

**AQUATICS**  
**POOL SAFETY PLAN**  
**COVID-19 Safe Operations**  
Rainbow Road Aquatic Centre  
Salt Spring Island Parks and Recreation

Updated February 2021

## Table of Contents – COVID-19 Procedures

Staff Training Plan.....	4
Staff Health and Hygiene .....	5
Facility Admission & Access.....	8
Occupancy Limits.....	9
Disinfection Procedures .....	12
Aquatic Programming.....	15
Daily Pool Schedule .....	17
Safety Education & Rule Enforcement Guidelines .....	18
Lifeguard Rescue-Ready Assessments .....	19
Lifeguard Personal Protective Equipment .....	20
First Aid Procedures.....	23
References.....	28



# Staff Training Plan

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**Category:** COVID-19 Procedures

**Revised:** Jan 28, 2021

## Procedure

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To ensure all staff understand the procedures and practices related to prevention of COVID-19 transition at the facility, staff will be given an electronic version of this document to review and will meet together on June 25 to discuss the following. *Staff returning to work after this date will review this material before returning to duties:*

- Perform Lifeguard return to work screening (physical standards)
- Practice first aid and rescue procedures with COVID 19 modifications
- Review and practice new first aid equipment and lifeguard PPE (Bag Valve Masks, face coverings, face shields)
- Review cleaning and disinfection procedures
- Address and discuss staff safety including policies for staying home when sick.

Supervisors have been trained on monitoring workers and the workplaces to ensure policies and procedures are being followed.

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

# Staff Health and Hygiene

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**Category:** COVID-19 Procedures

**Revised:** Jan 28, 2021

## Procedure

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### COVID-19 Health Assessment

To avoid transmission between employees and bathers, every employee suspected or confirmed to have contracted COVID-19 must stay home.<sup>1</sup>

Staff are required to verbally declare to their supervisor that they are symptom-free at the start of their shift.<sup>2</sup>

Supervisors submit an email to the SSI Parks and Rec administration confirming that a verbal health check has been completed.

### Staff COVID-19 Self-Assessment<sup>2</sup>

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<sup>3</sup>

- 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.

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<sup>1</sup> (Lifesaving Society BC & Yukon, 2020), pg. 5

<sup>2</sup> (Regional Health Authorities, 2020)

<sup>3</sup> (WorkSafe BC, 2020)

- 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<sup>4</sup>

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
- Being in contact with animals or pets
- Using shared equipment
- Providing routine care for customers needing assistance or first aid

### Face Masks<sup>56</sup>

- Aquatics will provide disposable 3-layered surgical masks to be worn during first aid treatment when physical distancing is not possible.
- Staff will also be given cloth masks to wear. As of November 19, 2020 public health order, staff and patrons (ages 12 and up) are required to wear masks in all public places. 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.
- Masks must be taken off when entering the water for a rescue.

### Personal Hygiene

- Avoid physical greetings such as handshakes and hugs.

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<sup>4</sup> (Lifesaving Society BC & Yukon, 2020), pg. 5

<sup>5</sup> (WorkSafe BC, 2020)

<sup>6</sup> (Regional Health Authorities, 2020)

- 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.

## Keeping Shared Spaces & Equipment Clean

### Shared Staff Change Rooms<sup>7</sup>

- Aquatic staff should change into clean uniform at beginning of shift and launder uniform at end of shift. Staff will be provided with mesh bags to put all uniform items in if laundering at work. Laundry will be done at end of day and clean uniforms will be placed in staff lockers. If laundering at home, put uniform in garbage bag to transport from work to home.
- A maximum of one staff in the change room. Physical distancing must occur at all times.
- 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, aside from uniforms which will be laundered in staff room.
- Shared lockers must be emptied and disinfected at the end of each shift.

### Shared Equipment<sup>8</sup>

- 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. If a rescue tube must be shared, it must be disinfected between use.
- 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 the end of each shift.

