



## COVID-19 SAFETY PLAN





## GENERAL:

Golden Alpine Holidays (GAH) operates 4 remotely situated backcountry lodges north of Golden BC in the Esplanade range of the Selkirk Mountains. Occupancy of our lodges range from 15 to 17 people with typical trip visits from 3 to 7 nights. GAH provides guided or self-guided and catered or self-catered activities. While all activities are self-propelled, access is provided by helicopter. Regardless of the trip size GAH staffs each lodge to ensure proper function.

This document provides interim guidance for preventing the likelihood of communal transmission of the COVID-19 virus at GAH during the current pandemic. This is to align with COVID-19 orders, direction and safety protocols mandated by the Provincial Health Office (PHO) and regional health authorities. Updates to this document will be made as new information arises.

GAH reserves the right to deny anyone who does not follow the implement COVID-19 safety plan as well as anyone that is unfit to travel.

All staff and guests must comply with the following:

- Company procedures and signage related to COVID-19
- Show proof of being fully vaccinated for COVID-19
- Conduct daily symptom checks
- Bring approved personal face masks with necessary spares
- Practice physical distancing with other guests and staff
- Wear a non-medical face mask when appropriate physical distancing is not possible

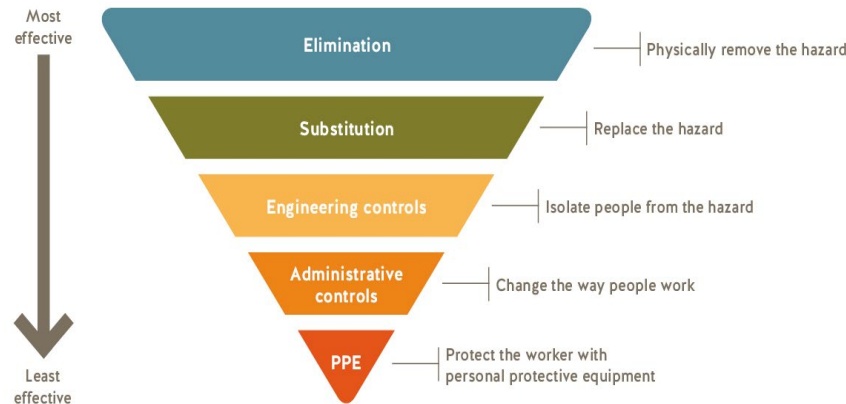
The risk reduction part of this plan is encompassed by these five principals and hierarchy of controls. This will minimize the interaction between our guests and staff to maintain a safe condition.

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



Each part of the trip will use the following hierarchy of control for risk management.

### Hierarchy of controls



### PRE-TRIP ARRIVAL:

- Guests and staff must be fully vaccinated for COVID-19.
- Guests and staff must not be awaiting test results for a COVID-19 test.
- Guests will acquire a non-medical mask and spares and their own hand sanitizer.

### ARRIVAL / STAGING:

- Guests and staff will be required to wear a mask in the staging area and stay 2m apart when possible.
- Staff will brief guests on the COVID-19 protocol.
- Staff will pre-screen guests using appropriate COVID-19 questions and check proof of vaccination.
- If a guest is unable to successfully complete the health declaration than they will be refunded the helicopter cost of their trip.

### HELICOPTER FLIGHTS:

- All air operators must comply with the Interim Order to Prevent Certain Persons from Boarding Flights in Canada due to COVID-19.
- Guests will receive helicopter safety briefing while respecting 2m of physical distancing.
- Physical distancing can not be maintained on the helicopter so guests must wear mask and sanitize hands before boarding.
- Staff will handle all loading and unloading of gear while wearing PPE.
- Onboarding guests will give distance to offboarding guests.



## BACKCOUNTRY TOURING:

- 2m social distancing policy must be maintained outdoors this includes re-grouping points.
- GAH guides will be trained separately on how to deal with first aid emergencies.
- GAH radios will be assigned to specific guests and are not to be shared. They will be cleaned and disinfected before being transferred.

