



REGIONAL DISTRICT OF CENTRAL KOOTENAY

SALMO POOL COVID-19 RISK ASSESSMENT

Salmo and District Recreation Department





This COVID risk assessment and Salmo Pool Re-opening plan will provide guidance for preventing transmission of COVID-19 at the Salmo Pool. This plan is based upon current Covid-19 knowledge and it should be understood that guidance in this amendment is subject to change as new data regarding Covid-19 becomes available.

Risk Assessment

Due to the COVID-19 pandemic, as per the Provincial Health Officer guidelines the Salmo Pool is required to limit the number of individuals attending at one time. Restrictions will be in place and strictly enforced for admissions to the Salmo Pool, flow of traffic, usage of space, personal hygiene practices, number of participants, physical distance, personal protection, specific times for specific programs, signing in and out for contact tracing and reduced hours of operation due to a decrease in public and family swims.

Lifeguards will be stationed using a combination of On Deck Movement and Elevated Lifeguard Station to optimize direct supervision and physical distance from other team members and patrons. Lifeguard Rescue Equipment will be disinfected at each use where appropriate. Staff breaks will be staggered to decrease risk of close contact.

All WorkSafeBC, Public health and Interior health regulations, guidelines and recommendations will be strictly adhered to.

Employee Illness

1. If an employee is ill or presents with any symptoms consistent with cold, influenza or COVID-19, even if symptoms are mild, they must remain at home, and contact their family physician/primary care provider or Health Link BC at 8-1-1
2. If while at work, an employee starts experiencing symptoms of respiratory illness consistent with COVID-19, even if symptoms are mild, ask the employee to don a mask, to leave work immediately, to go straight home, and to contact their a family physician/primary care provider or Health Link BC at 8-1-1 for further guidance.
3. Ensure that objects and surfaces touched by sick employees who have gone home are cleaned and disinfected before being used by others.
4. If an employee has a COVID-19 diagnosis, the local public health department will identify any co-workers who may have been exposed to the sick employee.
5. The employer and employees should be reassured that if they haven't been contacted by public health then there is no issue or concern that was identified by public health.

Personal Hygiene



1. Avoid physical greetings such as handshakes, high fives and hugs.
2. Employees must wash their hands with soap and water at the start and end of their shift, before eating, after returning from a break, and when hands are visibly soiled.
3. Hand sanitizing using an alcohol-based hand sanitizer should also be practiced frequently throughout the day, especially after touching people or their belongings.
4. Employees must practice good hygiene throughout their shift including proper hand hygiene and cough/sneeze etiquette.
5. Employees must avoid touching their face without washing hands first and after.
6. There should be no sharing of equipment without cleaning and disinfecting between users.
7. Employees must wash their hands when arriving and leaving the Salmo Pool , and before and after:
 - a. Eating
 - b. Breaks
 - c. Smoking
 - d. Blowing one's nose, coughing, or sneezing
 - e. Going to the toilet
 - f. Using shared equipment (e.g. water test kits)
 - g. Providing routine care for another person who needs assistance

Make Space

1. Physical distancing of 2 meters is enforced between employees.
2. Break times will be staggered to avoid close contact in close spaces.
3. Events and meetings that require close contact are prohibited; rather use telephone or online communication.
4. Consistent work teams or pods will be utilized whenever possible to avoid increasing the number of interactions.
5. Personal items and clothing brought in by staff must be kept to a minimum. When staff must bring in items they should be stored separately (in employee lockers) with adequate space between individuals' items.
6. Staff should change clothes before and after their shift.
 - a. Instructors are encouraged to come already dressed before the start of their Swim Program shift.
 - b. Remove work clothes and/or bathing suit at the end of the shift.
 - c. Used items should be placed in a bag until cleaned.
 - d. Clean clothing using laundry soap and hot water.
7. Personal items need to be taken home at the end of the shift and their locker is cleaned.



