



BLBCA – COVID-19

Best Practices for Responsible Backcountry Lodge Operations

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Preamble

The [Backcountry Lodges of British Columbia Association](#) (BLBCA) represents 32 remotely situated, privately-owned lodge operations, generally located in rural British Columbia. Member lodges guest occupancy ranges from 8 to 18 guests with typical trip visits of 3 to 7 nights.

BLBCA member businesses provide guided or self-guided and catered or self-catered activities enabling visitors from BC, Canada and around the world to enjoy BC’s inimitable backcountry. While all activities are self-propelled, access is typically achieved utilizing air transportation.

This document provides interim guidance for preventing the likelihood of communal transmission of the COVID-19 virus at BLBCA lodges during the current crisis.

Using the template outlined here, each lodge will refine the specific risk-based measures to comply with the standing [WorkSafeBC Updates](#) and the [Provincial Health Officer Orders](#). For up-to-date information on COVID-19, please refer to [BC Centre for Disease Control](#).

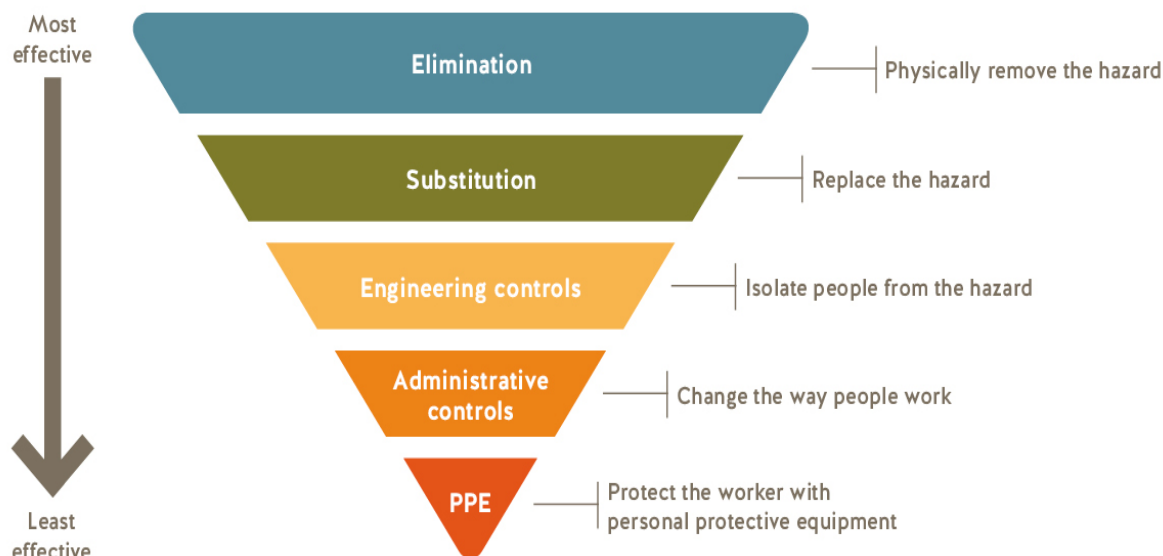
- **Physical distancing:** removing the hazard from the trip or substituting the activity with a less hazardous one; for example, deciding not to engage in an activity.
- **Engineering solutions:** implementing modifications that alter the way the activity is done, including equipment, communications, and processes that reduce the exposure to risk and that allow appropriate incident response; for example, implementing radio communications.
- **Administrative decision-making:** implementing controls that alter the way the activity is run, including timing of itineraries, standard operating practices, and operational procedures; for example, implementing a policy to contract travel to a professional transportation company.
- **Using Protective Equipment:** requiring that appropriate equipment be worn or used by individuals to reduce exposure or consequence.

Five Principles for Every Situation

Five Principles for Every Situation				
Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Distancing	Physical Modification
<ul style="list-style-type: none"> • Frequent handwashing • Cough or sneeze into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travelers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces

Physical distancing remains the most important criterion to comply with standing [WorkSafeBC Updates](#) and the Provincial Health Officer Orders, but while the controls are listed in order of effectiveness, all four types of controls should be considered, as they often work best in combination.

Hierarchy of controls



For up-to-date information on COVID-19, please refer to [*BC Centre for Disease Control*](#).

