



COVID-19 Safety Plan

YMCA of Greater Vancouver – Summer Day Camps

What is COVID-19?

In late 2019, a novel coronavirus, believed to have crossed from animals to people and then between people spread quickly around the world. COVID-19 (SARS-CoV-2) primarily targets people aged 70 or older, especially those with significant co-morbidities, such as diabetes, cardio-vascular disease, etc. People may experience a range of symptoms, but the most common are fever and cough. Most people who get sick will experience relatively minor symptoms and recover fully.

As a new virus, there is no vaccine available, nor immunity in the general population, and there are many unknowns about transmissibility, treatment and prevention methods. However, there is a body of evidence from existing respiratory diseases and previous pandemics to provide guidance, which will be modified as evidence emerges. The virus is believed to be primarily transmitted by passing from person to person in the form of droplets expelled from symptomatic people to others, either directly or onto hands which then touch the person's mucous membranes (e.g. mouth, nose, eyes).

The main references for this plan is the BCCDC "COVID-19 Public Health Guidance for Child Care Settings", the COVID-19 self-assessment tool, WorkSafeBC's "Child Care: Protocols for returning to operations" as well as ongoing interactions with Dr. Patricia Daly (Medical Health Officer, Vancouver Coastal Health) and Child Care Licensing.

A copy of our plan is posted to www.gv.ymca.ca and is available at each one of our programs.

Mitigating the spread of COVID-19

Public health has mandated several approaches to slowing the spread of COVID-19.

1. Staying home if symptomatic
2. Respiratory and personal hygiene
3. Physical distancing (using 2 metres of separation, from non-household members, as a guideline)
4. Cleaning and disinfecting, including shared "high-touch" surfaces

Staying home if symptomatic

All people wishing to enter a program (e.g. staff, children, participants, contractors) will be asked to stay away if recently symptomatic, under an order to self-isolate (positive COVID-19 test, close contact with a person confirmed to have COVID-19, recent out of country travel) or are awaiting the results of a COVID-19 test.

Parents are not allowed to enter programming space at this time, and sign-in and sign-out is done at the entranceway. Part of sign-in includes a declaration by the parent that none of the conditions for exclusion apply. In keeping with BC Centre for Disease Control recommendations, children's temperatures will not be routinely taken.

Staff who meet any of the exclusion criteria will be asked to not attend work, and their Manager and/or Human Resources advisor will be contacted to confirm that financial hardship is not influencing their desire to come to work.

Anyone who is observed with symptoms (e.g. coughing) or reports feeling unwell (e.g. fever), will be asked to immediately leave the program. Parents will be called and asked to pick up their child as soon as possible and advised to contact 811 to see if they can get a COVID-19 test. If anyone needs to remain in the facility while awaiting transportation, they will be offered a non-medical mask and directed to a pre-designated area to wait. The supervisor/manager for the program is to be notified, as soon as possible.

Anyone who is symptomatic cannot return to the program until they have been received a negative test, or medical clearance and their symptoms have passed.

Respiratory and Personal Hygiene

Hand washing with soap and warm water is the preferred method of hand hygiene. Each program has an adequate number of sinks, and supplies, for both staff and children. Alcohol-based hand sanitizer is available at the sign-in table. Staff and children will be given adequate opportunity to wash their hands throughout the day including:

- after entering or leaving the facility, including going out to play
- after using the washroom
- after sneezing into one's hand
- before and after eating
- before and after using sports equipment
- after cleaning or removing garbage
- before applying and after removing gloves
- whenever hands get soiled.

Everyone in a program is reminded to cover their coughs, either by coughing into their elbow, or into a tissue, immediately discarding it and washing their hands. The YGV-YMCA has given permission to staff to wear non-medical masks at work, if they provide it themselves, and dispose of it daily (if single-use) or launder it daily (fabric).

Children are not to assist with food preparation. Food will be served in individual portions on personal dishware. Food and drink sharing is discouraged, as always. Dishes are washed using the 3-step method (clean, rinse, sanitize) or the program's dishwasher.

Usual first aid precautions apply, but staff should attempt to take a person's history from a distance, have the person assist with the assessment and even perform much of their own first aid, if possible. Any treatments or assessments that have to be done in close proximity will be kept to a minimum. In the event that CPR is required, only chest compressions will be administered, not assisted breathing.

Risk of transmission of COVID-19 from close contact (a.k.a. physical/social distancing)

BC's Medical Health Officer has asked that people try to keep 2 metres/6'7" from other people whenever possible. This is a recommendation, not an order, as there are situations when people are going to be in close contact with each other for short periods of time.

Some strategies that will be employed to maintain physical distancing:

- Limiting the number of people on site (e.g. parents, contractors, deliveries)
- Avoiding close greetings like handshakes with parents/guardians, or side hugs/high fives with the children
- Small group activities will continue, with children interacting with a limited number of staff
- Children will spend more time outside
- Activities will be arranged to encourage individual play
- Eating areas will be arranged with more room between tables and fewer children at each table

Cleaning and disinfecting, including shared "high-touch" surfaces

From the US Centre for Disease Control interim recommendations ["Cleaning and Disinfection for Community Facilities"](#)

"Transmission of SARS-CoV-2 to persons from surfaces contaminated with the virus has not been documented. Transmission of coronavirus in general occurs much more commonly through respiratory droplets than through [fomites](#). Current evidence suggests that SARS-CoV-2 may remain viable for hours to days on surfaces made from a variety of materials. Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in community settings."

Household bleach, diluted for routine cleaning at 100:1 (e.g. 1L of water to 10ml/2 teaspoons of bleach) or for body fluid contamination 50:1 (e.g. 1L of water to 20ml/4 teaspoons of bleach) is sufficient to kill a coronavirus. The Daily Cleaning Checklist in place at each program outlines areas and equipment which require regular cleaning. However, the frequency of cleaning and disinfection will be increased.

The BC Centre for Disease Control recommends that [cleaning and disinfecting](#) of all surfaces should occur once per day, and that high touch areas should be cleaned and disinfected at least twice per day.

Staff Training and Communication:

Regular meetings are held with site leaders, and with individual teams to discuss new practices, hear concerns and answer questions.

Periodic emails go out from Human Resources, the CEO and the VP of Child Care services advising staff of new information.

All staff, leads, supervisor and managers have access to a Risk Management team who can answer questions, research best practices and provide in-person response to sites.