8. Employee visitors are strongly discouraged.

Environmental Modification

1. Pool Desk and Lobby
 - a. Visual barriers will be set up to distinguishing the entrance and exit doors.
 - b. Drop in donation drop box will be placed at entrance for drop in swim
 - c. Online registrations are strongly encouraged.
 - d. Unnecessary furniture and items are removed.
2. Changing Rooms
 - a. Encourage public to change at home prior to arriving
 - b. Locker access will be restricted and monitored.
 - c. Two showers will be available if required
3. Pool Deck
 - a. All unnecessary equipment and furniture are removed to increase the availability of physical space around the pool deck.
 - b. Equipment for lanes, lessons and courses will be provided individually and cleaned and sanitized after every use.
 - c. Lifeguard chair will be stationed in one or two designated position for optimal supervision and physical distance.
 - d. Lifeguard positions will have markings 2 meters away for public relations.

Physical Distancing

To increase the space between patrons, staff, lifeguards and to eliminate the spread of COVID-19

- Mark 6-foot increments on decks where crowds gather such as the diving board
- Markings on pool deck will not obstruct safety signs such as no diving signage.
 - Care will be used when applying 6-foot markings so as not to confuse physical distancing markers with pool water depths.

Signage

Use COVID signage in employee and public spaces to communicate important information about COVID-19.

- Signage at entrance asking patrons not to enter if they are ill
- Physical distancing signage in common areas.
- Hand washing signs posted in washrooms.



- Signage reflecting new bather load reductions.
- Additional pool rules posted which include COVID-19 guidelines
- do not use the pool if unwell
- wash hands with soap and water or use hand sanitizer
- shower before and after using the pool (encourage showering at home)
- do not spit or blow nose in the water
- practice physical distancing from others not in your party

Sanitation

As per the CDC and BCRPA guidelines increased cleaning and disinfection is required of common touch points to prevent COVID-19 from spreading through contaminated surfaces.

- Increased frequency of cleaning of high touch areas
- Recordkeeping of cleaning
- Production of aerosols will be avoided where possible when cleaning (mop and bucket vs pressure washer)

COVID-19 PPE for employees conducting regular pool maintenance duties is not mandatory. Regular PPE will be worn as appropriate such as when doing chemical additions.

Employee Sickness and Return to Work Policy

All sick employees will remain at home for at least 10 days from the onset of symptoms and will not return to work until it's safe for them to do so.

1. The employee illness plan will be communicated to all staff at in-service.
2. Employees will declare that they are symptom free when they sign in for the day.
3. If they have any symptoms, even mild, they must go home.
4. If an employee starts to experience respiratory illness symptoms that are consistent with COVID-19 they will be asked to don a mask and then go home.
5. Sick employees must remain at home
6. Sick employees should use the BC COVID-19 self-assessment tool.
7. If the employee has a COVID-19 diagnosis the public health department will identify and contact anyone who may have been exposed to the sick employee



Training

All RDCK staff will receive COVID-19 Exposure Control Plan training so they understand how to protect themselves and pool patrons from Covid-19.

- All employees will be trained about the virus so that they understand how to minimize its spread.
- Employees must wash hands at beginning of shift, before eating, after touching shared items, after using the washroom and before leaving work.
- Employees must follow cough and sneeze etiquette
- N-95 training and fit test
- Employees should avoid touching their faces.
- As per red cross or the life saving society recommendations, all In-service training will be done in small groups with as much physical distancing as possible, surgical mask could be required.

Lifeguard Safety

Lifeguard Equipment

Equipment should not be shared between employees

1. Lifeguards will have their own equipment - fanny pack, whistle, goggles, gloves, cloth mask, pocket mask
2. Lifeguard equipment that is shared such as rescue floats will be assigned for the duration of the shift and then disinfected
3. Break room shared surfaces and appliances will be cleaned after each shift
4. Guard room shared surfaces such as bench and work station will be cleaned regularly
5. Non-essential items will be removed from shared spaces
6. Lifeguards will change their clothing before and after each shift

Lifeguard PPE

Where possible it will be ensured that each employee has the PPE needed for their shift to avoid sharing.

Lifeguards PPE will be dependent on the duties being performed.

- When doing PRs with public, lifeguards will wear a cloth face covering
- When administering first aid, lifeguards will wear a face shield, mask and gloves



Staff should change clothes before and after their shift.

