** perform COVID screening check prior to allowing swimmers into the building. This must happen outside of the facility.
- Once swimmers have passed COVID screening they may enter and wait in the picnic table area. Each swimmer must keep 2m apart and stand on a red tape or a social distance sign.
- Only once the entire team has arrived will swimmers be permitted onto pool deck **no earlier than 5 minutes** before time block..
- Once team is on deck, there will be no late entries permitted.
- Lifeguards will open pool doors and remind swimmers of 2m distancing, following one way traffic and that they must sanitize their chairs and buckets after swims.

During Swim Practice

- Social Distancing must be enforced throughout practice.
- There should be no touching of swimmers in or out of water
- There should be zero sharing of equipment. Each swimmer has their individual equipment for the duration of the practice.
- Limit on deck activation and maintain 2ms distance
- Coaches must wear masks while in the facility at all times, not just face shields
- Ensure lane density is clearly established in concert with facility plan / tolerances.
 - Brennan Park allows up to 6 swimmers/double lane.
 - Swimmers must still distance themselves in these lanes. No side by side swimming
- Limited access to those that are essential to the practice.
- Assigning the coach or one individual to be responsible for all set-up and take down of equipment (such as nets, cones, etc.) to reduce the number of contact points.
- Coaches are to maintain 2m distance from swimmers at all times
- It is the coach's responsibility to make sure all team members and parents are following the rules.
- In accordance of SwimBC restart guidelines, clubs should start with mature swimmers only and no children under 7
- In accordance to Canadian Red Cross guidelines, all practices should be led from the deck, not in the water

Leaving the facility:

- Please be sure to leave facility in timely manner
- All swimmers should be out of the water no later than the end of designated booking
- Swim clubs must sanitize and wipe down any chairs or buckets that were used
- If equipment was used, it must be sanitized with diluted bleach and placed back in the pool for thorough sanitization.

