

COVID-19 Pool Safety Plan Amendment

This document is a supplement to the City of Port Alberni Pool Safety Plan.
As we progress through the next few months these 2 documents will be
brought together as one.

City of Port Alberni Aquatic Centre

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Introduction

This COVID-19 amendment to the Pool Safety Plan was written September of 2020 and is based on recommendations by the B.C. Lifesaving Society, Island Health, and the B.C. Recreation and Parks Association.

Supporting Documentation

- Guidelines for Re-Opening BC's Pools and Waterfronts (provided by the B.C. and Yukon branch of the Lifesaving Society)
- COVID-19 Safety Plan template (WorkSafe BC)
- Canadian Red Cross Swimming & Water Safety Program Training: COVID-19 Protocols
- City of Port Alberni COVID-19 Exposure Control Plan

Staff Training Plan

Category: COVID-19 Procedures

Revised:

Procedure

To ensure all staff understand the procedures and practices related to prevention of COVID-19 transmission at the facility. The Port Alberni Aquatic Center has designed a blended learning staff training to re-activate staff prior to returning to work in aquatics.

Online/In-Person Training Topics

1. Session 1: Staff Safety
2. Session 2: Facility Admission & Access
3. Session 3: Aquatic Programming
4. Session 4: Disinfection
5. Session 5: Safety Education
6. Session 6: Rescue-Ready Assessment
7. Session 8: Lifeguard Personal Protective Equipment
8. Session 9: First Aid Procedures
9. Session 10: Staff Awards

In-Person Training Topics

1. Rescue-Ready Assessment
2. Personal Protective Equipment
3. First Aid Procedures
4. Cleaning Procedures
5. Cleaning Chemicals
6. Front Desk Procedures

All training must be documented and signed by both staff member and supervisor.

Staff Health and Hygiene

Category: COVID-19 Procedures

Revised:

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 are required to verbally declare to their supervisor that they are symptom-free at the start of their shift.

Employee Responsibilities

- Stay away from the workplace after returning from travel outside of Canada – follow the direction of the provincial health officer.
- Leave work if suffering from cold or flu-like symptoms, follow the direction of the provincial health office, and stay home until the symptoms are gone.
- Inform manager or supervisor if ill.
- Avoid coming to work if they share a residence with a person that has a suspected documented case of COVID-19, and do not come to work if they share a residence with a person that has a confirmed case of COVID-19.
- Comply with the employer’s instructions around minimizing exposure to COVID-19.
- Follow established work procedures as directed by the manager/supervisor.
- Practice good hand hygiene including frequent hand washing and/or use of hand sanitizer.
- Keep your personal environment and common space environments clean. Use appropriate products to clean and disinfect items.
- Maintain a 2m distance between you, your coworkers, and the general public as a practice; and limit any contacts closer than 2m to the shortest time possible.
- Use required personal protective equipment as instructed.

Staff COVID-19 Self-Assessment

Any employee experiencing respiratory illness similar to the flu or a cold such as fever, chills, cough, 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 should stay home from work, start to self-isolate immediately and

- Contact their family physician/primary care provider or
- Call Health Link BC at 8-1-1 or
- Complete the Self-Assessment Tool at <https://bc.thrive.health/covid19/en>.

Follow the advice you receive and inform your supervisor.

It is likely that you will be required to self-isolate at home for a minimum of ten days from the onset of these symptoms and to stay home until these symptoms are completely resolved. If you

are advised to be tested for COVID -19 and your test result is negative, you must continue to isolate until your symptoms are resolved.

Sick Workers

- Sick workers should report to first aid, 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 their primary care provider, 8-1-1 or complete the Self-Assessment Tool 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 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 upon entry to the building and before and after:
 - Eating
 - Breaks
 - Smoking, blowing one's nose, coughing, or sneezing
 - Using the toilet
 - Using shared equipment
 - Providing routine care for customers needing assistance or first aid

Face Masks

- Aquatics will provide disposable 3-layered surgical masks to be worn during first aid treatment when physical distancing is not possible.
- Employees should wear face masks if physical distancing cannot be maintained with other staff or patrons
- At this time, wearing a face mask at all times in the facility is not mandatory. This will be updated according to provincial health recommendations.
- If staff choose to wear masks, staff will be given cloth masks to wear. These masks must be laundered at the end of their shift. These masks need to be swapped with disposable surgical masks when performing first aid.
- 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.
- Avoid touching your face.
- There should be no sharing of cigarettes or vaping equipment.

