



Covid-19 Safety Plan for Swan Lake Programs

April 2021

Please note: This is a working document that is subject to change with Provincial Health Orders and as safety issues arise and new practices evolve and are implemented.

The virus that causes COVID-19 is highly contagious and can be spread to others in several ways such as droplets from the nose or mouth (during coughing, sneezing or even speaking) or touching your face after coming into contact with a contaminated surface. The risk of person-to-person transmission increases the closer you come to other people, the more time you spend near them, and the more people you encounter. The risk of surface transmission increases when many people contact the same surface over short periods of time.

The Education Team at Swan Lake Christmas Hill Nature Sanctuary has made changes to the way that programs are delivered to ensure the safety of participants as well as the Naturalists. The following guidelines, created in collaboration with the District of Saanich, Provincial Health Authority and Occupational Health and Safety must be followed to ensure the continuation of Swan Lake education programs while reducing the risk of transmission of COVID-19 among participants, staff, and other contacts.

General Expectations

- The entire program will occur outside.
- Participants will have access to wash their hands and hand sanitizer throughout the program
- If a participant forgets their mask, a disposable one will be available for use.
- Physical distancing will be practiced as much as possible (but will not undermine the safety of participants) and we ask parents and caregivers to maintain space between them, other parents, and others' children when dropping off and picking up.

Staff Expectations:

- Staff undergo a daily screening process prior to work to check for COVID-19 symptoms and will stay home if unwell. A notification will be sent to parents / caregivers if the program will be cancelled.
- Staff will maintain social distancing protocols and wear masks during the entire program
- Staff are expected to enforce the guidelines outlined in the COVID-19 Safety Plan for programs.



- If a child develops COVID-like symptoms* during the program, the parent or guardian will be notified to come and pick the child up immediately.

Parent / Caregiver Expectations:

- Parents / caregivers must keep their child at home if they are unwell.
- Parent / caregiver must confirm that their child(ren) are free of COVID-19 symptoms at drop-off.
- Parents / caregivers must stay behind the pylons and check-in table during drop-off and pick-up.
- Parent and participants must maintain space during drop-off and pick-up.
- Only those people listed on the form that you submitted will be authorized to pick up your child. Please let the program leader know if you would like to update the form before sending an unauthorized person to pick up your child.
- Parents and caregivers are asked to immediately notify sanctuary staff of any participants connected to a confirmed or probable case of COVID-19. Similarly, you will be notified if your child has been in contact with sanctuary staff later connected to a confirmed or probable case of COVID-19.

Participant Expectations:

- Participants are strongly encouraged to wear masks during the program and must wear a mask when using the washroom inside the Nature House. Exceptions will be made when participants are sitting apart outside. If your child has challenges with wearing a mask, please contact us prior to the program.
- Children must wash or sanitize their hands when they arrive to class. There will be further opportunities to wash hands throughout the class and before going home.
- Participants must maintain social distancing during the program wherever possible.
- Participants will be expected to wash hands prior to eating, after eating, and after coughing or sneezing.
- Program participants will be allowed to bring a snack or water bottle to class, but food sharing will not be allowed.



- Personal belongings will be kept in a designated area for each child (i.e. their mat).
- No toys from home are permitted at this time.

What can participants bring?

- A mask
- A snack
- Water bottle
- Work gloves (gloves will also be given to participants and not shared week-to-week)
- Please wear durable shoes (no flip flops or crocs) and **dress for the weather**

Cleaning Information

As per the WorkSafeBC guidelines, normal cleaning practices will be enhanced to include the following:

- Tables and mats will be cleaned prior and after each use
- High-traffic surfaces including doors, railing, and washrooms are cleaned frequently throughout the day.
- Each child will have designated materials such as scissors, glue, markers, etc. that will not be shared with other participants throughout the session.

Children and COVID-19

According to the BC Centre of Disease Control, “Children (ages 0-12) are at low risk of catching and spreading COVID-19” (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-and-children>, accessed April 2021).

While there is still ongoing research about children and COVID-19, we will be implementing all the safety precautions recommended to limit the potential spread in Swan Lake programs as outlined in the expectation sections above.



Expectations when visiting the Nature House

The Nature House is open to the public and you are welcome to come in before or after your Swan Lake program. Please keep in mind, the Nature House has the following regulations to keep visitors and staff safe during this time:

- Masks are required upon entry. A disposable one will be given out if you do not have one.
- Wash or sanitize hands upon entry
- There is a maximum of 12 visitors allowed in the Nature House at a time and smaller rooms inside have the following maximums:
 - 2 people in the gift shop
 - 4 people in the library
 - 1 person or adult and child in each bathroom.

Personal Protective Equipment and First Aid

According to the Canadian Red Cross, it is recommended that the “proper use of personal protective equipment (PPE) is extremely important” when providing with first aid

<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-and-considerations-for-an-ill-or-injured-person-during-covid-19>, accessed April 2021).

To protect participants and staff when providing first aid during a Swan Lake Program, you can expect staff will:

- Wash hands before and after providing first aid
- Wear a medical-grade face mask, eye protection, and gloves
- Maintain a physical distance of two meters, unless it is medical necessary to be near the person.
- Properly dispose of all used PPE after providing care.



Coronavirus COVID-19

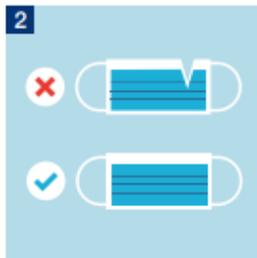
BC Centre for Disease Control | BC Ministry of Health



How to Wear a Face Mask



1 Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.



2 Check the new mask to make sure it's not damaged.



3 Ensure colour side of the mask faces outwards.



4 Locate the metallic strip. Place it over and mold it to the nose bridge.



5 Place an ear loop around each ear or tie the top and bottom straps.



6 Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.



7 Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.



8 Do not touch the mask while using it, if you do, perform hand hygiene.



9 Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

Removing the Mask



1 Perform hand hygiene.



2 Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.



3 Discard the mask in a waste container.



4 Perform hand hygiene.



*The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. The most common symptoms of COVID-19 include:

Key symptoms of COVID-19 include:

- [Fever](#) or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing

Other symptoms may include:

- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

Reference: BC Center for Disease Control <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>