Sample Pool Schedule

Week 1-2

September 8-19														
TIME	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:00 AM														
7:30 AM														
8:00 AM			Bubble Swim (1) 8:00-8:45am	Lane Swim (12) 8:00-8:45am	Bubble Swim (1) 8:00-8:45am	Lane Swim (12) 8:00-8:45am	Bubble Swim (1) 8:00-8:45am	Lane Swim (12) 8:00-8:45am	Bubble Swim (1) 8:00-8:45am	Lane Swim (12) 8:00-8:45am	Bubble Swim (1) 8:00-8:45am	Lane Swim (12) 8:00-8:45am		
8:30 AM														
9:00 AM	Bubble Swim (1) 9:00-9:45am	Lane Swim (12) 9:00-9:45am	Bubble Swim (1) 9:00-9:45am	Lane Swim (12) 9:00-9:45am	Bubble Swim (1) 9:00-9:45am	Lane Swim (12) 9:00-9:45am	Bubble Swim (1) 9:00-9:45am	Lane Swim (12) 9:00-9:45am	Bubble Swim (1) 9:00-9:45am	Lane Swim (12) 9:00-9:45am	Bubble Swim (1) 9:00-9:45am	Lane Swim (12) 9:00-9:45am	Bubble Swim (1) 9:00-9:45am	Lane Swim (12) 9:00-9:45am
9:30 AM														
10:00 AM	Bubble Swim (5) 10:00am-11:00am		Bubble Swim (5) 10:00am-11:00am		Bubble Swim (5) 10:00am-11:00am		Bubble Swim (5) 10:00am-11:00am		Bubble Swim (5) 10:00am-11:00am		Bubble Swim (5) 10:00am-11:00am		Bubble Swim (5) 10:00am-11:00am	
10:30 AM														
11:00 AM														
11:30 AM	Bubble Swim (5) 11:15am-12:15pm		Bubble Swim (5) 11:15am-12:15pm		Bubble Swim (5) 11:15am-12:15pm		Bubble Swim (5) 11:15am-12:15pm		Bubble Swim (5) 11:15am-12:15pm		Bubble Swim (5) 11:15am-12:15pm		Bubble Swim (5) 11:15am-12:15pm	
12:00 PM														
	Mid-Day Clean 12:15-12:45pm													
12:30 PM	Bubble Swim (5) 12:45pm-1:45pm		Bubble Swim (1) 12:45-1:30pm	Lane Swim (12) 12:45-1:30pm	Bubble Swim (1) 12:45-1:30pm	Lane Swim (12) 12:45-1:30pm	Bubble Swim (1) 12:45-1:30pm	Lane Swim (12) 12:45-1:30pm	Bubble Swim (1) 12:45-1:30pm	Lane Swim (12) 12:45-1:30pm	Bubble Swim (1) 12:45-1:30pm	Lane Swim (12) 12:45-1:30pm	Bubble Swim (5) 12:45pm-1:45pm	
1:00 PM			Bubble Swim (1) 1:45-2:30pm	Lane Swim (12) 1:45-2:30pm	Bubble Swim (1) 1:45-2:30pm	Lane Swim (12) 1:45-2:30pm	Bubble Swim (1) 1:45-2:30pm	Lane Swim (12) 1:45-2:30pm	Bubble Swim (1) 1:45-2:30pm	Lane Swim (12) 1:45-2:30pm	Bubble Swim (1) 1:45-2:30pm	Lane Swim (12) 1:45-2:30pm		
1:30 PM	Bubble Swim (5) 2:00pm-3:00pm		Bubble Swim (5) 2:45-3:45pm	Bubble Swim (5) 2:45-3:45pm		Bubble Swim (5) 2:45-3:45pm		Bubble Swim (5) 2:45-3:45pm		Bubble Swim (5) 2:45-3:45pm		Bubble Swim (5) 2:00pm-3:00pm		
2:00 PM														
2:30 PM	Bubble Swim (5) 3:15pm-4:15pm		Bubble Swim (5) 4:00-5:00pm	Bubble Swim (5) 4:00-5:00pm		Bubble Swim (5) 4:00-5:00pm		Bubble Swim (5) 4:00-5:00pm		Bubble Swim (5) 4:00-5:00pm		Bubble Swim (5) 4:30-5:45pm		
3:00 PM														
3:30 PM			Bubble Swim (5) 4:00-5:00pm	Bubble Swim (5) 4:00-5:00pm		Bubble Swim (5) 4:00-5:00pm		Bubble Swim (5) 4:00-5:00pm		Bubble Swim (5) 4:00-5:00pm				
4:00 PM	Bubble Swim (5) 4:30-5:45pm		Bubble Swim (1) 5:15-6:00pm	Lane Swim (12) 5:15-6:00pm	Bubble Swim (1) 5:15-6:00pm	Lane Swim (12) 5:15-6:00pm	Bubble Swim (1) 5:15-6:00pm	Lane Swim (12) 5:15-6:00pm	Bubble Swim (1) 5:15-6:00pm	Lane Swim (12) 5:15-6:00pm	Bubble Swim (1) 5:15-6:00pm	Lane Swim (12) 5:15-6:00pm	Bubble Swim (5) 4:30-5:45pm	
4:30 PM														
5:00 PM			Bubble Swim (1) 5:15-6:00pm	Lane Swim (12) 5:15-6:00pm	Bubble Swim (1) 5:15-6:00pm	Lane Swim (12) 5:15-6:00pm	Bubble Swim (1) 5:15-6:00pm	Lane Swim (12) 5:15-6:00pm	Bubble Swim (1) 5:15-6:00pm	Lane Swim (12) 5:15-6:00pm	Bubble Swim (1) 5:15-6:00pm	Lane Swim (12) 5:15-6:00pm		
5:30 PM														
6:00 PM	End of Day Clean 6:00-6:30pm													