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<sup>7</sup> (Lifesaving Society BC & Yukon, 2020), pg. 6

<sup>8</sup> (Lifesaving Society BC & Yukon, 2020), pg. 6

# Facility Admission & Access

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**Category:** COVID-19 Procedures

**Revised:**

## Procedure

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### Facility Admission<sup>9 10</sup>

PARC is implementing the following facility admission protocols:

1. As of the November 19, 2020 PHO public health order, staff and patrons (age 12 and older) are required to wear masks in all public places. This includes the facility lobby, washrooms, change rooms and pool deck. Mask are not required or recommended to be worn in the water.
2. 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 or use hand sanitizer.
  - d. Avoid aquatic facilities if patrons are at high-risk of COVID-19 contraction or severe illness.
  - e. Patrons must wear a mask when moving through the facility (excluding the water)
3. Patrons are encouraged to shower at home prior to entering the facility and to arrive in their bathing suit to limit time spent in the change rooms.
4. Employees located at the front desk are protected by a plexiglass barrier. Employees should wear gloves while or wash hands after handling cash.
5. A reservation system and swim time limitations are in place to avoid crowd gathering and wait times.
6. Occupancy limit of 40 public and up to 10 staff.<sup>11</sup>

### Facility Access<sup>12</sup>

1. Facility access is provided through the front doors and managed by signage and floor markings to prevent patrons entering and exiting at the same time.

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<sup>9</sup> (Lifesaving Society BC & Yukon, 2020), pg. 7

<sup>10</sup> (Regional Health Authorities, 2020)

<sup>11</sup> (WorkSafe BC, 2020)

<sup>12</sup> (Lifesaving Society BC & Yukon, 2020), pg. 8

2. Physical markers are installed on the lobby floor which indicate two metre physical distancing for patrons waiting in line.
3. Signage and barriers are installed in the change rooms to encourage physical distancing.
4. Lockers are spaced out to encourage physical distancing.
5. Occupancy limits posted for all public and staff spaces.
6. Staff must leave the building immediately after their shift ends.

## **Occupancy Limits**

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Maximum 40 public, up to 10 staff in entire facility

## Occupancy Limits - Dry Spaces

<b>Public Spaces</b>	<b>Maximum Occupancy</b>
Men's Change Room	4
Women's Change Room	4
Family/Universal Change Room	4
Men's Public Washroom	1
Women's Public Washroom	1
Family/Universal Public Washroom	1
<b>Staff Spaces</b>	<b>Maximum Occupancy*</b>
Maintenance Rooms	1
Front Desk	2
Offices (2)	1
First Aid/ Control Room	1
Guard/ Staff Room	2
Men's Staff Change Room	1
Women's Staff Change Room	1
Deck Storage Room	2
Mechanical Room (downstairs)	6

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

**Occupancy Limits – Pool Spaces**

<b>Pool Spaces</b>	<b>Maximum Occupancy</b>
<b>Main Pool (Lap Pool)</b>	<b>40</b>
<b>Program: Lap Swim Single Lane Set-Up</b>	<b>12</b> (1 per lane or 2 of same bubble)
<b>Program: Lap Swim Double Lane Set-Up</b>	<b>18</b> (6 max per double lane)
<b>Program: Aquatic Fitness</b>	<b>25</b>
<b>Program: Leisure Swim/ School Group/ Summer Camp setup</b>	<b>25</b>
<b>Whirl Pool (Hot Tub)</b>	<b>5</b>

# Disinfection Procedures

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**Category:** COVID-19 Procedures

**Revised:**

## Procedure

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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 Section D of the Pool Safety Plan.

### Personal Protection<sup>13</sup>

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<sup>14 15</sup>

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.

Lockers and cubbies used by pool patrons/employees to store personal belongings are cleaned and disinfected between use.

The Daily Pool Maintenance Log Book has been updated to detail where, what, and how often cleaning is occurring. Log sheets and procedures are posted in the Control Room 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 occurs after every 2-3 hour swim session.**

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<sup>13</sup> (Lifesaving Society BC & Yukon, 2020), p. 49-51

<sup>14</sup> (Lifesaving Society BC & Yukon, 2020), p. 49-51

<sup>15</sup> (Regional Health Authorities, 2020)

