



COVID-19 SAFETY PLAN (up-dated Jan. 7, 2022)

Part 1: Assessment of workplace risks

The virus that causes COVID-19 spreads in several ways. It can spread in droplets when a person coughs or sneezes. It can also spread if you touch a contaminated surface and then touch your face.

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 come near.

The risk of surface transmission increases when many people contact the same surface and when those contacts happen over short periods of time.

The closer together workers are and the longer they are close to each other, the greater the risk.

To assess the risks in our workplace:

- We have involved frontline workers and supervisors in identifying the risks in our workplace
- We have identified areas where people gather (entryways, hallways, washrooms, classrooms)
- We have identified job tasks and processes where workers are close to one another or members of the public (students and families)
- We have identified the tools, materials and equipment that workers share while working
- We have identified surfaces that people touch often, such as doorknobs and light switches

We have also considered the risk of transmission of COVID-19 for children and adults in an educational setting.

We have followed the updated guidance provided by the *Provincial COVID-19 Health and Safety Guidelines for K-12 Settings – Aug. 24, 2021 and: Addendum - Provincial COVID-19 Communicable Disease Guidelines for K-12 Settings, December 29, 2021*

COVID-19 and Children:

COVID-19 virus has a very low infection rate in children (ages 0 to 19). Most children are not at high risk for COVID-19 infection. Children under 10 comprise a smaller proportion of the total confirmed child cases compared to children between the ages of 10 and 19. Based on published literature to date, the majority of cases in children are the result of household transmission by droplet spread from asymptomatic adult family member with COVID-19. Even in family clusters, adults appear to be the primary drivers of transmission. Children under one year of age, and those who are immunocompromised or have pre-existing pulmonary conditions are at a higher risk of more severe illness from COVID-19 (visit the BCCDC Children with Immune Suppression page for further details). Children who are at higher risk of severe illness from COVID-19 can still receive in-person instruction. Parents and caregivers are encouraged to consult with their

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health-care provider to determine their child’s level of risk. Children typically have much milder symptoms of COVID-19, if any. They often present with low-grade fever and a dry cough. Gastrointestinal symptoms are more common than in adults over the course of disease, while skin changes and lesions are less common.

COVID-19 and Adults:

While COVID-19 impacts adults more than children, some adults with specific health circumstances are at an increased risk for more severe outcomes, including individuals: Aged 65 and over; with compromised immune systems; or with underlying medical conditions. Most adults infected with COVID-19 will have mild symptoms that do not require care outside of the home.

COVID-19 and Schools

Based on guidance from the Provincial Health Officer and experience to date within B.C. and other jurisdictions that schools continue to be low-risk sites for COVID-19 transmission, even with increased risk of COVID-19 in some communities, K-12 students can participate in full-time, in-class instruction in accordance with current public health guidelines for schools. This is partially due to wide-spread school closures worldwide at the onset of the pandemic to help prevent the spread of COVID-19. In documented cases, there was typically minimal spread beyond the index case though isolated outbreaks have been reported. Children do not appear to be the primary drivers of COVID-19 spread in schools or in community settings. Schools and childcare facility closures have significant negative mental health and socioeconomic impacts on vulnerable children. Prevention measures and mitigation strategies involving children must be commensurate with risk.

Supportive school environment:

Schools can support students to practice personal preventive measures by:

- Having staff model these behaviours.
- Sharing reliable information, including from the BC Centre for Disease Control and the Office of the Provincial Health Officer, to parents, families and caregivers.
- Promoting required safety measures in the school through the use of visual aids like floor markings and signage. In line with the K-12 class instruction for all students within current health and safety guidelines for schools, staff should utilize positive and inclusive approaches to engage students in preventive practices and should not employ measures that are punitive or stigmatizing in nature.

Addendum – Public Health Guidance for K-12 Schools - December 29, 2021

Due to the recent rise in cases of COVID-19 in BC and the emergence of the more transmissible Omicron variant, public health has recommended time-limited enhancements to the Public Health Guidance for K-12 Schools. While these enhanced measures may provide additional layers of protection, vaccines continue to be the most effective way to reduce the risk of COVID-19 within K-12 school settings. Everyone eligible is strongly encouraged to be fully vaccinated against COVID-19.