## LODGE ACCOMADATIONS:

- Staff will brief guests on measures in place to reduce the transmission of COVID-19 in the lodge as well as the typical 'Hut Talk' regarding lodge operation and procedures.
- Disinfecting of lodges will be done in between groups with focus on high touch points. Please aid staff in exiting the lodge early on flight days.
- Hands must be washed/disinfected, and PPE must be worn during water retrieval
- Masks must be worn in the lodge and boot room except for in private rooms or when eating or drinking.

## Dining Room:

- Hands must be washed/disinfected before and after meals.
- During meals physical distance must be used through spacing around the dining table, using the other sitting areas or outside. If the group size does not allow for appropriate distancing, then staggered eating times are to be used.
- Dining area will be disinfected by staff after each meal please aid them in giving them space to do so, focus will be on high touch areas.

## Food Preparation/Kitchen:

- Kitchen occupancy is limited to 2 people at anytime. On GAH catered trips it is limited to staff only.
- Food will be prepped in the kitchen while wearing PPE (mask and gloves). Wearing gloves does not exclude food handlers from washing their hands.
- On GAH catered trips lunches will be provided and package to avoid having the traditional lunch spread.
- Dishes will continue to be washed using the four-step process (wash, rinse, sanitize, air dry), ensuring that all equipment is disinfected.
- Kitchen and food preparation tools will be cleaned and disinfected after each use.

## Bedrooms:

- 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 will be immediately moved into their own room until they can be extracted. For Sentry, the basement room will be used and for Sunrise, Meadow and Vista the boot room bedroom will be use
- No staff will enter a guest room until the guest has exited the room for the final time at the end of the trip.

## Shower and Toilet Facilities:

- Shared shower and toilet facilities will be cleaned and disinfected daily.
- No personal items can be left in the bathroom.
- Sauna can only be used by members of a shared household and must be clean and disinfected after use.

## Boot Room:

- Guests and staff will stager use in the boot room to minimize congestion.
- Any items that come in contact with an individual's face must be kept in their respective bedroom.
- Staff will clean and disinfect room in morning after group departs for day.



## MANAGING COVID-19 SYMPTOMS

- The symptoms of COVID-19 are like other respiratory illnesses, including the flu and the common cold. Commonly these are fever / chills, cough, 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.

### What to do is someone displays 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 a staff member and/or designated COVID-19 coordinator.
- Call 8-1-1 to speak to a nurse from [HealthLink BC](#) and get advice about how you are feeling and what to do next.
- The affected person should proceed directly to self-isolation in the designated room for each lodge.
- 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 an area 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.

### If a guest or worker tests positive:

- Any worker who tests positive cannot 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 self monitor for at least 10 days in accordance with the guidance of public health [Close Contact](#).
- Close off, clean and disinfect affected employees' work areas immediately and any surfaces that could have potentially been infected/touched.
- Guests who test positive for COVID-19 after leaving our facilities are asked to contact us immediately.

### 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 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.

Health Authority Contacts:

**Interior Health Authority**

Phone: (250) 851-7305 Email: [workcamps@interiorhealth.ca](mailto:workcamps@interiorhealth.ca)



## APPENDIX A: PRE-SCREENING QUESTIONS / DAILY SYMPTOM CHECKS

### Questions to be asked during pre-screening:

- Are you experiencing any symptoms related to COVID-19? (see below)
- Have you been identified as a close contact of COVID-19?
- Are you currently awaiting test results for COVID-19?
- Have you received the approved doses of vaccine for COVID-19?

If workers or guests answer yes to any of the above questions they will be asked to leave immediately. GAH will refund the guest the amount of their helicopter flight.

### COVID-19 Symptoms:

All staff and guests must not show any of the following symptoms related to COVID-19:

- Fever or feeling hot, chills/feverish
- Sore throat
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea





## APPENDIX B: CLEANING

### 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.

### 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:
- Guests will be provided their linens in a linen bag and a plastic waste bag
- Workers and guests are advised to tie laundry and waste bags shut and leave them outside their door for collection at the end of their stay.
- Workers must practice diligent hand hygiene before entering and after leaving each bedroom.
- All guest rooms must be fully cleaned and disinfected at the end of every trip.

### Kitchen and Dining Facilities:

- 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.

