

COVID-19

Guidelines for In-Class Training

Physical distancing is a primary means of preventing the spread of COVID-19, and is the underlying rationale for the public health orders. Where possible, instructors and students should maintain a distance of 2 metres apart from each other.

Physical distancing may not be possible for first aid training where physical contact is an integral part of the training.

In conjunction with provincial guidelines, and guidance from WorkSafeBC, Alert First Aid is taking the following measures to eliminate, mitigate, and control the potential for transmission during the training.

Before the Class

We kindly ask anyone (participants and instructors) with symptoms of COVID-19 including fever, chills, cough, shortness of breath, sore throat and painful swallowing, to stay home and not attend the training session. Instead, anyone with these symptoms should self-isolate at home for a minimum of 10 days, and contact Alert First-Aid to reschedule their in-class training.

Anyone under the direction of the provincial health officer to self-isolate must follow these instructions, and anyone who has arrived from outside of Canada, or who is a contact of a confirmed COVID-19 case, must self-isolate for 14 days and monitor for symptoms prior to attending in-class training.

Prior to attending the in-class portion of the course, a self-declaration must be signed and returned by each participant stating that you have had no known exposure to COVID-19 or shown any symptoms in the previous 14 days.

Please be assured that all non-disposable equipment and manikins used during the class will have been cleaned and sanitized prior to student use. The cleaning process:

- Follows Health Canada guidance, including updated COVID-19 guidance
- Is based on manufacturers' directions
- Adheres to use instructions for cleaning products

All surfaces in the classroom will have been cleaned prior to the start of each training session.

During the Class

Your instructor will review the procedures we take during all classes to minimize the risk of infection. When using manikins and other training devices, we will follow these practices:

- In-person classes will be limited to 6-9 participants, depending on the size of the classroom
- All participants/instructors must perform proper hand hygiene using soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. At a minimum, hand hygiene should be performed at the following times:
 - Beginning and end of class
 - Before and after breaks
 - Before and after skills practice sessions (when wearing gloves, hand hygiene should be done before putting on gloves and after removing them)
- All students must wear gloves and masks during all hands-on skills demonstrations, as proper first aid protocol during all skill scenarios
- Maintain physical distance - students and trainers must maintain a physical distance of at least two metres (six feet) from other people during all aspects of training, including both seated and standing activities. Where this is not practical, students and trainers must wear a minimum of a non-medical mask. Face masks must be properly discarded after each use and users must immediately wash their hands.
- Hands-on demonstration to be completed with use of manikins when feasible.
- 1:1 student-to-mannequin ratio will apply
- Mannequins should be spaced at least 1 meter (3 feet) apart during training, based on the World Health Organization (WHO) guidance on social distancing.
- Use a disposable barrier device when training on a mannequin. Face shields or pocket masks will be used to avoid direct contact with the mannequin. Each participant will have their own face shield or pocket mask for use during the course. Instructors will review the decontamination policy with participants.
- All “high-touch” surfaces in the classroom (door knobs, tables) will be cleaned during breaks throughout the training session.

After Class

- All mannequins are cleaned using an approved process after each class. The cleaning process follows the manikin manufacturer’s directions and the process recommended by the cleaning product manufacturers.
- All AED trainers are cleaned using an approved process after each class. The cleaning process follows the AED trainer manufacturer’s directions and the process recommended by the cleaning product manufacturers.
- Dressings/bandages will be washed or discarded after each use.
- Any other non-disposable equipment is also cleaned according to the manufacturer’s directions.