Keeping Shared Spaces & Equipment Clean

Shared Staff Change Rooms

- Aquatic staff will be responsible for maintaining a clean and laundered uniform for each shift they work.
- A maximum of one staff in the change room.
- Personal items brought in (e.g. bags, shoes, jackets) must be kept to a minimum.
- If personal items are in the change room, adequate space must be between each staff member's items to encourage physical distancing.

All belongings must be brought home at the end of each shift.

Lockers must be emptied and disinfected at the end of each shift.

Shared Equipment

- Equipment and tools must not be shared between employees (PPE, fanny packs, whistles, keys, etc.).
- Lifeguards should only use one rescue tube per shift. Disinfect the rescue tube before and after the shift.
- 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 regularly.

Facility Admission & Access

Category: COVID-19 Procedures

Revised:

Procedure

Facility Admission

The City of Port Alberni Aquatic Centre is implementing the following facility admission protocols:

1. Employees located at the front desk are protected by a plexiglass barrier.
2. Patrons are required to register for their swim session in advance online or over the phone and use contactless forms of payment as much as possible.
3. A reservation system and swim time limitations are in place to avoid crowd gathering and wait times.
4. 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 2m from other patrons and staff.
 - c. On arrival, patrons must wash their hands with soap and water or use hand sanitizer.
 - d. Avoid aquatic facilities if patrons are at high-risk of COVID-19 contraction or severe illness.
5. Staff will be stationed outside the building and will check patrons in and complete a COVID-19 screening, prior to being let into the building.
6. Patrons must shower prior to arriving at the pool and must also arrive in their bathing suit (under their street clothes).
 - a. Patrons will get undress on the pool deck and place their clothing and personal belongings in their bag on their chair.
 - b. If deemed appropriate and if change room space is available patrons could be permitted into the change rooms, but this is based on a case to case basis.

Facility Access

1. Facility access is provided through the front sliding door and managed by reservation times, signage and floor markings to provide one-way travel. Facility exit will be through the same door.
2. Physical markers are installed on the outside the building ground which indicate 2m physical distancing for patrons waiting in line.
3. Signage is up in the change rooms to encourage physical distancing.
4. Lockers will not be available for public.
5. Occupancy limits posted for all public and staff spaces.
6. Staff must leave the building immediately after the completion of their shift.

Occupancy Limits – Dry Spaces

| Public Spaces | Maximum Occupancy |
|--------------------------|-------------------|
| Lobby | 1 |
| Lobby Washroom – Men’s | 1 |
| Lobby Washroom – Women’s | 1 |
| Change Room – Men’s | 6 |

| Change Room – Women’s | 6 |
|---|---------------------------|
| Family Change Rooms (1-3) | 1 (or family bubble) |
| | |
| Staff Spaces | Maximum Occupancy* |
| Front Desk | 1 |
| Cash Office | 1 |
| Staff Lunch Room | 2 |
| Office Spaces (Maintenance, Manager & Programmer) | 1 |
| Guard Shack | 1 |
| Lifeguard Washroom | 1 |
| Storage Room | 2 |
| Mechanical Room | 2 |
| | |

**Staff spaces can have higher occupancy if a mask is worn where 2m physical distancing cannot be maintained.*

Occupancy Limits – Pool Spaces

| Public Spaces | Maximum Occupancy |
|--------------------------|--|
| Main Pool (Lap Swimming) | 18 max (with 6 per double lane in Fast & Medium and 8 in the Leisure Lane) |
| Main Pool (Public Swim) | 25 max |
| Main Pool (Swim Club) | 42 max |
| Shallow Pool | 4 max |
| Tot Pool | 2 max |
| Hot Tub | Closed |
| Sauna | Closed |
| | |

Disinfection Procedures

Category: COVID-19 Procedures

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 still wear disposable gloves and appropriate PPE for all cleaning tasks, including handling trash. Staff may refer to the SDS sheet to decide PPE. 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 more 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.

Change Room Lockers will not be available. The wallet locker in the lobby will be made available.

Aquatic staff will be provided with a cleaning log which includes where, what, and how often cleaning is occurring. Lifeguard Cleaning Log sheets and procedures are posted in the Guard Shack and are completed/signed off each time cleaning occurs.