Employee PPE

PPE is not to be shared between staff. If PPE is used and needs to be shared, disinfect the equipment between each exchange. The following PPE is required for First Aid Situation:

- a) Face Shield/Goggles
- b) Gloves (throw away)
- c) Surgical Mask (throw away)
- d) A spare set of clothes

In order to ensure there is enough PPE at the Salmo Pool, there is a sealed Rubbermaid bin at the focal point with the following items, as well as equal number of replacement items in the lobby is designated first aid responders who can access this PPE to prevent undue delays in responding to first aid or resuscitation requirements.

- a) 2 - Face Shield/Goggles
- b) 2 – Small, medium and large gloves
- c) 2 – surgical masks

Staff can choose to wear surgical masks during their shift. These masks, if wet, will not protect the user. As well, avoid touching the face when using gloves. Follow the appropriate procedures for removing PPE as described in 'CDC and WorkSafeBC Guidelines'.

Aquatic Amenities

Toilets

- One toilet stall in both Men's and Woman's will be available for patron use
- Soap will be provided in the bathrooms
- Toilets will be disinfected every two hours

Showers

- Showering at home is highly recommend
- One shower per bathroom will be open at limited times
- Showers to be disinfected every two hours



Cubby Shelves

- Cubby storage in change rooms will be closed
- Cubby storage outside near fountain will be open and disinfected twice daily.

Diving Board

- Physical markers such as pylons will be placed on the deck to indicate distance of 2 meters between patrons in the queues
- Dive board will be disinfected after each group / session or every two hours

Water Fountain

- Water fountain will be turned off
- Public to bring own drinking water in a non-glass bottles
- One new bottle should be stored in the guard room in case a heat hydration / stroke emergency

Cleaning Protocols

Surfaces frequently touched by hands are most likely to be contaminated. These include doorknobs, handrails, gates, light switches, cabinet handles, faucet handles, countertops, electronics, bathroom facilities, etc. These areas are high priority cleaning areas within the facility.

- Cleaning Products
 1. Vert-2-go – toilets, bathrooms, floors
 2. Disinfectant wipes are available for doorknobs, handrails, light switches, etc.