Backcountry Lodge Operations

3.1. Employment Policies

3.1.1. Employer Responsibilities

- Employers should communicate with employees about potential exposure to COVID-19. A system should be introduced whereby workers are able to inform management of concerns related to being exposed to COVID-19 in the workplace. Workers should know and understand their workplace health and safety responsibilities - and those of others
 - Workers have three key rights: the right to know about hazards in the workplace;
 - the right to participate in health and safety activities in the workplace;
 - and the right to refuse unsafe work.
- Workers in B.C. have the right to refuse work if they believe it presents an undue hazard. An undue hazard is an “unwarranted, inappropriate, excessive, or disproportionate” risk, above and beyond the potential exposure a general member of the public would face through regular, day-to-day activity. In these circumstances, the worker should follow some specific steps within their workplace to resolve the issue. The worker would begin by reporting the undue hazard to their employer for investigation and the employers would then need to consider the refusal on a case-by-case basis, depending on the situation
- If the matter is not resolved, the worker and the supervisor or employer must contact WorkSafeBC and a prevention officer will then investigate and take steps to find a workable solution for all involved
- Employers must regularly assess all the hazards within their operations, taking appropriate steps to eliminate or control them. Such controls will include adhering to current public health orders, public health advice as well as implementing best practices to keep your employees and guests safe

- Employers must establish a workflow in the workplace that is consistent with current industry best practices and compliant with directives from the BC PHO. This workflow will cover all areas of the operation including but not limited to PPE requirements, sanitation, food handling, laundry and housekeeping procedures
- In situations where a worker has the symptoms of COVID-19 they will be required to stay home and employers must offer sick pay (2.2.1) Employers should be prepared to cover workers who become ill

3.1.2. *Worker Responsibilities*

- All workers will undergo a detailed training session on the current workflow procedures upon being hired for the season. At the beginning of each shift the Coordinator will conduct a pre-work conference to review any updates in the workflow
- Workers are expected to exercise all reasonable measures to limit their exposure to the COVID-19 virus while not at work. Prior to beginning a work shift each worker must conduct the self-assessment tool (<https://bc.thrive.health/covid19/en>) and fill out a health declaration which includes current health status, recent travel, recent illness or contact with others who may have the COVID-19 virus. Alternatively, workers may choose to work longer shifts and/or remain with one operation so as to eliminate the need for the self-isolation period
- Any employee experiencing symptoms associated with COVID-19 while at work will immediately report to the coordinator and begin isolating from guests. Any employee who experiences symptoms associated with COVID-19 while away from work will notify the supervisor and will not be permitted to come to work until they are past the recommended isolation period

Employees Must

- Practice physical distancing by working more than 2 metres (6 feet) apart from co-workers whenever possible;
- Continue to follow all other safe work procedures. If it is unsafe to work, talk to your supervisor, your health and safety committee or representative;
- Stay home if they are sick or might be sick. Use the BC Ministry of Health for self-assessment: <https://bc.thrive.health/covid19/en>;
- Avoid touching their face
- Wash their hands at the start of their shift, before eating or drinking, after touching shared items, after using the washroom, after handling cash or credit/debit cards, after touching common items, after each delivery if contact was made, and at the end of their shift. Remove jewelry while washing

3.2. Transportation

Physical Distancing & Protective Equipment

3.2.1. *Helicopter Transfer: Refer to your helicopter carrier guidelines for passenger allowance*

- All air operators must comply with the Interim Order to Prevent Certain Persons from Boarding Flights in Canada due to COVID-19, pursuant to sub-section 6.41 (1) of the Aeronautics Act, effective April 17, 2020, which repeals the previous version signed on April 9, 2020. Transport Canada - [*Recommended Sequencing for Air Operators*](#)
- All passengers must be notified that they will be required to undergo a health check and a verification that they are carrying a non-medical mask or face covering, and that they must wear the mask or face covering at all times during the flight when they are unable to maintain a reasonable physical distance from another person unless both persons live in the same

private dwelling-house or other place that serves that purpose; and they must comply with any instructions from a crew member with respect to wearing the mask or face covering

3.2.2. Staging Area:

- Physical distancing is paramount
- Respect all physical distancing guidelines, and if possible, schedule guests to present themselves at your staging area at different times
- When disembarking from the helicopter, allow enough time for passengers to adequately distance themselves to prevent crowding

3.2.3. Loading/Unloading Helicopter:

- In conditions where it is impossible to maintain physical distancing, passengers will be required to wear Protective Equipment
- Employees must also be protected using protective equipment while loading and unloading guests
- Handwashing facilities or sanitizer must be made available before and after helicopter travel
- A garbage can must be provided to dispose of gloves after unloading the helicopter

3.2.4. Gear Handling:

- Workers must respect physical distancing and wear appropriate protective equipment while handling luggage

3.2.5. Transportation:

- When more than one worker is traveling, physical distancing practices apply. Shared travel with more than one person must be minimized
- Guests must drive independently or else only with those whom they will share their accommodation

Buses & Vans

- Load and offload passengers by the rear doors if possible or establish a rule that the driver is last-on, first-off of the bus
- Allow for enough time for passengers to disembark from vehicles to allow for adequate distancing and prevent crowding
- Create spacing between riders such as staggering where people sit (e.g. aisle to window, alternating per row)
- Consider installing physical barriers that can minimize spread of droplets. Barriers should be installed in such a way that the vehicle remains in safe operating condition in accord with the [*Motor Vehicle Act Regulations*](#), Occupational Health and Safety Regulations [*4.3*](#) and [*17.8*](#) and the [*Passenger Transportation Act*](#) as applicable
- Handwashing facilities or sanitizer must be made available before and after the bus ride

Engineering - Sanitation of Truck/Car/Vans/Buses:

At the start of each working day and throughout the day, drivers must clean and disinfect frequently touched surfaces in the vehicles using an alcohol-based cleaner or disinfecting wipes.