Gatherings and Events

School gatherings are events that bring staff and students together outside of regular learning activities. Schools should seek virtual alternatives where possible when a group is gathered, including for assemblies and staff meetings. If a virtual alternative is not possible, the size of the gatherings should be minimized as much as possible.

School extracurricular and social gatherings and events (including those occurring within and between schools), regardless of location, should occur in line with the guidance in this addendum and the Public Health Guidance for K-12 Schools, as well as any applicable local, regional, or provincial public health recommendations and Orders.

Additionally, the capacity for indoor gatherings and events facilitated by a school that involve members of the community beyond staff, students, and necessary volunteers, or that occur within and between schools, should be limited to 50% operating capacity and maximise use of available space. At this time schools are discouraged from hosting indoor events where spectators from the community are invited to attend in-person.

All educational activities, including extracurricular, and before, during or after-school programs led by a school should not require proof of vaccination unless otherwise specified in local, regional, or provincial recommendations and public health Orders.

Space Arrangement

Arrange rooms to maximize space between students and staff. Consider different common space, classroom, and learning environment configurations to allow space between students and adults (e.g., different desk and table formations).

Visitors

Limit visitors to the school to those that are supporting activities that are of benefit to student learning and wellbeing (e.g., teacher candidates, immunizers, meal program volunteers, etc). Ensure visitors follow school CDP and complete a daily health check before entering the school.

Limit crowding in common spaces

Implement strategies that prevent crowding during class transition times. This could include staggered start/stop times and staggered recess/snack, lunch, and class transition times. Consider ways to minimize crowding in common staff spaces, such as encouraging employees to use alternative spaces for lunch and breaks.

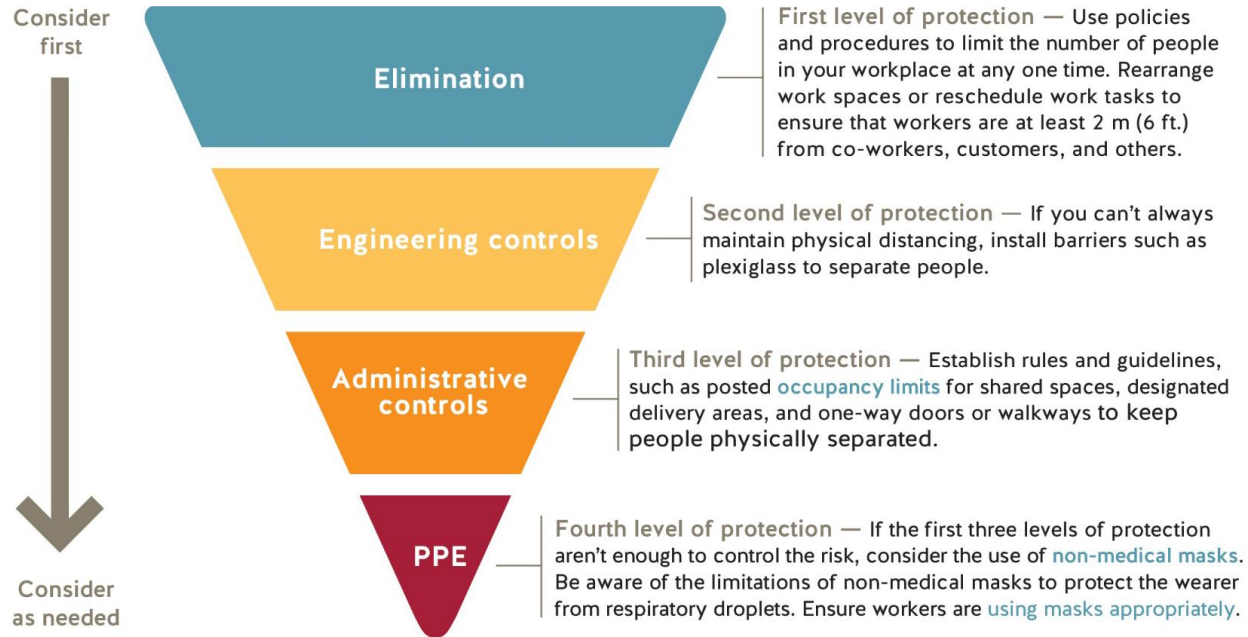
This guidance has been issued along with other extensive public health measures announced December 21st, 2021, by the Provincial Health Officer. This addendum is in place until January 31st, 2022, at which point it will be reviewed. Unless revised or rescinded, the enhanced guidance in this addendum should be used in addition to guidance in the Public Health Guidance for K-12 Schools.