Cleaning Schedule

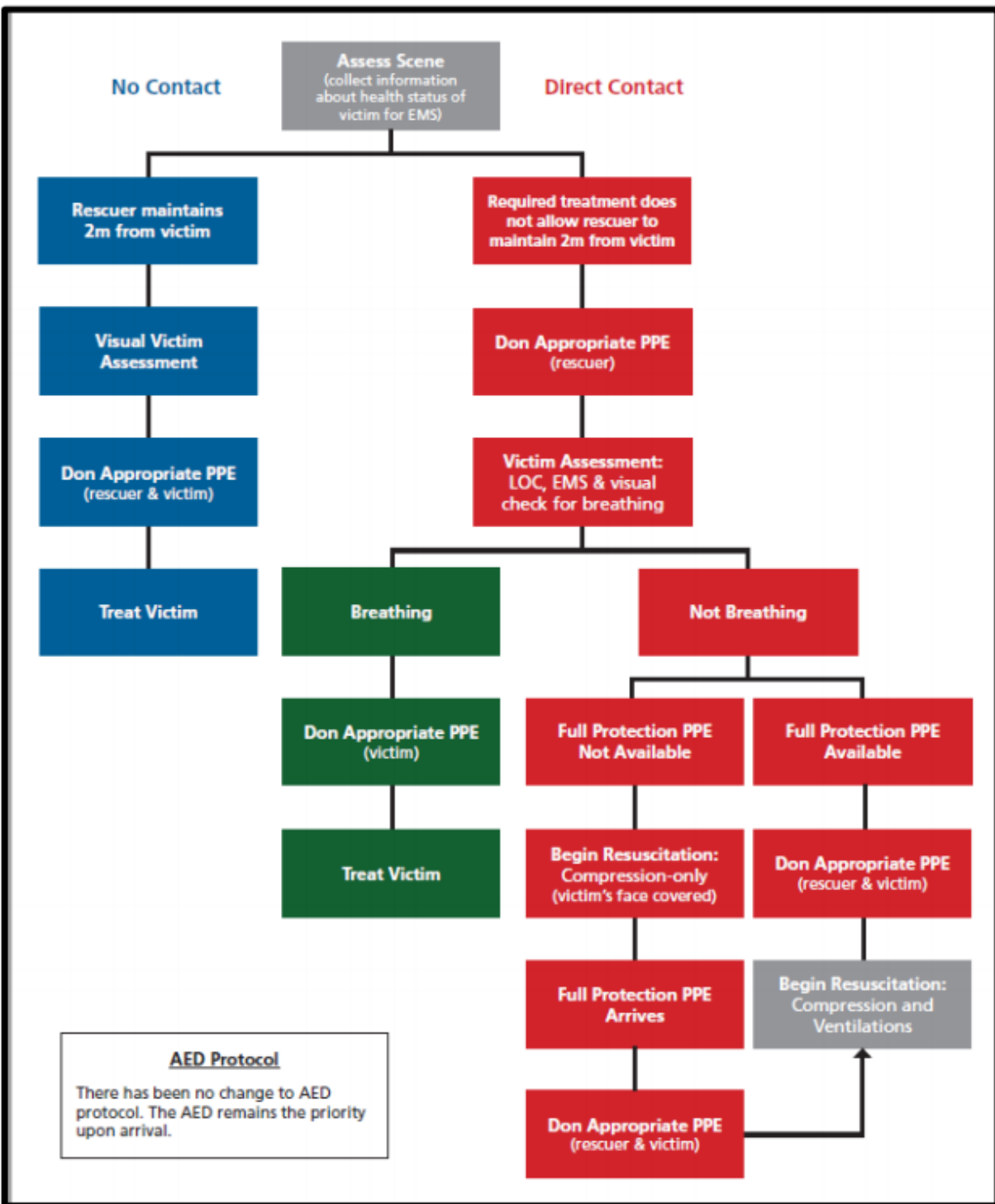
The following is the cleaning schedule for the high touch at the Salmo pool. All these areas will also be cleaned when the pool closes every night.

Where	Frequency
Bathrooms	Every two hours
Door knobs	Every two hours
Hand rails	Every two hours
Ladders	Every two hours
Slide ladders	Every two hours
Light switches	Every two hours
Tables	Every two hours
Faucets	Every two hours



Electronics	Between users
Cashier work station	Between users
Computer / work station	Between users
What	Frequency
Rescue Equipment	Between users
Recreational Toys	Between users
PFD's	Between users
Lesson Equipment	Between users
FA/PP Equipment	Between users

COVID-19 Decision Tree For First Aid & Resuscitation



Lifeguard Personal Protective Equipment Guidelines

NO CONTACT	DIRECT CONTACT	
<p>2M physical distancing is maintained between the rescuer and victim</p>	<p>LOW-RISK Non-aerosol-generating treatment</p> <p>2M physical distancing Will compromise victim Outcome</p>	<p>HIGH-RISK Aerosol-generating treatment</p> <p>2M physical distancing will compromise victim outcome</p>
<p>RESCUER: Face shield/goggles, Gloves, surgical mask</p> <p>VICTIM: Surgical mask</p>	<p>RESCUER: Face shield/goggles, Gloves, surgical mask</p> <p>VICTIM: Surgical mask</p>	<p>RESCUER: Face shield/goggles, gloves, N-95/surgical mask, gown</p> <p>VICTIM: Pocket mask with viral filter & Continuous seal OR Non-rebreather face mask with supplemental oxygen and open airway OR Pocket mask with viral filter and tight head strap (single-rescuer only) OR Surgical mask compression-only CPR)</p>

COVID 19 – Resuscitation and First Aid Protocol

CPR for drowning victim – migrating risk

- Lifeguards will don gloves as soon as possible in every first aid scenario
- Lifeguards will not attempt in water rescue breaths
- Lifeguards will don appropriate PPE and use a pocket mask with a viral filter and continuous seal during CPR. One lifeguard will perform compressions while the other will seal the pocket mask and deliver ventilations
- Ventilations using a pocket mask with a viral filter are prioritized to positively affect victim outcome