High touch or key contact points include:

- door handles (inside and out);
- window buttons;
- steering wheel and controls;
- wiper and turn signal handle;

- shifter;
- dash controls + buttons;
- ventilation grilles and knobs;
- rear-view mirror;
- armrests;
- grab handles, seat adjusters, seat belt buckles;
- radio and communication devices

Protective Equipment - If physical distancing is not possible, passengers and service providers must wear Protective Equipment

3.3. Communications

3.3.1. *Pre-trip screening and Communication*

- Training for clients will take place in a two-step process, including a prescreening questionnaire and an on-site orientation. This communication should be available on the company website and/or via pre-trip communication, as well as on signage on the premises
- It is required that all workers and guests verify they have completed the BC COVID-19 Self-Assessment tool or complete a pre-trip declaration before being allowed to travel to the lodge. A copy must be provided to guests in advance, and it should be made clear in all communications that anyone experiencing symptoms within 14 days of their trip will be not be permitted on the premises. See Appendix 3 for a sample declaration form
- Guests must be advised to bring a mask and hand sanitizer sufficient for helicopter and other transportation with them

3.3.2. *Signage*

- Signage and posters are useful as a guide for workers and guests, and such signage, including but not limited to those listed below, must be displayed in multiple prominent locations
- Information & posters for handwashing, located on the [BCCDC website here](#);
- Information & posters for respiratory/cough etiquette, located on the [BCCDC website here](#);
- Information & posters for self-isolation and monitoring, located on the [BCCDC Website here](#);
- Signage posted in English may also be posted in other languages if useful for customers;
- Legal waivers and participation agreements may also be considered

3.3.3. *Guest briefings*

- An in-depth briefing on the lodge-specific COVID management plan must be conducted at the beginning of the trip
- A daily safety briefing must be conducted to remind guests of the guidelines and to confirm the absence of symptoms. Guests will be encouraged to immediately bring any symptoms to the attention of staff members
- Physical distancing must be maintained during briefings

3.3.4. *Daily symptom checks*

- All workers and guests must complete a quick daily symptom check. Refer to Section 3.6 if symptoms are reported

3.4. Food Service

3.4.1. *Dine-in Food and Beverage - [Link to WSBC Guidelines](#)*

- Help customers maintain good infection control and physical distancing by discontinuing operations, such as salad bars, buffets, and beverage service stations that require customers to use common utensils or dispensers. Do not provide self-serve food to guests
- Lunches and field snacks should be provided to guests in a pre-packaged format
- Consider plating individual portions for guest pick up at a designated service site from outside the kitchen if possible, or have staff serve to guests. Serving staff may need to wear PPE when handling guest food or beverage products if they are required to work within 2m of those they are serving
- Rearrange seating to ensure physical distance guidelines and maximum occupancy restrictions are observed. If seating cannot be arranged appropriately to ensure 2m physical distancing, consider installing physical barriers
- Map designated routes for customers to and from tables and washrooms. Consider using separate entry and exits and use signage and floor markings to ensure physical distancing
- Ensure adequate spacing between customers while in line for service in accordance with the applicable provincial requirements (at least 2 metres)
- Access to fresh water for guest's personal water containers should not be in or through the kitchen. Specific designated common use water access location(s) should be more frequently disinfected. Staff control and assistance may be a consideration
- Continue to use approved sanitizers and disinfectants for their designed purposes
- Remove ketchup, sugar, vinegar, salt, pepper, etc. and replace with one-time use containers of these products to minimize commonly touched surfaces. Frequently clean & disinfect surfaces repeatedly touched by employees or customers
- Wash, rinse, and sanitize food contact surfaces dishware, utensils, food preparation surfaces, and beverage equipment after use
- Frequently clean & disinfect surfaces repeatedly touched by employees or customers, such as door knobs, equipment handles, condiments, dining tables and counters etc
- Frequently clean and disinfect floors, counters and other facility access areas, such as bathrooms, using authorized disinfectants
- Prepare and use sanitizers according to label instructions