Week 3-7



SEPTEMBER 20 - October 17

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM							
7:30 AM							
8:00 AM		Bubble Swim (1) 8:00-8:45am	Lane Swim (12) 8:00-8:45am	Bubble Swim (1) 8:00-8:45am	Lane Swim (12) 8:00-8:45am	Bubble Swim (1) 8:00-8:45am	Lane Swim (12) 8:00-8:45am
8:30 AM							
9:00 AM	Bubble Swim (1) 9:00-9:45am	Lane Swim (12) 9:00-9:45am	Bubble Swim (1) 9:00-9:45am	Lane Swim (12) 9:00-9:45am	Bubble Swim (1) 9:00-9:45am	Lane Swim (12) 9:00-9:45am	Bubble Swim (1) 9:00-9:45am
9:30 AM							
10:00 AM	Bubble Swim (5) 10:00am-11:00am	Bubble Swim (1) 10:00-11:00am	Lane Swim (12) 10:00-11:00am	AQUAFIT (12) 10:00-11:00am	Bubble Swim (1) 10:00-11:00am	Lane Swim (12) 10:00-11:00am	AQUAFIT (12) 10:00-11:00am
10:30 AM							
11:00 AM	Bubble Swim (5) 11:15am-12:15pm	Bubble Swim (1) 11:15-12:15pm	Lane Swim (12) 11:15-12:15pm	AQUAFIT (12) 11:15-12:15pm	Bubble Swim (1) 11:15-12:15pm	Lane Swim (12) 11:15-12:15pm	AQUAFIT (12) 11:15-12:15pm
11:30 AM							
12:00 PM							
	Mid-Day Clean 12:15-12:45pm						
12:30 PM							
1:00 PM	Bubble Swim (5) 12:45pm-1:45pm	Bubble Swim (1) 12:45-1:30pm	Lane Swim (12) 12:45-1:30pm	Bubble Swim (1) 12:45-1:30pm	Lane Swim (12) 12:45-1:30pm	Bubble Swim (1) 12:45-1:30pm	Lane Swim (12) 12:45-1:30pm
1:30 PM							
2:00 PM	Bubble Swim (5) 2:00pm-3:00pm	Bubble Swim (1) 1:45-2:30pm	Lane Swim (12) 1:45-2:30pm	Bubble Swim (1) 1:45-2:30pm	Lane Swim (12) 1:45-2:30pm	Bubble Swim (1) 1:45-2:30pm	Lane Swim (12) 1:45-2:30pm
2:30 PM							
3:00 PM	Bubble Swim (5) 3:15pm-4:15pm	Bubble Swim (5) 2:45-3:45pm	Bubble Swim (5) 2:45-3:45pm	Bubble Swim (5) 2:45-3:45pm	Bubble Swim (5) 2:45-3:45pm	Bubble Swim (5) 2:45-3:45pm	Bubble Swim (5) 2:45-3:45pm
3:30 PM							
4:00 PM	Bubble Swim (5) 4:30-5:45pm	Bubble Swim (5) 4:00-5:00pm	Bubble Swim (5) 4:00-5:00pm	Bubble Swim (5) 4:00-5:00pm	Bubble Swim (5) 4:00-5:00pm	Bubble Swim (5) 4:00-5:00pm	Bubble Swim (5) 4:30-5:45pm
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							

Week 8-15



October 18 - December 15

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM							
7:30 AM							
8:00 AM		Bubble Swim (1) 8:00-8:45am	Lane Swim (12) 8:00-8:45am	Bubble Swim (1) 8:00-8:45am	Lane Swim (12) 8:00-8:45am	Bubble Swim (1) 8:00-8:45am	Lane Swim (12) 8:00-8:45am
8:30 AM							
9:00 AM	Bubble Swim (1) 9:00-9:45am	Lane Swim (12) 9:00-9:45am	Bubble Swim (1) 9:00-9:45am	Lane Swim (12) 9:00-9:45am	Bubble Swim (1) 9:00-9:45am	Lane Swim (12) 9:00-9:45am	Bubble Swim (1) 9:00-9:45am
9:30 AM							
10:00 AM	Bubble Swim (5) 10:00am-11:00am	Bubble Swim (1) 10:00-11:00am	Lane Swim (12) 10:00-11:00am	AQUAFIT (12) 10:00-11:00am	Bubble Swim (1) 10:00-11:00am	Lane Swim (12) 10:00-11:00am	AQUAFIT (12) 10:00-11:00am
10:30 AM							
11:00 AM	Bubble Swim (5) 11:15am-12:15pm	Bubble Swim (1) 11:15-12:15pm	Lane Swim (12) 11:15-12:15pm	AQUAFIT (12) 11:15-12:15pm	Bubble Swim (1) 11:15-12:15pm	Lane Swim (12) 11:15-12:15pm	AQUAFIT (12) 11:15-12:15pm
11:30 AM							
12:00 PM							
	Mid-Day Clean 12:15-12:45pm						
12:30 PM							
1:00 PM	Bubble Swim (5) 12:45pm-1:45pm	Bubble Swim (1) 12:45-1:30pm	Lane Swim (12) 12:45-1:30pm	Bubble Swim (1) 12:45-1:30pm	Lane Swim (12) 12:45-1:30pm	Bubble Swim (1) 12:45-1:30pm	Lane Swim (12) 12:45-1:30pm
1:30 PM							
2:00 PM	Bubble Swim (5) 2:00pm-3:00pm	Bubble Swim (1) 1:45-2:30pm	Lane Swim (12) 1:45-2:30pm	Bubble Swim (1) 1:45-2:30pm	Lane Swim (12) 1:45-2:30pm	Bubble Swim (1) 1:45-2:30pm	Lane Swim (12) 1:45-2:30pm
2:30 PM							
3:00 PM	Bubble Swim (5) 3:15pm-4:15pm	Bubble Swim (5) 2:45-3:45pm	Bubble Swim (5) 2:45-3:45pm	Bubble Swim (5) 2:45-3:45pm	Bubble Swim (5) 2:45-3:45pm	Bubble Swim (5) 2:45-3:45pm	Bubble Swim (5) 2:45-3:45pm
3:30 PM							
4:00 PM	Bubble Swim (5) 4:30-5:45pm	Bubble Swim (5) 4:00-5:00pm	Bubble Swim (5) 4:00-5:00pm	Bubble Swim (5) 4:00-5:00pm	Bubble Swim (5) 4:00-5:00pm	Bubble Swim (5) 4:00-5:00pm	Bubble Swim (5) 4:30-5:45pm
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							