Part 2: Implementation of protocols to reduce the risks

We have selected and will implement protocols to minimize the risks of transmission. We have reviewed K-7 education-specific and early childhood program-specific protocols on Ministry websites and on worksafe.bc.com. We have also consulted with an Environmental Health Officer from Island Health. Protocols will be aimed at **1)** reducing the risk of person-to-person transmission and **2)** Reducing the risk of surface transmission through effective cleaning and hygiene practices.

1) Reduce the risk of person-to-person transmission:

To reduce the risk of the virus spreading through droplets in the air, we are implementing protocols to protect against our identified risks. Different protocols offer different levels of protection. Wherever possible, we will use the protocol that offers the highest level of protection (refer to chart below).



First level protection (elimination):

Vaccines:

Vaccines are the most effective way to reduce the risk of COVID-19 in schools. Everyone eligible is strongly encouraged to be fully vaccinated (i.e. receive 2 doses) against COVID-19 to protect themselves and those around them – including those who are not eligible to be vaccinated. People who are not vaccinated are at higher risk of getting and spreading COVID-19. While children under 12 are not currently eligible to be vaccinated, they continue to be less likely to get and spread COVID-19 and have low risk of serious outcomes if they do get COVID-10. It is strongly recommended that adults interacting with children under 12 be fully vaccinated.

Limit the number of people at the workplace and ensure physical distance whenever possible

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- We have implemented measures to minimize physical contact wherever practical (eg. outdoor recesses, and other class time outdoors, as appropriate; established and posted occupancy limits for common areas such as washrooms (i.e. three people at a time in the elementary student washrooms), entryway, hallways and classrooms; staff minimize the frequency of direct physical contact with children and encourage children to minimize direct physical contact with each other; staff maintain physical distancing from one another close greetings will be avoided; students and staff will be encouraged not to touch their faces).
- Parents have been asked to stagger pick up and drop off times to limit crowding in and out of the facility, and do not enter the building unless necessary and then only while wearing a non-medical face mask; parents/guardians may make a scheduled meeting with staff via Zoom; recess transition times will be staggered to prevent overcrowding in the hallways.
- Parents, caregivers, health-care providers, volunteers and other non-staff adults (e.g. visitors) entering the school will be prioritized to those supporting activities that are of benefit to student learning and wellbeing (e.g. teacher candidates, immunizers, meal program volunteers, etc.). All visitors will confirm they have completed the requirements of a daily health check before entering. A list will be kept of the date, names and contact information for all visitors who enter the school (inside the Admin. Office).

Second level protection (engineering/environmental): Barriers and partitions and Ventilation/Air Exchange

- We have determined that the installation of barriers (such as Plexiglas installed in the bus or around desks) is not appropriate in this environment.
- HVAC system is operated and maintained as per standards and specifications.

Third level protection (administrative): Rules and guidelines

- We have identified rules and guidelines for how workers should conduct themselves.
- We have clearly communicated these rules and guidelines to workers through a combination of training and signage.
- Staff are to minimize the frequency of direct physical contact with children and encourage children to minimize physical contact with each other, through the structuring of the environment, routine, and activities.
- Staff and children do not share food brought from their home. Food may be prepared onsite and consumed by those who prepared it.
- Cleaning staff clean and disinfect high touch surfaces (door knobs, washrooms, light switches, faucets) once between each school day (refer to http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf)
- Staff maintain hand hygiene at prescribed times, and oversee student hand hygiene (refer to 'When Students/Staff should Perform Hand Hygiene' table below).
- Staff conduct their own daily health check prior to reporting for work using the form provided – 'Daily Health Check' and remind parents to use the 'Daily Health Check' for their children before attending school. Parents (and staff) must sign a form (*COVID Health Agreement - aka 'COVID-19 Health Requirements and Sign-off'*) acknowledging their understanding of the protocols, and, for parents, that they will pick up their child as soon as possible if called due to illness while at school.
- If space is available, students will be assigned their own seat on the bus (siblings may sit together).
- Bus passenger list will be completed daily.