3.4.2. *Kitchen & back of house procedures*

- Only designated lodge staff are allowed to do dishwashing and post meal clean ups. No guests permitted in the kitchen
- Work with minimal staff to allow sufficient space for physical distancing. Consider re-arranging work areas or re-organizing work tasks to allow workers to maintain distance.
- Move food prepping activities to another room wherever possible. Separating duties into unused or alternate areas could be an option for some preparation and packaging
- Using markings or dividers in the kitchen to ensure physical distancing
- Routinely clean all frequently touched surfaces in the workplace, such as workstations, countertops, doorknobs and equipment. Provide disposable wipes so that commonly used surfaces can be wiped down by employees before each use
- Consider wearing nitrile gloves (instead of work gloves), depending on the task and where appropriate, when loading or unloading. Remove and dispose of them in a garbage bag immediately after you are done. Wash hands with soap and water immediately after removing gloves
- Ensure employees practice proper hygiene including frequent hand washing, & proper cough and sneeze etiquette (into elbows rather than hands)

- Authorized cleaning products should be used, following the manufacturer's instructions regarding dilution and contact time
- Increase the cleaning and disinfection frequency of high traffic areas and hand contact points, to reduce the risk of spreading COVID-19. Assign cleaning responsibilities and ensure that the level of cleaning meets the requirements set out in the cleaning schedule
- Only essential staff members should be permitted within the kitchen, to reduce possible contamination and to allow physical distancing measures to be upheld
- Communicate your physical distancing and personal hygiene measures to any delivery personnel or vendors who come to the lodge premises or pre transport storage and staging. Assign safe drop off areas and communicate any special protocols to delivery companies, staggering deliveries where possible. External packaging (boxes, crates etc.) must not be allowed inside the kitchen
- Trained staff should wash equipment and utensils using Health Department guidelines that allow achieving disinfection. If washing by hand, use the four-step process (wash, rinse, sanitize, air dry), ensuring that all equipment is disinfected. Particular temperature and chemical requirements apply to commercial equipment disinfection; see BCCDC and Provincial Health Services Authority Dishwashing Requirements for more details

BC Dept of Health Food Safety and Sanitation Plans - [Food Premises Regulation](#)

3.5. Lodging

Physical Distancing:

3.5.1 Guest Accommodations:

- Members of different households must not be placed in the same shared accommodation space
- In cases where this is not possible, shared accommodations should be arranged in such a fashion that beds are at least 2m apart and head-to-toe where possible. If beds cannot be at least 2m apart, use temporary barriers between beds, such as curtains, to prevent droplet spread while sleeping, and sleep head-to-toe
- No individuals in a shared accommodation can be ill or meet a criterion that requires self-isolation requirements. Any individuals that are ill or require self-isolation must be immediately moved into separate facilities, otherwise all individuals in the accommodation unit must be placed in self-isolation
- Ensure workers do NOT enter guest rooms until authorized

3.5.2 Common Areas:

- Where possible, groupings of any size must be structured so that those present can maintain a reasonable physical distance from each other, or other measures will be employed
- Operators should reduce (frequency and duration) in-person indoor meetings, guest briefings and other indoor gatherings and hold meetings outside to the extent possible
- It is critical to evaluate how many people can reasonably be in a common space and easily practice reasonable physical distancing between people to reduce the spread of COVID-19. It is strongly recommended that lodge operators have 5 square metres of floor space per person, i.e. 5 square metres/person
- In order to meet this guideline, lodge operators should consider reducing total numbers of workers and guests, or staggering mealtimes, briefings, and indoor recreation / socialization opportunities where practical. Other strategies could include opening additional common areas or providing means for guests to entertain themselves in their rooms

- Operators should consider placing markers such as tape or stickers strategically on benches, at tables, to locate chairs, and on floors to provide workers and guests with visible cues that support physical distancing
- Ensure that workers and guests are briefed on potential choke points (doorways, stairwells, etc) that may exist within a facility. Workers and guests should call out ahead when moving through choke points and should keep moving to avoid congestion and potential for contact

Engineering:

General Cleaning Requirements:

- Vacuums: Only use vacuum cleaners equipped with exhaust filters, preferably HEPA filters, for carpeted areas. If your vacuum does not have an exhaust filter, do NOT vacuum the room
- Steam Cleaners: Carpets can be cleaned using a steam cleaner which reaches a minimum temperature of 71°C, unless the floor coverings are not heat tolerant.
- Avoid the use of spray bottles or pressurized sprayers that might aerosolize contaminants
- Use a disinfectant that has a Drug Identification Number (DIN). Follow the instructions on the product label for dilution, contact time and safe use
- If commercial or household cleaning products are not readily available, you can prepare a bleach and water solution with 20 ml of unscented household bleach per 980 ml of water

All sauna facilities must be closed

3.5.3 General Disinfection Protocols:

- Clean visibly dirty surfaces before disinfecting, unless stated otherwise on the product instructions. Cleaning refers to the removal of visible dirt, grime and impurities. Cleaning does not kill germs but helps remove them from the surface
- Use clean cloths, paper towels or wipes to clean and disinfect surfaces
- Put cleaning and disinfectant solutions into clean buckets for use
- Immediately discard paper towels and disposable wipes after use
- When using the bleach and water solution, allow surfaces to air dry naturally. Make a fresh bleach solution each day. For more information, please see: [BCCDC - Cleaning and Disinfecting for Common Areas](#)
- Rubber gloves should be worn while handling bleach solutions and the area should be well ventilated