Safety Education & Rule Enforcement Guidelines

Category: COVID-19 Procedures

Approved by: **TBD**

Revised:

Procedure

Safety Education and Rule Enforcement

- When providing information to customers about new rules and COVID-19 guidelines, it is important for staff to remember that not all customers may be initially accepting of the new protocols.
- Aquatic staff should be patient and take a customer-focused approach to safety education. **We're Here to Help!**
- When possible, lifeguards should maintain physical distancing while providing effective and consistent rule enforcement and accident prevention.

Applying the Guidelines

1. Prior to entering the facility, educate the public on new admission standards using signage, including health questions and their responsibilities regarding physical distancing from non-family members for all activities and while using all facility amenities.
2. Educate patrons concerning one-way traffic measures around the facility.
3. Educate patrons on measures put in place to avoid crowd gathering such as waiting lines for recreational equipment.
4. Educate patrons about not sharing personal equipment such as water bottles, towels, goggles, etc.
5. Lifeguards should maintain physical distancing while providing effective and consistent rule enforcement and accident prevention.
6. Lifeguards should maintain physical distancing when providing information to other team members.
7. Aquatic staff should follow and maintain new protocols regarding disinfection of common contact surfaces throughout the day.

Lifeguard Rescue-Ready Assessments

Category: COVID-19 Procedures

Approved by: TBD

Revised:

Procedure

Rationale

After an extended period of absence from work, aquatic staff must be ready to provide effective safety supervision and demonstrate competency in rescue techniques.

A rescue-ready assessment does not replace the need for a National Lifeguard Pool Option recertification or a Standard First Aid/CPR-C/AED recertification.

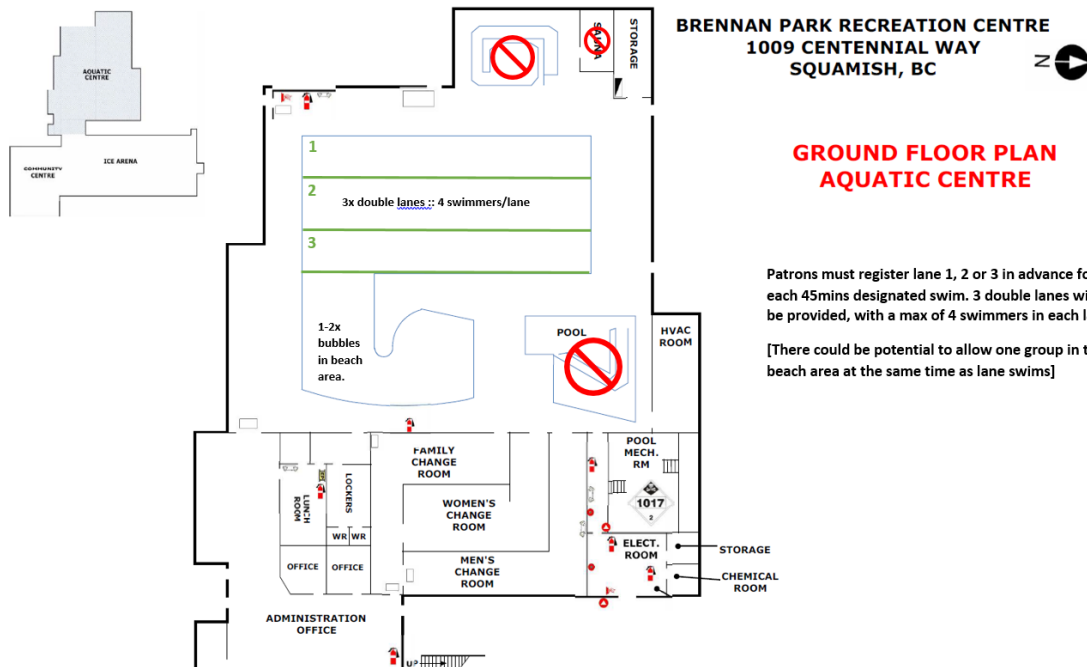
Rescue-Ready Assessments:

