

## 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 cardio-vascular 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, with no widely available vaccine, nor significant immunity in the general population, 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 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](#), WorkSafeBC's guidance document "[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](http://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. A daily health declaration for staff and staying home if symptomatic or needing to self-isolate
2. Hand hygiene
3. Covering coughs and sneezes, and avoid touching your face
4. Physical distancing (keeping 2 metres of separation from others, barriers, reducing program capacity)
5. Cleaning shared, high-touch, surfaces
6. Mandatory wearing of non-medical masks, indoors, while not at their work station, or eating.

### Daily Health Declarations and Staying Home if Necessary

YMCA staff and participants (or their parents) need to 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 or while awaiting the results of a COVID-19 test. Notices are posted as reminders. In keeping with BC Centre for Disease Control recommendations, children’s temperatures will not be routinely taken.

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

If anyone is observed with symptoms (e.g. coughing) or reports feeling unwell (e.g. fever), they will be asked to immediately leave the program and advised to 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 are 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"><li>• After entering or leaving the facility, including going outside or playing with difficult to clean play objects</li></ul> | <ul style="list-style-type: none"><li>• After cleaning or removing garbage</li></ul>        |
| <ul style="list-style-type: none"><li>• After using the washroom</li></ul>  | <ul style="list-style-type: none"><li>• Before applying and after removing gloves</li></ul> |
| <ul style="list-style-type: none"><li>• After sneezing into one’s hand</li></ul>  | <ul style="list-style-type: none"><li>• Whenever hands get soiled</li></ul>                 |
| <ul style="list-style-type: none"><li>• Before and after eating or preparing food</li></ul>   |   |

Everyone in a child care centre is reminded to cover their coughs, either by coughing into their elbow, or into a tissue, immediately discarding it and washing their hands. YMCA staff must wear a [non-medical mask](#) at all times, while indoors.

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 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. 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 recommended that people try to keep 2 metres/6'7" from other people whenever possible, especially indoors.

Some strategies that will be employed to maintain physical distancing:

- Limiting the number of people on site (e.g. parents/caregivers, contractors, deliveries)
- Conversations between staff and parents should happen outside the program space where privacy and distancing can be maintained
- Adults will physically distance wherever possible
- 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**

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 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.

### **Modifications for Outdoor Programs**

Outdoor-based programs which do not run programming in indoor spaces will vary their practices slightly from this plan in that:

- a) As there is not a specific sign-in/out area, parents are asked to keep 2m from other adults and participants who are not part of their household, wherever possible.
- b) As cleaning of high touch objects in public may not be practical, emphasis will be on hand washing.

## **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.