CPR for drowning victim – procedure (2 Guards)

1. First guard will whistle, signal and then enter the water to retrieve victim from pool basin
2. Second guard will initiate clearing the pool, provide backup and assist with victim removal. Where not needed in the water second guard will get focal point dry bags and don COVID19 PPE.
3. Both lifeguards will need to dry off and don COVID-19 PPE before continuing with victim care
4. The first lifeguard in PPE will assess the victim and yell for another facility staff member or bystander to call 911 and bring the AED to the scene
5. Both guards will begin the CPR procedure for a drowning victim – starting with 2 compressions
6. Lifeguard at the head of the victim will keep the pocket mask sealed to the victims face throughout the procedure with the exceptions of inserting an OPA and turning the victims face to the side for drainage
7. AED will be prioritized after its arrival. During AED use the victims face will be covered with a pocket mask with head strap attached

CPR for a non-drowning victim – mitigating risk

- A. Lifeguards will don gloves as soon as possible in every first aid scenario
- B. Lifeguards will use a pocket mask with viral filter during CPR. One lifeguard will perform compressions while the other will seal the pocket mask and deliver ventilations
- C. When the pocket mask is not immediately available lifeguard compressions may begin with the victims face lightly covered by a protective covering such as clothing or a towel to reduce vapour escaping from the victim's mouth and nose during compressions

CPR for a non-drowning victim – procedure (2 guards)

- A. First guard will whistle, signal and then approach the victim for assessment
- B. Second guard will initiate clearing the pool and get the focal point dry bags.
- C. First guard when finding the victim to be non-breathing will immediately begin compression only CPR with the victims face lightly covered by a towel or light clothing
- D. Second guard will don COVID-19 PPE before supporting the first guard with victim care.
- E. The second guard while dressing will yell for another facility staff member or bystander to ensure 911 is called and AED is brought to the scene.
- F. When the second guard is dressed in Covid-19 PPE they will take over compression only CPR and the first guard will dress in PPE
- G. Once both lifeguards are dressed they will start CPR with pocket mask and viral filter

H. Lifeguard at the head of the victim will keep the pocket mask sealed to the victims face throughout the procedure with the exceptions of inserting an OPA and turning the victims face to the side for drainage

I. AED will be prioritized after its arrival. During AED use the victims face will be covered with a pocket mask with head strap attached

Administering First Aid – procedures

Due to the nature of COVID-19 as an aerosol transmitted pathogen, first aid procedures are categorized into two categories, low risk and high risk. High risk procedures include all treatments that generate aerosols while procedures that do not generate aerosols fall under the low risk category. Lifeguards will don PPE in accordance with the level of risk they encounter.

High risk procedures are as follows:

- Chest compressions
- Ventilations
- High flow O₂ (over 5 lpm)
- Abdominal thrusts/back blows

All lifeguards within 2 metres of a victim must don appropriate PPE for high risk procedures.

The use of high flow O₂ is considered high risk because it generates aerosols. It should be reserved for:

- Victims who need resuscitation
- Children and infant victims
- Drowning victims

First aid procedures can further be divided into no contact and direct contact categories. Lifeguards are encouraged to practice critical thinking and effective scene assessments to decide if direct contact with the victim is necessary.

No contact procedure

- Lifeguard stays 2 metres from the victim
- Visual and verbal victim assessment
- Lifeguard gives first aid supplies to victim
- Victim (or caregiver) administers the first aid treatment under the lifeguards guidance
- Lifeguard fills in minor form



Direct contact procedure

- Visual and verbal assessment of victim calls for direct contact
- Lifeguard dons appropriate PPE
- Lifeguard completes assessment of victim
- Lifeguard treats victim
- Lifeguard fills in minor form

SPINAL, DNS, SEIZURE, SUBMERGED

Lifeguards should consider the use of noncontact rescue when appropriate.