***No person-to-person contact is permitted**

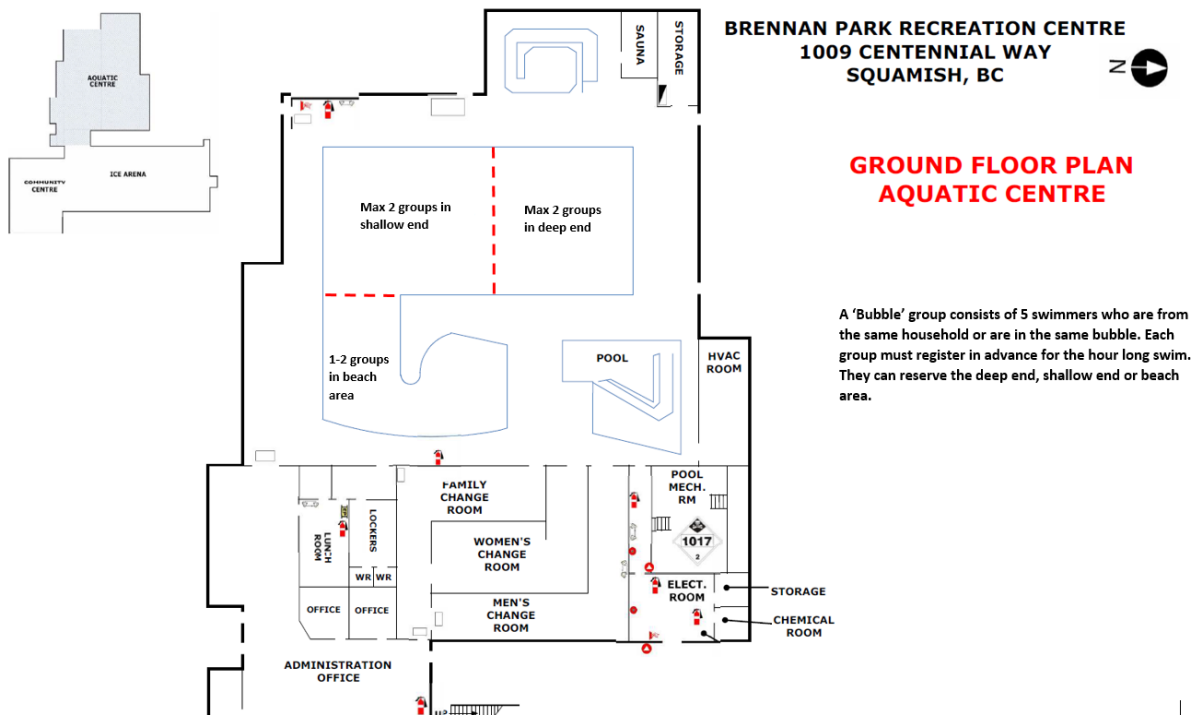
1. Object recovery: starting in the water, swim 15m and surface dive to recover a 20lb object; surface and carry object 5m.
2. Demonstrate anaerobic fitness: starting in the water, swim 50m head-up.
3. Demonstrate effective management of a distressed or drowning victim (using a training manikin) in deep water.
4. Demonstrate effective management of a submerged, non-breathing victim (using a training mannequin) and perform 10 cycles of CPR on a CPR mannequin.
5. Demonstrate endurance and strength: starting in the water, swim to recover a submerged manikin located 25m away; carry the manikin 25m.
6. Demonstrate effective management of a suspected spinal-injured victim: Enter and approach a face-down victim (using a training mannequin), roll victim over, immobilize and carry 15m.

*All assessments signed off by employee and supervisor.