3.5.4 Handwashing Stations

- Lodge operators and workers must model good hygiene practices while with guests, including diligent hand washing with soap and water or use of hand sanitizer with a minimum 60% alcohol
- Handwashing stations with soap and water must be made available to individuals in the lodge
- Suggested additional locations include placing handwashing stations immediately outside or inside all rooms used for overnight accommodations or food service
- Handwashing stations may be either permanent or portable if needed in locations inside a lodge where there is a lack of pressurized water

3.5.5 Cleaning of Shower and Toilet Facilities

- Shared shower facilities must be cleaned and disinfected daily
- For lodges without plumbing for hot and cold water in shower stalls, bucket or bag type showers are acceptable. Bucket or bag type showers may be prepared by the individual if water is available at a tap or valve that can be easily disinfected, but if water must be

obtained using a “dipper” or other similar method from a pot or cistern the shower bucket / bag must be prepared by a trained worker using proper protective equipment

- Existing facilities previously used as saunas may be used for guest bathing or showering if equipped and configured in a way that allows the space to be easily and effectively cleaned and disinfected. If used for bathing, interior temperatures should be kept below 30 C. Sauna rooms must not be used for sitting or steam bathing
- If a shower or toilet stall is used by an individual in self-isolation, it must be cleaned and disinfected after use

3.5.6 Cleaning of Bedrooms

- Workers are NOT to provide housekeeping services within rooms occupied by guests or other workers rooms during their stay
- Prior to workers and guests moving into their bedrooms:
 - Provide a linen or plastic bag for the guest to place their dirty linens in, and a plastic bag for their other waste;
 - Advise workers and guests to tie laundry and waste bags shut and leave them outside their door for collection at the end of their stay
- Provide a linen or plastic bag for the guest to place their dirty linens in, and a plastic bag for their other waste
- Advise workers and guests to tie laundry and waste bags shut and leave them outside their door for collection at the end of their stay
- All guest rooms must be fully cleaned and disinfected at the end of every trip
- Provision must be made for a complete exchange of air within rooms prior to entry for housekeeping. When developing procedures, the lodge operator must consider the effect of ventilation and windows on air exchange in each bedroom to determine the wait time required before workers may enter for housekeeping
- Workers must practice diligent hand hygiene before entering and after leaving each bedroom
- Review all work procedures to minimize all opportunities for staff contact with splashes and spraying
- Complete a thorough cleaning of all hard surfaces as in Disinfecting Surfaces
- Steam clean all fabric items that cannot be laundered (e.g., plush chairs and drapes)
- Empty all garbage containers

3.5.7 Cleaning of Common Areas

- Items that cannot be easily cleaned and disinfected must be removed (e.g., magazines, books, throw pillows, etc.)
- Ensure daily cleaning and disinfection of all common areas and surfaces
- Ensure high touch surfaces are cleaned at least twice daily. This includes doorknobs and handles, telephones, radios, light switches, tables, chairs and washrooms
- Floors and walls should be kept visibly clean and free of spills, dust and debris
- Empty and clean garbage cans in common areas regularly

3.5.8 Cleaning of Facilities After Rental by a Family Group or Work Pod

- Lodge facilities may be rented for private use by families, ‘social bubble’ groups or work pods. Cleaning will be completed at checkout by staff or trained group leader

3.5.8.1 Common Areas

- Clean and disinfect all common areas, including door knobs and handles, telephones, radios, light switches, tables, chairs and washrooms
- For hostels, or rental-only facilities, implement a plan to ensure physical distancing in shared sleeping rooms, kitchens, and bathrooms. This may include blocking alternate beds, sinks, and workstations and having morning/evening timetables or scheduling access to kitchens and bathrooms by rooms or bed numbers. Arrange beds at least two metres apart, and head-to-toe. Use temporary barriers between beds, such as curtains

Refer to BCCDC Cleaning and Disinfecting for Common Areas

3.5.8.2 *Bedrooms*

All guest rooms must be fully cleaned and disinfected at the end of every trip

3.5.8.3 *Kitchen*

- Wash, rinse, and sanitize food contact surfaces, cookware, dishware, utensils, food preparation surfaces, and beverage equipment
- Clean and disinfect all frequently touched surfaces in the workplace, such as workstations, countertops, doorknobs and equipment

Administrative:

- Cleaning protocols will be created and posted throughout all facilities. Operators must train workers on routine cleaning and disinfecting procedures for high touch surfaces, as well as appropriate laundry and linen handling procedures. Orientations for guests should emphasize proper hand washing after using common areas
- Where possible (facilities with multiple stairwells, alternate routes) consider implementing one-way traffic in the lodge