Cleaning/disinfection occurs during the designated cleaning blocks throughout the operational day/after-hours.

Cleaning/disinfection will occur 2-3 times daily.

Chemicals Used for Disinfection/Cleaning

| Product | Application | Product Ratios (mL/L) | Who Can Use? | PPE | Dwell Time |
|------------|-------------|-----------------------|--------------|------------------|-----------------------------------|
| Orderly | Spray | 16ml/1L | All Staff | Gloves & Goggles | 10-minutes |
| Lemon Quat | Spray | 16ml/1L | All Staff | Gloves & Goggles | 10-minutes |
| Bleach | Spray | 16ml/1L | All Staff | Gloves & Goggles | Dependent on requirement (greater |

| | | | | | |
|--|--|--|--|--|-----------------|
| | | | | | than 5-minutes) |
|--|--|--|--|--|-----------------|

Assignment of Disinfection/Cleaning Tasks - High Touch Point Cleaning

| Staff | Cleaning Equipment | PPE | Staff Areas | On Deck | Change Rooms, Lobby & Washrooms |
|--------------------|---------------------------------|---------------------|--|--|--|
| Lifeguards | Orderly Lemon Quat Bleach | Gloves & Goggles | Door handles, computer, table, chairs, staff change rooms, sink, counters, first aid room surfaces | Rails, benches, door handle, cupboards, chairs | Maintenance staff disinfect this area |
| Maintenance | Orderly Lemon Quat Bleach | Gloves & Goggles | Door handles, table, sink taps | Lifeguards disinfect the deck | High touch points: Benches, change tables, door handles, counters, soap dispensers, sinks, paper dispensers, toilets, urinals, grab bars. |

Assignment of Disinfection/Cleaning Tasks - Mid-Day Cleaning

| Staff | Cleaning Equipment | PPE | Staff Areas | On Deck | Change Rooms, Lobby & Washrooms |
|-------------------|---------------------------------|---------------------|---|--------------------|---|
| Lifeguards | Orderly Lemon Quat Bleach | Gloves & Goggles | Staff change room sinks, counters, and toilet. Guard room, & control room surfaces. | Equipment and Toys | High touch points and: Clean and hose floors, stalls, partition walls, floors. |

| | | | | | |
|--------------------|---------------------------------|---------------------|--|--------------------------------------|--|
| Maintenance | Orderly Lemon Quat Bleach | Gloves & Goggles | Door handles, staff table, sink taps | Lifeguards disinfect deck area | High touch points and: Clean and hose floors, stalls, partition walls, floors. |
|--------------------|---------------------------------|---------------------|--|--------------------------------------|--|

Assignment of Disinfection/Cleaning Tasks - Deep Cleaning (after hours)

| Staff | Cleaning Equipment | PPE | Staff Areas | On Deck | Change Rooms, Lobby & Washrooms |
|--------------------|---|--|---|--|---|
| Maintenance | Floor scrubber, mop/bucket Doodle pad/bucket Spray bottles Orderly/bleach/Multi Max/Oxigenic Sensi bowl/comet | PPE when required Gloves/Goggles/ Respirator when needed/dust mask as needed | Floors & surfaces of: staff change rooms, staff room and guard shack. | Door handles, railings, hose pool deck | High touch points and: Clean and hose shower stalls, partition walls, floors, clean and mop floors, walls, garbage containers. |

Aquatic Programming

Category: COVID-19 Procedures

Revised:

Procedure

General

1. Bather loads are reduced to allow appropriate physical distancing.
2. Signage installed at the pool entrance to inform patrons that:
 - a. Users should not spit, urinate, or blow their nose in the water.
3. Patrons who are at a higher risk of contracting COVID-19 should not participate in programmed activities.
4. Patrons should not share water bottles, towels, goggles, or any other equipment.
5. Water bottles should be filled at home. Water bottle filling station are available on the pool deck.
6. The use of goggles is encouraged to avoid mucus contamination.
7. Patrons in need of assistance due to physical limitations should receive help from a family member. Staff will be limited in what they can and can't do to help participants.