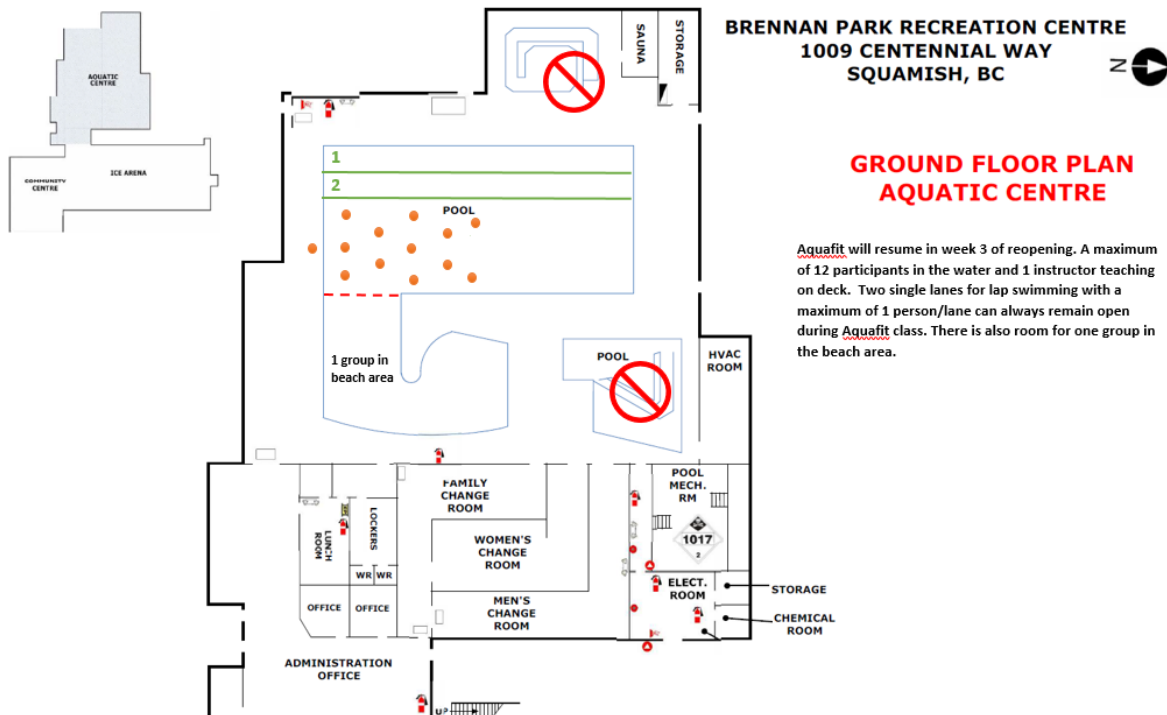
Lane Swim



'Bubble'/'Household' Swim



Aquafit Class



Lifeguard Personal Protective Equipment

Category: COVID-19 Procedures

Approved by: **TBD**

Revised:

Procedure

Types of PPE used for First Aid

1. **Surgical mask (3-layered):** Reduces transmission of aerosol by 50% and protects from contracting aerosol route infection from others by 75-80%. Surgical masks must be dry to be effective.
 - a. **Masks and face coverings are prohibited in the water.**
2. **Eye protection:** Face shields or personal protective goggles prevent virus exposure of the eye mucosa. Protective goggles must fit the user's facial features and be compatible with respiratory protection. Eye protection may be used once disinfected.
 - a. **Corrective eye lenses and safety glasses are not approved PPE and should not be used for first aid purposes.**
3. **Body protection:** Long-sleeved water-resistant gowns should be used when performing high-risk first aid treatment. Practice personal hygiene following use.
4. **Bag-Valve-Mask (BVM) with viral filter:** The viral filter or high-efficiency particulate air (HEPA) filter minimizes the risk of the virus spreading during ventilations. Viral filters must remain in their original packaging and remain dry to be effective.
5. **Most PPE is required to remain dry to be effective.**

When to use Personal Protective Equipment for First Aid

NO CONTACT	DIRECT CONTACT	
2m physical distancing maintained	LOW RISK (Non-aerosol generating) 2m physical distancing <u>not</u> maintained	HIGH RISK (Aerosol generating) Chest compressions, ventilations, oxygen administration, abdominal thrusts, back blows 2m physical distancing <u>not</u> maintained
Lifeguard <ul style="list-style-type: none"> • Face Shield or Safety Goggles • Surgical Mask • Gloves Victim <ul style="list-style-type: none"> • Surgical Mask 	Lifeguard <ul style="list-style-type: none"> • Face Shield or Safety Goggles • Surgical Mask • Gloves Victim <ul style="list-style-type: none"> • Surgical Mask 	Lifeguard <ul style="list-style-type: none"> • Isolation gown • Face Shield or Safety Goggles • Surgical Mask • Gloves Victim <ul style="list-style-type: none"> • BVM with viral filter & continuous seal maintained (CPR) • Surgical mask (Compression-only CPR) or other treatment • For CPR, mouth/nose must be covered at all times (sealed BVM or mask)