### Lodge Common Areas:

- Items that cannot be easily cleaned have been removed (magazines, books, games, etc)
- Common area and surfaces will be cleaned daily
- Doorknobs, handles, 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.

### Bathroom and Outhouses:

- Will be cleaned twice a day.
- Focused on door handles, seats, flush handles, light switches





## APPENDIX C: CLOSE CONTACT INSTRUCTION

### COVID-19

## Instructions for close contacts



BC Centre for Disease Control  
Provincial Health Services Authority

### You have been identified as a close contact

You may have been exposed to COVID-19. You need to self-monitor and may also need to self-isolate and/or get tested.

#### Self-monitoring

Monitor for symptoms of COVID-19 listed below for 10 days from the day you last had contact with the person who has COVID-19, even if you are fully vaccinated or had COVID-19 in the last 90 days.

If you develop symptoms of COVID-19 listed below, please use the [Self-assessment Tool](#) to see if you should get tested for COVID-19.

- Fever or chills
- Sore throat
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

If you have no symptoms of COVID-19, you do not need to be tested for COVID-19.

#### Testing and results

If you need to get tested, find the nearest testing location: [healthlinkbc.ca/covid19test](https://healthlinkbc.ca/covid19test)

#### Self-isolation

##### Fully vaccinated or had COVID-19 in the last 90 days:

You are not required to self-isolate, and you can continue to participate in routine activities, such as work or school, as long as you do not have any symptoms. **However, do not visit friends or relatives who are higher risk for severe COVID-19 (e.g. those currently in hospital, long term care, those with compromised immune systems, or over the age of 70 years) for 10 days after you were last exposed to COVID-19.**

Fully vaccinated means you received both doses of a 2-dose series (e.g. AstraZeneca, Pfizer-BioNTech, or Moderna vaccine) or it has been more than 14 days since you received a single dose of a 1-dose series (e.g. Janssen).

##### Not fully vaccinated and did not have COVID-19 in the last 90 days:

You need to **self-isolate for 10 days** from the day you last had contact with the person who has COVID-19, even if you do not have any symptoms. Self-isolation means keeping away from others to help stop the spread of COVID-19. Visit the [BCCDC website](#) to learn more about how to self-isolate. **In addition to the 10 days of self-isolation, you should not visit friends or relatives who are higher risk for severe COVID-19 (e.g. those currently in hospital, long term care, those with compromised immune systems or over the age of 70 years) for 14 days after you were last exposed to COVID-19.**

More details on risk factors for severe disease are available on the [BCCDC website](#).

## COVID-19

## Instructions for close contacts



BC Centre for Disease Control  
Preventable Health Services Authority

## Positive result

## Fully-vaccinated



- Self isolate for at least 5 days
- Continue to isolate if you still have a fever or no improvement in symptoms
- Wear a mask for 5 more days even in settings where it is not required. Avoid higher risk settings like long term care facilities and gatherings.

## Not fully-vaccinated



- Self isolate for at least 10 days
- Continue to isolate if you still have a fever or no improvement in symptoms

## Negative result

Fully vaccinated or  
had COVID-19 in last 90 days

- No need to isolate
- Continue to stay home if you still have a fever or no improvement in symptoms

## Not fully-vaccinated



- Self isolate for at least 10 days
- Continue to isolate if you still have a fever or no improvement in symptoms

APPENDIX D: ADDITIONAL SIGNAGE



# Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



**REDUCE THE SPREAD OF COVID-19**



**PHYSICAL DISTANCING  
IN PROGRESS**

**Maintain a distance of at least  
2 arms lengths from others.**



# Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



## Physical distancing

Protect yourself, your loved ones and your community from COVID-19

March 23, 2020

Physical distancing means making changes in your everyday routines in order to minimize close contact with others.

Keeping about two metres apart when we are outside our homes is something we can all do to help stop the spread of COVID-19.