## Chemicals Used for Disinfection/Cleaning

Product	Application	Product Ratios (mL/L)	Who Can Use	PPE	Dwell Time	Rinse	Mop/Bucket Colour
<i>Crew Shower, Tub, &amp; Tile Cleaner</i>	Trigger spray bottle, Scotbrite scrub sponges	1:30 (32/1) <u>Do not use undiluted</u>	Maintenance	Gloves, goggles	None	Immediately following cleaning	NA
<i>Glance NA</i>	Trigger spray bottle	1:40 (25/1)	Maintenance, lifeguards	Gloves	None	Not required	NA
<i>PERdiem General Purpose Cleaner with Hydrogen Peroxide</i>	Auto scrubber	1:256 (4/1)	Maintenance	Gloves	None	Immediately following cleaning (via hose)	NA
<i>Morning Mist Neutral Disinfectant Cleaner</i>	Trigger spray bottle	1:64 (16/1) <u>Do not use undiluted</u>	Maintenance, lifeguards	Gloves	10 minutes	Not required	NA
<i>Natura Heavy Duty Cleaner</i>	Mop & bucket	1:50 (7/1)	Maintenance, lifeguards	Gloves	None	Not required	Yellow bucket, red and blue mop
<i>VIROX-5 Concentrated Surface Cleaner &amp; Disinfectant</i>	Trigger spray bottle	1:64 (16/1) <u>Do not use undiluted</u>	Maintenance, lifeguards	Gloves, goggles	5 minutes	Optional; required when cleaning changeroom floors	NA

**Assignment of Disinfection/Cleaning Tasks – 15 minute High Touch Point Cleaning between Programs**

Staff	Cleaning Equipment	PPE	Change Rooms	Washrooms	Lobby	Staff Areas
Lifeguards	Morning mist cleaner, paper towel	Gloves	Benches, change tables, door handles, counters, soap dispensers, sinks, paper dispensers, toilets, urinals	Counters, soap dispensers, sinks, paper dispensers, toilets, urinals, grab bars	Door handles	Door handles

**Assignment of Disinfection/Cleaning Tasks – After-Hours Deep Cleaning**

Staff	Cleaning Equipment	PPE	Change Rooms	Washrooms	Lobby	Pool Area	Staff Areas
Lifeguards/ Maintenance	VIROX-5 cleaner, viper, hose, Morning mist cleaner, paper towel	Gloves, face shield/goggles	High touch points and: Clean and hose shower stalls, partition walls, floors, garbage containers	High touch points and: Clean and mop floors, Walls, garbage containers,	Door handles, vending machines, clean and mop floors	Door handles, railings, hose pool deck (viper scrubber 2x week)	Floors & surfaces of: staff change rooms, Guard & control room

# Aquatic Programming

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**Category:** COVID-19 Procedures

**Revised:** Feb 9, 2021

## Procedure

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### General<sup>16</sup>

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. The use of goggles is encouraged to avoid mucus contamination.

### Patron Equipment<sup>17</sup>

1. There is no current evidence that COVID-19 survives in chlorinated pool water.<sup>18</sup>  
There are no special disinfection procedures to put in place for equipment that is regularly in contact with chlorinated water.
2. Limited equipment (PFD's, fitness equipment) is available for public.

### Swimming Lessons<sup>19</sup>

Due to the challenge of maintaining a 2 meter distance between students and teachers, Red Cross swimming lessons have been modified so the instructor can teach from the pool deck or the water (when 2 metres can be maintained). Parent participation is required for all preschool levels and Swim Kids levels 1-4. Class sizes are reduced to allow for 2 metre distancing between participants.

### Aquatic Fitness Classes

Classes are running with a limited schedule. Class sizes are restricted to 25 participants and will increase if a 2 metre distance is able to be maintained, not reaching more than 40 participants in the pool. Participants are encouraged to change and shower at home. Staff will monitor participants that need to change at the facility to ensure that the maximum capacity in each change room does not exceed 4 people.

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<sup>16</sup> (Lifesaving Society BC & Yukon, 2020), pg. 12

<sup>17</sup> (Lifesaving Society BC & Yukon, 2020), pg. 12

<sup>18</sup> (Lifesaving Society BC & Yukon, 2020), pg. 51

<sup>19</sup> (Lifesaving Society BC & Yukon, 2020), pg. 14-15

## Public Swim Schedule

- PARC is offering an alternate swim schedule to limit the number of patrons in the building to 40 during a swim session.
- Booking is done either online or over the phone through Perfect Mind software.
- 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.