Keeping PPE Dry and Organized

- Each lifeguard will have first contact PPE on their person including gloves and (2) surgical masks. The gloves and surgical masks must be kept in a re-sealable bag to avoid getting wet.
- Each focal point will have a dry storage container that includes PPE for (3) rescuers, (1) victim, and (1) bystander, along with resuscitation equipment (BVM with viral filter), hand sanitizer and disinfection wipes.
- Lifeguards will also have small bottles of hand sanitizer on their person as well as a pen for personal use.

First Aid Procedures

Category: COVID-19 Procedures

Approved by: TBD

Revised:

Procedure

General First Aid Protocols

- Universal approach – assume all victims are COVID-19 positive.
- For all rescues, minimize the number of rescuers who have contact with the victim.
- For in-water rescues, avoid face-to-face proximity with the victim and other rescuers.
- At each focal point, provide a dry container including hand sanitizer and PPE for (3) rescuers, (1) victim, and (1) bystander.
- Post rescue (resuscitation or first aid with bodily fluids): Hand hygiene, shower, change clothes, bag clothes to be washed, disinfect first aid equipment.

Respiratory Hygiene Measures

- Educate all victims to cover their mouth and nose with tissue or elbow when coughing or sneezing.
- Medical masks are available for lifeguards and public when performing first aid.
- Victims who require resuscitation should have a mask covering their mouth/nose or a continuous BVM seal for CPR.

Use of Oxygen

- The use of high-flow oxygen is considered high-risk as it generates aerosols and therefore should only be reserved for:
 - Victims requiring resuscitation (CPR)
 - Children and infant victims (pulse oximetry of less than 94%)
 - Drowning victims

First Aid for Children/Minors

- When possible, ask parents or caregivers to provide first aid to children or minors.
- Provide the parent or caregiver with PPE appropriate for the injury.
- Provide guidance to the parent or caregiver performing first aid.

Scene Assessment

1. Ensure scene is safe.

2. Assume universal approach – all victims COVID-19 positive.
3. Minimize the number of rescuers in contact with the victim.
4. 2m physical distancing at all times.
5. Don appropriate PPE (self, victim, bystander)
6. Victim history – COVID-19
7. Mechanism of injury
8. Continuous and dynamic scene assessment

Scene Assessment Guidelines

- Maintain physical distancing of 2m whenever possible.
- Collect information about the health status of the victim with regards to COVID-19:
 - It is important to pass this information on to EMS, allowing them to provide optimal treatment to the victim.
 - This information may be obtained from the victim, the victim's caregiver, or bystander.
 - Determining the victim's health status and COVID-19 infection can be accomplished by asking common questions.

Primary Assessment

**** Conscious victims should self-examine where possible**

1. Level of consciousness
2. Call EMS (if life-threatening illness found)
3. Secure airway
4. Check breathing
5. Check circulation
6. Treat for shock and prepare for transport if appropriate

Primary Assessment Guidelines

- Maintain physical distancing of 2m whenever possible.
- Determine if the victim's condition requires the lifeguard to make direct contact with the victim.
 - Alternate options may include a victim's caregiver or family member administering first aid with lifeguard direction for minor injuries.
 - Don the PPE required for the level of victim contact and first aid treatment. Both the rescuer and victim should don PPE.
- When the victim history indicated positive or suspected COVID-19, inform EMS.
- Proper hand hygiene is important after all first aid treatment.

Secondary Assessment

*Conscious victims should self-examine where possible

1. Vital signs*
2. History
3. Head-to-toe exam (verbal exam for conscious victims)

Secondary Assessment Guidelines

- Maintain physical distancing (2m) whenever possible.
- *Only take vital signs that can be observed from a distance (i.e. skin colour, visual breathing check) or those required for victim treatment decisions (i.e. skin temperature on a possible heat stroke victim)

Post-Rescue Procedures

1. Take care to remove and dispose of PPE in a safe manner.
2. Disinfect all surfaces that may have come in contact with the victim or rescuer during treatment (chair, pen, clipboard, etc.).
3. Practice hand hygiene and disinfection if required.

