



COVID-19 Safety Plan

YMCA of Greater Vancouver – Summer Day Camps

What is COVID-19?

Starting in late 2019, a novel coronavirus spread quickly around the world. COVID-19 (SARS-CoV-2) can significantly impact people's health, particularly those aged 70 or older, especially if they also have significant co-morbidities, such as diabetes and cardiovascular disease. 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). 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, COVID-19 had no widely available vaccine, nor significant immunity in the general population, and 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 on preventive measures, which are being modified as evidence emerges.

The main references for this plan are the current guidance from the BC Centre for Disease Control including "[Public Health Guidance for Child Care Settings](#)", BC's COVID-19 [self-assessment tool](#), BC's COVID-19 [K-12 self check tool](#), the BC Camps Association "[COVID-19 Health & Safety Guidelines Day Camps & Family Camps](#)", WorkSafeBC's guidance for workplaces as well as ongoing discussions 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 at each program. Staff have been provided training on all aspects of this plan and will contribute to its ongoing improvement.

Mitigating the spread of COVID-19

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

1. Encouraging everyone who is eligible to be vaccinated.
2. A daily health declaration and staying home if symptomatic or needing to self-isolate
3. Hand hygiene

4. Covering coughs and sneezes, and avoid touching your face
5. Physical distancing (limiting people on site, increasing outdoor programming)
6. Cleaning shared, high-touch surfaces
7. Mandatory wearing of non-medical masks while not indoors or eating.

Encourage Vaccination

YMCA staff are either fully vaccinated or being tested weekly. Participants will only be asked to show proof of vaccination if required by an order of the Medical Health Officer.

Daily Health Declarations and Staying Home if Necessary

YMCA staff and participants (or their parents) sign in every day at the program entrance, attesting that they have no COVID-19 symptoms, and are under no requirement to self-isolate because of recent travel, exposure to a known case or while awaiting the results of a COVID-19 test. Notices are posted as reminders.

Parents are not allowed to enter indoor programming space at this time.

If anyone is observed with new onset symptoms (e.g. coughing, vomiting) or reports feeling unwell (e.g. fever, chills, diarrhea), they will be asked to immediately leave the program and advised to go to the BCCDC website or contact 811 to see if they need to be tested for COVID-19. If they need to remain at the program while awaiting transportation, they will be offered a non-medical mask and directed to a pre-designated area to wait. The program supervisor/manager is to be notified as soon as possible.

Any COVID-like symptoms need to be resolved in accordance with BCCDC guidance before the person can re-enter the program.

Respiratory and Personal Hygiene, including the wearing of Non-Medical Masks

Hand-washing with soap and warm water is the preferred method of hand hygiene. Each child care centre 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:

<ul style="list-style-type: none"> • After entering or leaving the facility, including going outside or playing with difficult to clean play objects 	<ul style="list-style-type: none"> • After cleaning or removing garbage
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<ul style="list-style-type: none"> • After using the washroom 	<ul style="list-style-type: none"> • Before applying and after removing gloves
<ul style="list-style-type: none"> • After sneezing into one’s hand 	<ul style="list-style-type: none"> • Whenever hands get soiled
<ul style="list-style-type: none"> • Before and after eating or preparing food 	

Everyone in a child care centre is reminded to cover their coughs, either by coughing into their elbow, or into a tissue before immediately discarding it and washing their hands. Anyone aged 5 years old or older must wear a [non-medical mask](#) while indoors when not eating or drinking.

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 three-step method (clean, rinse, sanitize) or in 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.

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

Some strategies that will be employed to maintain physical distancing:

- Limiting the number of people on site (e.g. parents/caregivers, contractors, deliveries)
- Programming will occur outside as much as possible
- Conversations between staff and parents should happen outside the program space where privacy and distancing can be maintained
- Avoiding close greetings like handshakes with parents/guardians, or side hugs/high fives with the children

Cleaning and disinfecting, including shared “high-touch” surfaces

Surface contamination is not believed to be a significant source of COVID-19 transmission. However, regular cleaning is seen as a good practice to reduce the risk.

Household bleach, diluted for routine cleaning at 50:1 (e.g. 500mL of water to 10ml/2 teaspoons of bleach) or 10:1 (e.g. 500mL of water to 50ml/10 teaspoons of bleach) for gross body-fluid contamination (e.g. blood, vomit, stool) is sufficient to kill a coronavirus. The Daily Cleaning Checklist in place at each program outlines areas and equipment which require regular cleaning. As cleaning of high-touch objects in public may not be practical, emphasis will be on hand washing.

The BC Centre for Disease Control recommends that [cleaning and disinfecting](#) of all surfaces should occur once per day.

Staff Training and Communication

Regular meetings are held with site leaders and with individual teams to discuss updated 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, supervisors and managers have access to a Risk Management team that can answer questions, research best practices and provide in-person response to sites.