Here are some other tips to practice physical distancing while keeping up mental wellness:

- ✓ Greet with a wave instead of a handshake, kiss or hug
- ✓ Exercise at home or outside
- ✓ Get groceries and medicines at off-peak times
- ✓ Go for a walk with family or others you are living with
- ✓ Work from home
- ✓ Use food delivery services or online shopping
- ✓ Go outside for some fresh air
  - Go for a run, bike ride, rollerblade, snowshoe, walk the dog or get the mail while maintaining safe physical distance from others
- ✓ Use public transportation at off-peak times
- ✓ Have kids play in the backyard or park

### Remember to:

- Stay at home when you're sick, even if symptoms are mild
- Avoid crowded places and non-essential gatherings
  - No play dates, group walks, basketball games or gathering on the beach
- Take care of your mental well-being through checking in with loved ones and self-care
- Cough and sneeze into your elbow or sleeve
- Wash your hands regularly



Learn more at [bccdc.ca/covid19](https://bccdc.ca/covid19)

Physical distancing: Protect yourself, your loved ones and your community from COVID-19

March 23, 2020



Ministry of  
Health

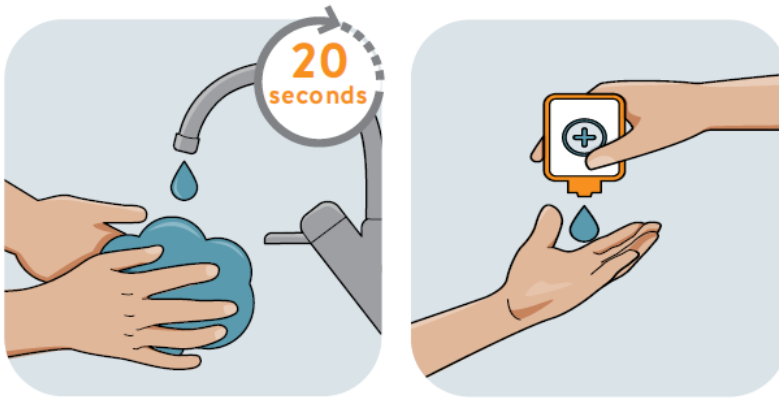


BC Centre for Disease Control

**If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.**



# Help prevent the spread of COVID-19



Wash your hands often with soap and water for 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer.

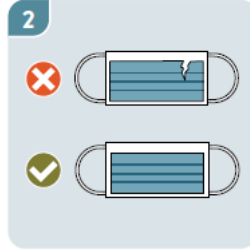
## Wash your hands:

- When you arrive at work
- Before and after going on a break
- After using the washroom
- After handling cash or other materials that have come into contact with the public
- Before and after handling shared tools and equipment
- Before and after using masks or other personal protective equipment

## Help prevent the spread of COVID-19: How to use a mask



1 Wash your hands with soap and water for at least 20 seconds before touching the mask. If you don't have soap and water, use an alcohol-based hand sanitizer.



2 Inspect the mask to ensure it's not damaged.



3 Turn the mask so the coloured side is facing outward.



4 Put the mask over your face and if there is a metallic strip, press it to fit the bridge of your nose



5 Put the loops around each of your ears, or tie the top and bottom straps.



6 Make sure your mouth and nose are covered and there are no gaps. Expand the mask by pulling the bottom of it under your chin.



7 Press the metallic strip again so it moulds to the shape of your nose, and wash your hands again.



8 Don't touch the mask while you're wearing it. If you do, wash your hands.



9 Don't wear the mask if it gets wet or dirty. Don't reuse the mask. Follow correct procedure for removing the mask.

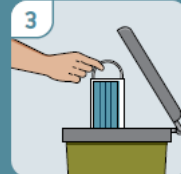
### Removing the mask



1 Wash your hands with soap and water or use an alcohol-based hand sanitizer.



2 Lean forward to remove your mask. Touch only the ear loops or ties, not the front of the mask.



3 Dispose of the mask safely.



4 Wash your hands. If required, follow the procedure for putting on a new mask.

Note: Graphics adapted from BC Centre for Disease Control (BC Ministry of Health), "How to wear a face mask."

## 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

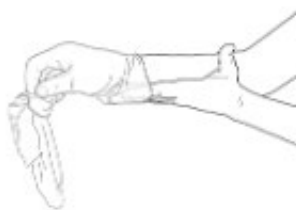


6. Once gloved, hands should not touch anything else that is not defined by indications and conditions for glove use

### 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 D: 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