## Lane/Lap Swimming<sup>20</sup>

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

## Leisure Swims

Leisure swim times are permitted with a reduced capacity of 25 people. Swimmers are encouraged to maintain 2 metres distance from swimmers not in their bubble/ family unit.

## Aquatic Amenities

### Water Slide<sup>21</sup>

- Lineup is monitored to encourage physical distancing.
- Clean all touch points as usual.

### Rope Swing<sup>22</sup>

- Rope swings represent a higher transmission risk and therefore will be closed until further notice.

### Hot Tub<sup>23</sup>

- Reduced bather load (maximum 5 patrons or 2 family units) to encourage physical distancing. Cones placed 2 meters apart.

### Inflatable Obstacle Course (Wibit)

- The Wibit represent a higher transmission risk and therefore will be closed until further notice.

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<sup>20</sup> (Lifesaving Society BC & Yukon, 2020), p. 12

<sup>21</sup> (Lifesaving Society BC & Yukon, 2020), pg. 10

<sup>22</sup> (Lifesaving Society BC & Yukon, 2020), pg. 10

<sup>23</sup> (Lifesaving Society BC & Yukon, 2020), pg. 11

## Example of Daily Pool Schedule (changes seasonally)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lap swimming</b> (6 Spaces Per Time Slot)	8am-9am 12:30pm-1:30pm 1:45pm-2:45pm	8am-9am	8am-9am 12:30pm-1:30pm 1:45pm-2:45pm	8am-9am	8am-9am 12:15pm-1:15pm
<b>Lap swimming</b> (2 Spaces Per Time Slot)		1:45pm-2:45pm		1:45pm-2:45pm	1:45pm-2:45pm
<b>Swim Club</b>	9:15am-12:15pm	9:15am-1:15pm	9:15am-12:15pm	9:15am-1:15pm	
<b>Aquafit</b> (15 Spaces per Class)					9:15am-10:30am (class at 9:30am-10:15am) 10:45am-12pm (class at 11am-11:45am)
<b>Camp</b>		1:30pm-2:15pm (Camp A) 2:15pm-3pm (Camp B)		1:30pm-2:15pm (Camp A) 2:15pm-3pm (Camp B)	1:30pm-2:15pm (Camp A) 2:15pm-3pm (Camp B)
<b>Cleaning and Disinfecting High touch points</b> (15mins between swim blocks)	9am, 12:15pm, 1:30pm	9am, 1:15pm	9am, 12:15pm, 1:30pm	9am, 1:15pm	9am, 10:30am, 12pm, 1:15pm
<b>Deep Cleaning and Disinfecting</b>	11am, 2:45pm	11am, 3pm	11am, 2:45pm	11am, 3pm	11am, 3pm

# Safety Education & Rule Enforcement Guidelines

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**Category:** COVID-19 Procedures

**Revised:**

## Procedure

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### Safety Education and Rule Enforcement<sup>24</sup>

- 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<sup>25</sup>

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.

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<sup>24</sup> (Lifesaving Society BC & Yukon, 2020), pg. 41

<sup>25</sup> (Lifesaving Society BC & Yukon, 2020), pg. 41

# Lifeguard Rescue-Ready Assessments

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**Category:** COVID-19 Procedures

**Revised:**

## Procedure

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### Rationale<sup>26</sup>

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 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, immobilize and carry 15m.

\*All assessments signed off by employee and supervisor.

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<sup>26</sup> (Lifesaving Society BC & Yukon, 2020), pg. 36-37

# Lifeguard Personal Protective Equipment

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**Category:** COVID-19 Procedures

**Revised:**

## Procedure

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### Types of PPE used for First Aid<sup>27</sup>

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.**

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<sup>27</sup> (Lifesaving Society BC & Yukon, 2020), pg. 43-44