Protective Equipment:

- If gloves are used, ensure they are disinfected between, or a new pair is used for each guest room
- Proper hand hygiene must be performed after removing gloves
- Staff should use the standard protective equipment (e.g., eye protection, mask) required for the hazards encountered through their normal course of work (e.g., handling chemicals)
- Handwashing stations should be checked, cleaned, and restocked with supplies multiple times per day by employees wearing appropriate Protective Equipment

3.6. Equipment, Tools and Supplies

Physical Distancing:

- Contact with another individual's personal items poses risk of indirect transfer of the virus. All personal items should be kept in locations where there is no risk of incidental contact by other workers or lodge guests
- Where practicable, each worker and guest should utilize only their own communication (radios, satellite communication devices) and safety equipment or other gear throughout the duration of the trip to minimize contact spread of COVID-19
- Mobile phones, water bottles, coffee mugs, headlamps, reading materials, and other personal items may have droplets on them and could transmit infection to another worker or lodge guest. These items must not be left in common areas. Lodge operators may consider removing surfaces (coffee tables, etc) where these types of objects commonly accumulate

- Personal gear and clothing, including Gore-Tex outer layers, insulating layers, leather gloves, backpacks, and ski boots may have droplets on them as a result of use and could transmit infection to another worker or lodge guest
- If adequate space is not available in existing drying rooms, consider providing cubbies or otherwise prevent incidental contact with another individual's gear
- Lodge operators may consider making it possible for workers and guests to store and dry their gear in their own accommodation space. Discard all items left by departing guests or workers

Engineering:

- Where it is not possible to provide personal equipment due to operational safety requirements, employees must wipe down and disinfect shared equipment with disposable wipes or a diluted bleach solution between uses by different individuals
- Employees who wear leather gloves or other impermeable gloves as hand protection during work may share tools and equipment without disinfecting the tools between each user and must continue to clean and wash hands to break the chain of infection

Administrative:

- Employers must establish a labeling system to help with organization of shared tools and equipment
- Leather gloves may have droplets on them and could transmit infection to another worker. Assign and label leather gloves to ensure each pair remains with one employee
- Employees should receive training on cleaning tools and to ensure compliance and understanding of hand washing and hygiene

Protective Equipment: - Each guest and employee will be assigned Protective Equipment for their personal use only

3.7. Activities

Physical Distancing:

- Physical distancing of 2m between all workers and guests should be maintained during guided field activities
- Particular attention should be paid to situations where physical distancing would not be a traditional part of the guide activity, including: regrouping, coaching of technical sections of trail, gear checks, short roping and other mountaineering applications
- Care should be taken to avoid following too closely behind one another when walking and hiking. Observe increased physical distancing guidelines to avoid the chance of acquiring droplets that may have become entrained in the wake or slipstream behind a fellow hiker

Engineering:

- Field activities must be modified to reduce the likelihood of situations where physical distancing cannot be safely maintained. In general, field activities should be undertaken with a reduced level of risk from normal operations
- Any shared tools will need to be disinfected between use as laid out in Section 3.5.5.6

Administrative:

- Itineraries may be shortened to decrease the risk of injuries or unplanned overnights
- Less technical routes should be selected to decrease the need for close-proximity guide to guest interactions

Protective Equipment:

- If physical distancing cannot be safely maintained in the field (e.g. guide administering first aid) then all involved individuals (guides and guests) should wear Protective Equipment (gloves and non-medical mask)
- Guides must ensure that all guests are carrying a set of Protective Equipment during field activities or must carry several extra sets in their first aid kit
- Staff outdoor work will follow the same considerations with respect to physical distancing, reduced risk tolerance and use of Protective Equipment as listed in 3.5.6.1

3.8. Managing Covid-19 Symptoms

3.8.1. Covid-19 Symptoms

- The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and the common cold. Commonly these are fever / chills, cough, sneezing, sore throat, and shortness of breath. Additional symptoms may include muscle aches, fatigue, headache, loss of appetite, runny nose, nausea and vomiting, diarrhea, loss of sense of smell or taste. Shortness of breath and chest pain can be signs of severe illness
- People infected with COVID-19 may experience little or no symptoms, with illness ranging from mild to severe
- Some people are more vulnerable to developing severe illness or complications from COVID-19, including older people and those with chronic health conditions
- A key issue in transmission is the median incubation period (the time from infection to appearance of symptoms) and the serial interval (the time between successive cases) for the Covid-19 virus. The serial interval for Covid-19 virus is estimated to be 5-6 days. There are some emerging indications that there are people who can shed Covid-19 virus 24-48 hours prior to symptom onset, but at present, the WHO suggests that this does not appear to be a major driver of transmission. However, we need to acknowledge that there is debate about this and that at this time we cannot be categorical

