

BC Mobility Opportunities Society (BCMOS)

COVID-19 SAFE PLAN



BCMOS's highest priority is to the safety of our staff, volunteers, & participants. BCMOS follows the protocols of the Creekside Paddling Centre as well as requirements from WorkSafeBC, provincial health authorities, and BCMOS management. Thank you for adhering to our protocols and for your commitment to everyone's well-being.

A. WorkSafeBC Safe Plan

First Level of Protection: Elimination

- a. BCMOS has reduced the number of appointments to minimize overcrowding on the trailer. This may be subject to change.
- b. Prior to arriving, all clients are required to complete a COVID-19 pre-screening form (<https://bc.thrive.health/covid19/en>). We ask that the form is completed honestly, and that those who display any symptoms or who have been travelling outside the country within two weeks prior to their appointment refrain from entering the trailer. A waiting list will be made for those who need to cancel due to any risk of illness.
- c. Clients will not be permitted to enter the main trailer area. The posted maximum occupancy limit is three (3) individuals, namely the BCMOS staff. Any equipment necessary prior to reservation will be retrieved by a staff member. Signs will indicate a check-in desk and designated waiting area.

Second Level of Protection: Barriers and Partitions

BCMOS will not be installing any barriers or partitions around the trailer. In incidences where social distancing cannot be maintained, personal protective equipment will be worn (see Fourth Level of Protection).

Third Level of Protection: Rules and Guidelines

- a. We would like to minimize the number of individuals coming within 6 feet of one another. Clients are asked to bring someone within their social bubble (e.g. caregiver) to assist with the transfer in and out of Trailriders. If the lift is required, this individual must be trained to operate it, otherwise a staff member will assist. If a client comes alone, staff members will be wearing extensive personal protective equipment for these transfers.
- b. In order to control crowd limits, there is a limit of one client per hike session (bubble of 6). In the case of our hikes, there will be two Sherpa, the participant, and a maximum of 3 others. There will be a maximum of 4 hiking sessions per day at Pacific Spirit Regional Park from Wednesday to Saturday, these time slots will begin at 10am, 11:30am, 2pm and 4pm. The hike will take place for around an hour and the rest of the time will be reserved for sanitizing our equipment before/after use and going through the safety protocols. There will be one time slot for the longer Spanish Banks hike on Sunday at 12:30pm.
- c. A number of WorkSafeBC and BCMOS signs will be present around the trailer outlining proper procedures and conduct. All visitors must necessarily abide by these guidelines in order to create a safe environment.
- d. Eating and drinking (unless necessary like drinking water) are not encouraged during the paddling session in order to minimize the chances of touching other shared surfaces and to take off your masks.

Fourth Level of Protection: Personal Protective Equipment

- a. A mask **must** be worn at all times while at the trailer and on the hike. This must be accompanied by social distancing from all other individuals on the trail when possible. We ask all visitors to please bring a mask. If required, BCMOS will be providing disposable masks for free.
- b. We recognize that while hiking, social distancing must be broken between the volunteer and the client. For this reason, it is required that clients wear a face mask on the hike.

B. BCMOS Specific Procedures

Before Arriving at the Trailer

1. All staff members, clients and volunteers are not allowed to participate in our program if they are feeling unwell, exhibiting symptoms of COVID-19, or have been outside of Canada in the last 14 days. In these cases, please inform the BCMOS Hiking Coordinators. A pre-screening checklist will be sent to all clients and volunteers prior to the start of our paddling program.
2. Fill out the following COVID-19 self-assessment survey before your first reservation: <https://bc.thrive.health/covid19/en>. If your result informs you to get a COVID-19 test and self-isolate, please call BCMOS as soon as possible. If your result informs you that you do not appear to have COVID-19, please show our office coordinator a screenshot of your result when you check in the day of your reservation.
3. Bring your own reusable or disposable face mask. If needed, BCMOS will provide you with a free one when you check in. Some exceptions may apply, please contact BCMOS if you have concerns about this.
4. If possible, bring an individual in your social bubble (e.g. a caregiver) to assist you with transferring into the Trailrider. If you require the lift, this individual must be trained to operate it, otherwise a staff member will assist.
5. If it is your first time this season, complete a consent form to bring in the day of or complete one at the hiking centre.

Once Arrived at the Trailer

1. On the day of the hike, please arrange your own transportation and meet at the hiking centre of the Pacific Spirit Regional Park at the designated time. Due to safety reasons and to limit touchpoints, our participants and volunteers do not have access to the inside of hiking trailer.
2. Masks will be distributed to our participants and volunteers upon arrival and are expected to be worn at all times during the hike. A sanitization station (with hand sanitizers and wipes) will be set up at the hiking center and these sanitization supplies will be readily available during the hike. There will also be posters and signage at the check in area, please refer to them and follow the rules.
3. Please sanitize your hands as soon as possible with one of the hand sanitizers provided around the trailer, or at a sink in the washroom.

4. Please wait in the designated waiting area until the Trailrider is ready to be launched. This area will be indicated by a sign.
5. The Trailrider will have been fully sanitized prior to your launch.
6. Refrain from touching your eyes, mouth or face.

Returning

1. As soon as possible after the hike, sanitize your hands using the hand sanitizers provided.
2. Do NOT remove your face mask until you have exited the hiking centre.

C. Summary

1. All clients must complete a COVID-19 self-assessment survey prior to their reservation, and show a screenshot of their result to a staff member when they arrive (<https://bc.thrive.health/covid19/en>).
2. Masks are mandatory in order to enter the hiking area. Please bring your own. A free disposable mask will be provided by BCMOS if you do not have your own.
3. If possible, please bring an individual within your social bubble (e.g. caregiver) to assist with your transfer into the Trailrider. If you require the lift, this individual must be trained to operate it, otherwise a staff member will assist.
4. Please do not bring anyone other than yourself and an individual within your social bubble to help with your transfer. This is to avoid overcrowding.
5. Due to safety reasons and to limit touchpoints, our participants and volunteers do not have access to the hiking trailer. Signs will indicate a designated waiting area, and any necessary equipment will be collected by staff from the office.

Equipment Safety Procedures

Due to safety reasons and to limit touchpoints, our hiking coordinators are responsible for setting up the trial riders from our trailers and the handling of the following equipment:

- Ramps
- First aid kit
- Bungee cords

- Mummy bag
- Slings
- Hoist
- Straps

A sanitization area will be set up at the hiking location. All equipment has to be sanitized with wipes and rubbing alcohol by our hiking coordinators before and after the hikes.

****Disclaimer:** Our rules and guidelines are in place to maximize the safety of our clients, volunteers, staff, and participants. Please ensure you cooperate and follow the rules. Staff reserve the right to refuse service to those who don't abide.

Thank you from your BCMOS staff: Avi Nachmani, Christy Yu, and Simon Sheehan.