NO CONTACT	DIRECT CONTACT	
<p>2m physical distancing maintained</p>	<p><b>LOW RISK (Non-aerosol generating)</b></p> <p>2m physical distancing <b>not</b> maintained</p>	<p><b>HIGH RISK (Aerosol generating)</b></p> <p>Chest compressions, ventilations, oxygen administration, abdominal thrusts, back blows</p> <p>2m physical distancing <b>not</b> maintained</p>
<p><b>Lifeguard</b></p> <ul style="list-style-type: none"> <li>• Face Shield or Safety Goggles</li> <li>• Surgical Mask</li> <li>• Gloves</li> </ul> <p><b>Victim</b></p> <ul style="list-style-type: none"> <li>• Surgical Mask</li> </ul>	<p><b>Lifeguard</b></p> <ul style="list-style-type: none"> <li>• Face Shield or Safety Goggles</li> <li>• Surgical Mask</li> <li>• Gloves</li> </ul> <p><b>Victim</b></p> <ul style="list-style-type: none"> <li>• Surgical Mask</li> </ul>	<p><b>Lifeguard</b></p> <ul style="list-style-type: none"> <li>• Isolation gown</li> <li>• Face Shield or Safety Goggles</li> <li>• Surgical Mask</li> <li>• Gloves</li> </ul> <p><b>VICTIM Requiring Ventilations or CPR: (in order of preference)</b></p> <ul style="list-style-type: none"> <li>• BVM with viral filter &amp; continuous seal</li> <li><b>OR</b></li> <li>• Pocket mask with viral filter &amp; continuous seal</li> <li><b>OR</b></li> <li>• Pocket mask with viral filter and tight head strap (single-rescuer only)</li> <li><b>OR</b></li> <li>• Surgical mask (compression-only CPR)</li> </ul> <p><b>Victim Requiring Other Aerosol-Generating Treatment</b></p> <ul style="list-style-type: none"> <li>• Surgical mask</li> </ul>

## When to use Personal Protective Equipment for First Aid

### Keeping PPE Dry and Organized<sup>28</sup>

- 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.

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<sup>28</sup> (Lifesaving Society BC & Yukon, 2020), pg. 43

# First Aid Procedures

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**Category:** COVID-19 Procedures

**Revised:**

## Procedure

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### General First Aid Protocols

- Universal approach – assume all victims are COVID-19 positive.<sup>29</sup>
- For all rescues, minimize the number of rescuers who have contact with the victim.<sup>30</sup>
- For in-water rescues, avoid face-to-face proximity with the victim and other rescuers.<sup>31</sup>
- At each focal point, provide a dry container including hand sanitizer and PPE for (3) rescuers, (1) victim, and (1) bystander.<sup>28</sup>
- Post rescue (resuscitation or first aid with bodily fluids): Hand hygiene, shower, change clothes, bag clothes to be washed, disinfect first aid equipment.<sup>28</sup>

### Respiratory Hygiene Measures<sup>32</sup>

- 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<sup>33</sup>

- 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<sup>34</sup>

- When possible, ask parents or caregivers to provide first aid to children or minors.

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<sup>29</sup> (Lifesaving Society BC & Yukon, 2020), pg. 33

<sup>30</sup> (Lifesaving Society BC & Yukon, 2020), pg. 30, 38

<sup>31</sup> (Lifesaving Society BC & Yukon, 2020), pg. 38

<sup>32</sup> (Lifesaving Society BC & Yukon, 2020), pg. 39

<sup>33</sup> (Lifesaving Society BC & Yukon, 2020), pg. 43

<sup>34</sup> (Lifesaving Society BC & Yukon, 2020), pg. 39

- Provide the parent or caregiver with PPE appropriate for the injury.
- Provide guidance to the parent or caregiver performing first aid.

### Scene Assessment<sup>35</sup>

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<sup>32</sup>

\*\* 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.

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<sup>35</sup> (Lifesaving Society BC & Yukon, 2020), pg. 42; Appendix B

- 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<sup>32</sup>

\*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<sup>32</sup>

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<sup>36</sup>

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.

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<sup>36</sup> (Lifesaving Society BC & Yukon, 2020), Appendix B

## Resuscitation (CPR) Guidelines<sup>37</sup>

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.

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<sup>37</sup> (Lifesaving Society BC & Yukon, 2020), pg. 29-30

**Examples of how First Aid Guidelines are applied:<sup>38</sup>**

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

<sup>38</sup> (Lifesaving Society BC & Yukon, 2020), pg. 40

## References

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