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. All shared equipment must be disinfected before the next use. The only pool equipment available to public will be:
 - a. PFDs
 - b. Kickboards
 - c. Pull buoys
 - d. AquaFit barbells
 - e. Fitness Belts
 - f. Pool Noodles

Swimming Lessons

Instructional Equipment

Personal instructional equipment is encouraged and should be provided by the participants where possible (i.e. swim caps, goggles, and personal barrier devices). Limit equipment to one piece of equipment per household. Once the class is over, remove this equipment and place in the used bin.

Accommodations

- For effective reduction of risk of transmission of disease, instructors need to maintain physical distancing (2m apart), with swimmers and parents/caregivers.
- For Red Cross Swim Preschool, up to and including Red Cross Swim Kids 1-4, classes are parented to reduce the risk of disease transmission.
- Parents/caregivers should maintain physical distancing with other swimmers and parents/caregivers in the class.
- To facilitate physical distancing, the Aquatic Centre will reduce ratio of swimming lessons of 1 Instructor to 4 participants (with caregiver if level requires).
- Water Safety Instructors will deliver lessons from the pool deck with buoyant aid at hand. When demonstrations are required, instructors should have swimmers and parents/caregiver sit on edge of the pool.
- Spectators are not permitted on the pool deck during lessons.

Aquatic Fitness Classes

When the time comes to offer AquaFit classes, they will be running with a limited schedule. Class sizes are restricted to 15-20 participants and will increase if a 2m distance is able to be maintained, not reaching more than 24 participants in the pool. If participants are needing access to change and shower, staff will encourage physical distancing in the change room.

Public Swim Schedule

- The Aquatic Centre is offering an alternate swim schedule to limit the number of patrons in the building to 30 people during a swim session.
- Booking is done either online or over the phone through PerfectMind.
- The Aquatic Centre 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.

Lane/Lap Swimming

To maintain physical distancing of 2m, a maximum of (6) person or (1) family/household unit should be in a lane at one time.

Aquatic Amenities

Diving Board

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

Hot Tub & Sauna

- Will remain closed until further notice.

Safety Education & Rule Enforcement Guidelines

Category: COVID-19 Procedures

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.
- Lifeguard staff performing safety supervision should not be engaged in any other activity.

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

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 with CPR-C/AED certification.

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 manikin) and perform 10 cycles of CPR on a CPR manikin.
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 manikin), roll victim over, spinal motion restriction and carry 15m.

*All assessments signed off by employee and supervisor.