1. Lifeguards must remove any face coverings being worn before entering the water
2. Whenever possible lifeguards should approach from behind the victim to avoid face to face proximity
3. Lifeguard teams will minimize the number of rescuers who have direct contact with the victim
4. When possible the third guard (not wet and not providing backup to the guard in the water) will take the lead during first aid and resuscitation as they will be the fastest to don COVID19 PPE.
5. COVID-19 PPE will be located at the deck focal point. COVID-19 dry bags or bins will contain an adult pocket mask and viral filter, OPAs, gloves, face shield, hand sanitizer and a N95 mask.
6. After each rescue all lifeguards will shower with soap, change their clothing and bag the clothing that was worn during the rescue to be washed at home.
7. Equipment used during the rescue will be disinfected or disposed of

The Centre for Disease Control and Prevention (CDC) recommends a 1:10 dilution ratio for household bleach or a 1:20 ratio for commercial sodium hypochlorite to disinfect PPE and then let air dry. 1-10-minute contact time is recommended.

COVID-19 Resuscitation & First Aid Continued

In consideration of rescuer safety, many rescuer training organizations are recommending a shift in resuscitation procedures to compression-only CPR. As drowning is a hypoxic event, delay in ventilation increases the likelihood that the victim's condition will deteriorate, or they may not survive. Drowning is considered a "special circumstance" where ventilations should be prioritized to positively affect victim outcome.

Mitigating Risk of Infection When Administering First Aid:

- Rescuers shall put on gloves, facemasks, and eye protection for all first aid interventions
- Maintain physical distancing (2M) whenever possible
- Minimize number of people in direct contact with victim
- Victims should be encouraged to wear a mask if tolerated
- Discard or disinfect all protective equipment after the rescue and wash hands

In-Water Rescue Procedures- Rescuers should consider the use of non-contact rescue where appropriate.

1. Prior to entering water rescuers should remove any face covering being worn
2. Approach victim to avoid face-to-face proximity
3. Minimize the number of rescuers who have direct contact with victim
4. At focal point provide a dry container including hand sanitizer, PPE for two rescuers, a victim & bystander
5. After rescue practice hand hygiene, shower with soap, change clothes, bag clothes during rescue and wash
6. Disinfect all PPE & rescue equipment used

Assessment & Treatment:

1. Scene & Risk Assessment
 - a. Ensure scene is safe
 - b. Minimize number of rescuers in contact with victim
 - c. Where possible maintain 2M physical distancing
 - d. Don appropriate PPE for rescuers, victim, and bystander
 - e. Victim health history - COVID-19 infection obtain from victim, caregiver or bystanders etc.
 - i. If history indicates positive or suspected COVID-19, call EMS
 - f. Mechanism of Injury
2. Primary Assessment



- a) ABCs
 - b) EMS
 - c) Treat for shock
 - d) Preparing for transport
3. Secondary Assessment - promote self-treatment or treatment by a family member
- a) Vital Signs - if possible, take vital signs from a distance (e.g. skin colour, breathing check)
 - b) History
 - c) Head to Toe Exam & Treatment

Respiratory Hygiene Measures for Victims:

- Offer facemask to all victims
- Ensure all victims cover their nose and mouth with a tissue or elbow when coughing or sneezing

First Aid for Children & Minors:

- Whenever possible initiate first for children and minors by asking parents or caregivers to provide care
- Provide appropriate PPE, facemasks, gloves

Application of Guidelines:

Two Lifeguards:

1. Rescuer 1: Signals & enters water with a rescue aid
2. Rescuer 2: Initiates clearing of the water, provides backup, assists with victim removal
 - If not needed in water, get equipment & don PPE
3. **All Rescuers involved with victim care should dry off & don appropriate PPE before continuing victim care**
4. Provide facemask to victim during care
5. If available, direct other facility staff or a bystander
 - To assist in complex rescues



- To call EMS

6. Follow disinfection protocols post rescue

Rescue Ready Assessment

After an extended period of absence from work, aquatic staff must be ready to provide effective safety supervision to the public participating in aquatic activities. These skills will be tested using a manikin, family members, recommended PPE, and physical distancing guidelines. The following skills have been selected from National Lifeguard Award Guide - Pool Option:

1. Physical Standard:
 - (a) Object Recovery
 - (c) Sprint Challenge
 - (a) Management of a distressed or drowning victim
 - (b) Management of submerged, non-breathing victim