Guidelines for in-Water Rescue

1. Prior to entering the water, the rescuer should remove any face coverings being worn.
2. Approach the victim in a manner to avoid face-to-face proximity.
3. Minimize the number of rescuers who have direct contact with the victim.
4. Where possible, designate a rescuer to take the lead during first aid and resuscitation. This allows in-water rescuers to dry off and don PPE before continuing victim care.
5. After each rescue, all rescuers should practice hand hygiene, shower with soap, change their clothes, and bag their clothes worn during the rescue to be washed.
6. Disinfect all rescue equipment used.

Resuscitation (CPR) Guidelines

1. In-water assessments should not be performed.
2. In-water rescue breathing should not be performed.
3. Pocket masks should not be used. Bag-valve-masks are the preferred ventilation device.
4. PPE must be donned prior to resuscitation efforts.
5. The victim's mouth/nose must be covered (surgical mask, or sealed BVM mask).

Bag-Valve Mask Guidelines

- The device has three main components (bag, one-way valve, mask).
- The bag is self-inflating. Once the bag is compressed, it re-inflates automatically.
- The one-way valve allows air to move from the bag to the victim, but prevents the victim's exhaled air from entering the bag.
- An oxygen reservoir should be attached and inflated.
- A HEPA viral filter should be attached and must remain dry to be effective.
- Two-rescuer BVM technique is preferred, since one rescuer is free to use two hands to hold the mask, while the other performs ventilations.
- If the one-rescuer BVM technique is used, an OPA must be inserted.
- Rescuers responding alone or with delayed back-up would perform compression-only CPR until the BVM arrives.
- A continuous seal must be applied to protect from airborne pathogens. If a continuous BVM seal is not applied, a mask must be covering the victim's mouth/nose.

CPR/AED Training

- The bag-valve-mask replaces the pocket mask in CPR-C training. Two-rescuers (1 compressor, 1 ventilator) at a minimum are required for CPR with ventilations.
- Aquatics staff will continue using the same training protocols provided in the CPR-C/AED course.
- Compressions and AED would take priority over application of a BVM.
- The bag-valve-mask is a supplementary training item as a response to the COVID-19 pandemic.
- OPA's must be used when using a bag-valve-mask.
- Training in the use of a bag-valve mask does not certify staff in CPR-HCP or BLS responder.
- CPR-C/AED award must remain current.

Examples of how First Aid Guidelines are applied:

Two Lifeguard Rescue	<ol style="list-style-type: none">1. Lifeguard 1: Signals and enters water with rescue aid.2. Lifeguard 2: Initiates clearing the water, provides backup and assists with victim removal. Where backup is not needed in the water, Lifeguard 2 will don PPE.3. All rescuers involved with victim care must dry off and don appropriate PPE prior to delivering first aid.4. Provide surgical mask to victim during care.5. If available, direct other facility staff to assist in complex rescues or to call EMS.6. Follow disinfection protocols post-rescue.
Three Lifeguard Rescue	<ol style="list-style-type: none">1. Lifeguard 1: Signals and enters water with rescue aid.2. Lifeguard 2: Initiates clearing the water, provides backup and assists with victim removal. Where backup is not needed in the water, Lifeguard 2 will don PPE.3. Lifeguard 3: Remain dry. Don PPE and initiate victim care.4. Lifeguard 1 and 2 must dry off and don appropriate PPE prior to delivering first aid.5. Provide face mask to victim during care.6. If available, direct other facility staff to assist in complex rescues or to call EMS.7. Follow disinfection protocols post-rescue.

References

BC Regional Health Authorities, Ministry of Health and the BC CDC Guidelines for Swimming Pools:

<https://www.interiorhealth.ca/YourEnvironment/Documents/Guidelines%20for%20Swimming%20Pools.pdf>

Vancouver Coastal Health *Coronavirus Disease (COVID-19) Guideline for Swimming Pools*

<http://www.vch.ca/Documents/COVID-19%20Guidelines%20for%20swimming%20pools.pdf>

Lifesaving Society BC & Yukon. (2020, 05). *Guidelines for Reopening BC's Pools & Waterfronts*. Burnaby: Lifesaving Society.

https://www.lifesaving.bc.ca/Areas/Admin/Content/images/DashboardFilePdfUpload/DashboardFilePdf/Dashboard_3460267_Guidelines_for_Reopening_BC's_Pools_and_Waterfronts_-_May_19,_2020.pdf

WorkSafe BC. (2020). *COVID-19 Safety Plan*.