Lifeguard Personal Protective Equipment

Category: COVID-19 Procedures

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.**

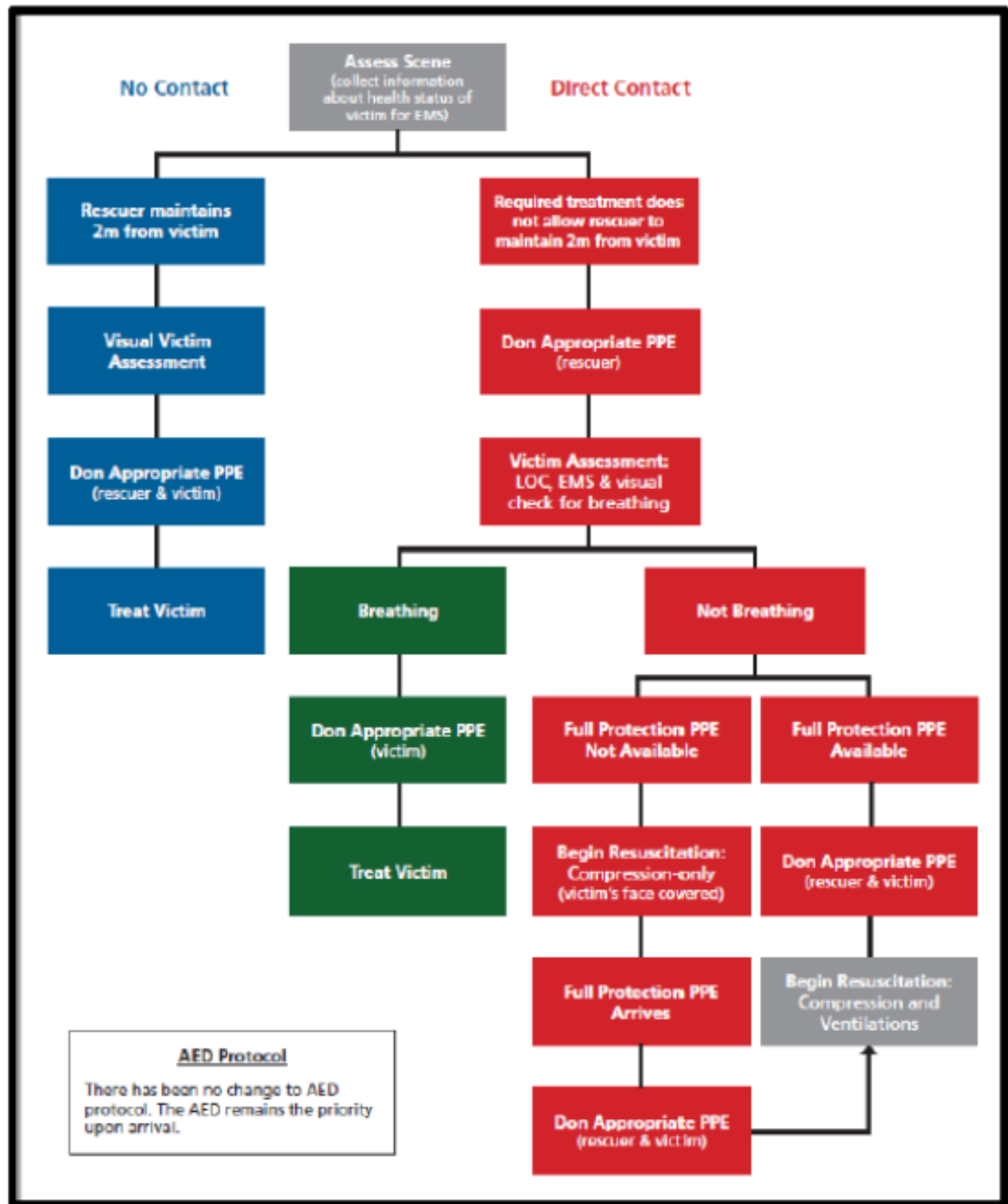
| NO CONTACT | DIRECT CONTACT | |
|---|---|--|
| 2m Physical Distancing maintained | LOW RISK (Non-aerosol generating) 2m Physical Distancing NOT maintained | HIGH RISK (Aerosol Generating) Chest compressions, ventilations, oxygen administration, abdominal thrusts, back blows 2m Physical Distancing NOT maintained |
| Lifeguard <ul style="list-style-type: none"> • Face Shield or Safety Goggles • Surgical Mask • Gloves | Lifeguard <ul style="list-style-type: none"> • Face Shield or Safety Goggles • Surgical Mask • Gloves | Lifeguard <ul style="list-style-type: none"> • Isolation Gown • Face Shield or Safety Goggles • Surgical Mask • Gloves |
| Victim <ul style="list-style-type: none"> • Surgical Mask | Victim <ul style="list-style-type: none"> • Surgical Mask | Victim Requiring Ventilations or CPR (in order of preference) <ul style="list-style-type: none"> • BVM with viral filter & continuous seal OR |

| | | |
|--|--|---|
| | | <ul style="list-style-type: none"> • Pocket mask with viral filter AND continuous seal OR • Pocket mask with viral filter AND tight head strap (single-rescuer only) OR • Surgical mask (compression-only CPR) |
| | | <p>Victim Requiring Other Aerosol-Generating Treatment</p> <ul style="list-style-type: none"> • Surgical mask |

When to use Personal Protective Equipment for First Aid

- **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 or container 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 disinfectant wipes.
- Lifeguards will also have small bottles of hand sanitizer on their person as well as a pen for personal use.

COVID-19 Decision Tree For First Aid & Resuscitation



First Aid Procedures

Category: COVID-19 Procedures

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 (2) 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 (or discard) 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)
 - Victims with a 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's history indicates 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 of 2m, whenever possible.
- *Only take vital signs that can be observed from a distance (i.e. skin color, visual breathing check) or those required for victim treatment decisions (i.e. skin temperature for 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 (i.e. mask).
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 (BVM) 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 BVM 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 BVM is a supplementary training item as a response to the COVID-19 pandemic.
- OPAs must be used when using a BVM.
- 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:

| | |
|--------------------------------------|--|
| <p>Two Lifeguard Rescue</p> | <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. |
| <p>Three Lifeguard Rescue</p> | <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. |