3.8.2. What to do if someone shows symptoms

Workers or guests who determine they may have signs or symptoms of COVID-19 based on the [self-assessment tool](#), must:

- Immediately report to the designated Covid-19 coordinator
- Call 8-1-1 to speak to a nurse from [HealthLink BC](#) and get advice about how what to do next;
- The affected person should proceed directly to self-isolation
- If you develop symptoms, use the BC COVID-19 Self-Assessment Tool to help determine if you need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else, if they are unable to
- After doing the self-assessment tool, if you still have questions, contact your healthcare provider or call 8-1-1 for guidance
- If the symptoms are severe such as shortness of breath (e.g. struggling to breathe or speak in single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department
- If the person displaying potential COVID-19 symptoms is in a camp that does not have a reliable method to communicate verbally with a health care professional, and/or is does not have reasonable access to reliable ground transportation (i.e. a road), then that person should be moved to a location that does

3.8.3. What to do if a guest or worker tests positive

- Any worker who tests positive will be not be able to return to active duty until they are free of the COVID-19 virus

- Any team members who work closely with the infected team member must also be removed from the workplace for at least 14 days to ensure the infection does not spread further
- Close off, clean and disinfect affected employees' work areas immediately and any surfaces that could have potentially been infected/touched

3.8.4. Isolation procedures

- Lodges have a responsibility to provide safe isolation, monitoring and care for workers or guests that become ill, as well as to protect the workers and guests on site from transmission
- If a worker or guest needs to be isolated, they should be sent home where practicable, or provided a separate room (and bathroom wherever possible) and follow all self-isolation guidance as provided by the [BCCDC Self Isolation Guidelines](#)
- If you have not traveled outside Canada you are required to isolate for a minimum of 10 days from the onset of any Covid-19 symptoms. You may return to your regular activities when;
 - At least 10 days have passed since your symptoms started, AND;
 - Your fever is gone without the use of fever-reducing medications (e.g. Tylenol, Advil), AND You are better (improvement in runny nose, sore throat, nausea, vomiting, diarrhea, fatigue)

If Symptoms Worsen, as per the following guidelines - BCCDC - If you are sick

- If it becomes harder to breathe, you can't drink anything or feel much worse, seek urgent medical care at an urgent care clinic or emergency department

If you or someone in your care has chest pains, difficulty breathing, or severe bleeding, it could be a life-threatening emergency. Call 9-1-1

Fraser Health Authority

Phone: (604) 870-7903

Email: HPLand@fraserhealth.ca

Island Health Authority

Phone: (250) 519-3401

Fax: (250) 519-3402

Email: gateway_office@viha.ca

Interior Health Authority

Phone: (250) 851-7305

Email: workcamps@interiorhealth.ca

Northern Health - Communicable Disease Hub

Phone (during business hours): 1-855-565- 2990

After hours phone: 1-250-565-2000, press 7 and ask for the Medical Health Officer on call

Vancouver Coastal Health Authority

Phone: (604) 675-3800 Manager on call

Email: EHVC@vch.ca

Take the Time to Wash Your Hands

It's the most effective way to prevent the spread of germs



Wet hands with running water.



Apply soap and scrub palms, backs of hands, wrists, between fingers and under nails.



Scrub for at least 20 seconds.



Rinse thoroughly under running water.



Dry hands with a single use towel.



Use the towel to turn off the faucet.



**No soap and water?
Use hand sanitizer.**



Apply enough product on hands to cover all surfaces, and rub hands until they're dry.

Appendix 2: Glove Donning and Removal

Technique for donning and removing non-sterile examination gloves

When the hand hygiene indication occurs before a contact requiring glove use, perform hand hygiene by rubbing with an alcohol-based handrub or by washing with soap and water.

I. HOW TO DON GLOVES:



1. Take out a glove from its original box



2. Touch only a restricted surface of the glove corresponding to the wrist (at the top edge of the cuff)



3. Don the first glove



4. Take the second glove with the bare hand and touch only a restricted surface of glove corresponding to the wrist



5. To avoid touching the skin of the forearm with the gloved hand, turn the external surface of the glove to be donned on the folded fingers of the gloved hand, thus permitting to glove the second hand



6. Once gloved, hands should not touch anything else that is not defined by indications and conditions for glove use

II. HOW TO REMOVE GLOVES:



1. Pinch one glove at the wrist level to remove it, without touching the skin of the forearm, and peel away from the hand, thus allowing the glove to turn inside out



2. Hold the removed glove in the gloved hand and slide the fingers of the ungloved hand inside between the glove and the wrist. Remove the second glove by rolling it down the hand and fold into the first glove



3. Discard the removed gloves

4. Then, perform hand hygiene by rubbing with an alcohol-based handrub or by washing with soap and water

Appendix 3: Example prescreening health questionnaire

APPENDIX A

EXAMPLE COVID-19 Health Check Questionnaire

The following questions are designed to ensure our Site Supervisors and Trade Partners are able to make informed and collaborative decisions that maintain the highest possible level of health and wellbeing on our projects. All workers must complete of this form.

Name:	Project Name:
Employer:	Date:

Please complete the following questions honestly and accurately by selecting "YES" or "NO".

QUESTIONS	Please Check	
	YES	NO
1. Have you travelled outside of Canada on or after March 12, 2020 or been in close contact with someone who has?		
2. Have you travelled to Italy, Iran, or the Hubei Province of China in February or March 2020 or been in close contact with someone who has?		
3. Are you experiencing the signs/symptoms of COVID-19? 4. i.e. shortness of breath, cough, sore throat, or fever?		
5. Have you been in contact with a person showing the symptoms of COVID-19 within the past 14 days?		
6. Have you been in contact with a person who has tested positive for COVID-19 within the past 14 days?		

If you answer "YES" to any of the questions above, you may be asked to leave the worksite and liaise with your Employer on next steps.

Your Employer will advise you on what must happen next and may include return to work or the recommendation to self-isolate and take the online COVID-19 self-assessment tool.

Workers who are determined not to present a risk of COVID-19 transmission to others on site will be allowed to return to work as per the relevant Policy.

***NOTE: This Health Check Questionnaire is mandatory for all workers.**

Workers who refuse to complete this Health Check Questionnaire as defined by the Site-Specific Pandemic Preparedness Plan will be denied access to the site.

I hereby acknowledge the above information to be true.
Employee Signature:

Appendix 4: Product Guide for Disinfectants

PRODUCT	DEFINITION	APPLICATION	PROTECTION LEVEL
Multi-Surface Cleaner	Use full-strength or dilute 250 mL per 4L of warm water apply to surface until thoroughly wet. Wipe with a clean cloth, sponge, or mop. To Sanitize/Disinfect: Pre- clean surface Apply to surface until thoroughly wet. To Sanitize: Leave for 1 minute before wiping. To Disinfect: Leave for 10 minutes before wiping. Rinse all food contact surfaces with water after using the product	Disinfectant that meet Health Canada's, requirements for emerging viral pathogens. These authorized disinfectants may be used against SARS-CoV-2	Advanced disinfectant and sanitizer for Hard surfaces
Bleach (6%) solution	100/1 dilution of sodium hypochlorite solution with water used to disinfect surfaces, 10mL bleach to 1 Litre of water. Minimum contact time of 10 minutes in a single application. Air dry.	Recommended by the BCCDC for disinfecting non-pours surfaces	General use disinfectant and sanitizer for Hard surfaces
Neutral Disinfectant cleaner	Use 3.9 mL per liter of water for a minimum contact time of 10 minutes in a single application. Can be applied with a mop, sponge, cloth, coarse spray or by soaking. The recommended use solution is prepared fresh for each use then discarded. Air Dry.	Approved for use against the coronavirus disinfecting non-pours surfaces	Advanced disinfectant and sanitizer for Hard surfaces, low acidity
Disinfecting Wet Wipes 70% Alcohol	To sanitize / disinfect: Pre-clean surface. Use 70% alcohol based fresh wipes to thoroughly wet surface. To sanitize: Allow surface to remain wet for 10 seconds. Air Dry.	Single use isopropyl alcohol wet wipes, disposable	Safe to use on electronics such as Smart phones, Tablets & POS equipment

Touch Free Hand Sanitizer	Minimum 70% alcohol hand sanitizer solution, rub hands together until dry.	To clean hands if handwashing is not available	General use to kill bacteria and viruses
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Hard-surface disinfectants must meet Health Canada's requirements for emerging viral pathogens. These authorized disinfectants may be used against SARS-CoV-2, the coronavirus that causes COVID-19. This means they are one of the easiest viruses to kill with the appropriate disinfectant when used according to the label directions

How to find out which disinfectant meets Health Canada's requirements for COVID-19

Health Canada - Hard-surface disinfectants and hand sanitizers (COVID-19): [*List of disinfectants for use against COVID-19*](#). Locate the Drug Identification Number (DIN) on the disinfectant product label and enter into the blank field

Appendix 5 - Additional Resources:

- [*Hard-surface disinfectants and hand sanitizers \(COVID-19\): List of hand sanitizers authorized by Health Canada*](#)
- [*BC Centre for Disease Control: Cleaning and Disinfecting:*](#)
 - [*Download a free physical distancing poster*](#)
 - [*Information for grocer's, restaurants & other food premises for employers & workers*](#)

WorkSafeBC

- [*What employers should do*](#)
- [*Preventing exposure to COVID-19 in the workplace: A guide for employers*](#)
- [*Staying safe at work*](#)
- [*Hospitality and COVID-19 safety*](#)
- [*COVID-19 and returning to safe operation*](#)