- Staff meetings, in-service and professional development activities, and other staff-only gatherings will be held virtually wherever possible.

Fourth level protection: PPE-Using masks (optional measure in addition to other control measures)

- **According to the up-dated guidelines, all K-12 staff** and students (except those with exemptions due to health/behavioural concerns) are required to wear a mask in school and on school buses, except when eating and drinking or they are outdoors and can maintain two meters distance. **All Preschool staff** are required to wear a mask when indoors and interacting with other adults except when: they are eating and drinking or they are outdoors and can maintain two meters distance.

2) Reduce the risk of surface transmission through effective cleaning and hygiene practices

- We have reviewed the information on cleaning and disinfecting surfaces. http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf
- We have implemented cleaning protocols for all common areas and surfaces — General cleaning and disinfecting of the premises is completed at least once every 24 hours (this includes items that only a single student uses, like an individual desk); The garbage is taken out nightly; Preschool staff disinfect high-touch items mid-day, and as needed (door knobs, washrooms, light switches, faucets) in the preschool.
- Workers who are cleaning have adequate training and materials.
- Some frequently touched items like toys or manipulatives may not be able to be cleaned often (e.g. fabrics) or at all (e.g. sand, foam, playdough, etc.). These items can continue to be used, if hand hygiene is practiced before and after use.
- Staff will wear disposable gloves when cleaning blood or body fluids (e.g., runny nose, vomit, stool, urine). Staff wash their hands before wearing and after removing gloves.
- Washing with soap and water for at least 20 seconds is the preferred method of hand hygiene, especially when hands are visibly soiled. Antibacterial soap is not needed for COVID-19. Temperature does not change the effectiveness of washing hands with plain soap and water, though warm water is preferred for personal comfort.
- If sinks are not available (e.g., students and staff are outdoors), use alcohol-based hand rub containing at least 60% alcohol.
- Our workplace has enough handwashing facilities (and hand rub) on site for all our workers and students
- Handwashing locations are visible and easily accessed.
- We have guidelines (see below) and posters that specify when workers must wash their hands and we have communicated good hygiene practices to workers. Frequent handwashing and good hygiene practices are essential to reduce the spread of the virus.
- Students and staff should: Cough or sneeze into their elbow or a tissue; Throw away used tissues and immediately perform hand hygiene; Refrain from touching their eyes, nose or mouth with unwashed hands.
- Shared Physical Education equipment can be used, provided it is cleaned and disinfected as per the guidelines in the Cleaning and Disinfecting section of this document.

| When Students Should Perform Hand Hygiene: | When Staff Should Perform Hand Hygiene: |
|---|--|
| <ul style="list-style-type: none"> • When they arrive at school and before they go home. • Before and after any breaks (e.g., recess, lunch). • Between different learning environments (e.g., outdoor-indoor transitions, from the gym to the classroom). • Before and after eating and drinking. • After using the toilet. • After handling common resources/equipment/supplies or pets. • After sneezing or coughing into hands. • Whenever hands are visibly dirty. | <ul style="list-style-type: none"> • When they arrive at school and before they go home. • Before and after any breaks (e.g. recess, lunch). • Between different learning environments (e.g. outdoor-indoor transitions, from the gym to the classroom). • Before and after eating and drinking. • Before and after handling food or assisting students with eating. • Before and after giving medication to a student or self. • After using the toilet. • After contact with body fluids (i.e., runny noses, spit, vomit, blood). • After cleaning tasks. • After removing gloves. • After handling garbage. • Whenever hands are visibly dirty. |

Handwashing posters:

<https://www2.gov.bc.ca/assets/gov/family-and-social-supports/child-care/covid-19/wash-hands-poster.pdf>

http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf

- Staff oversee student handwashing, at times prescribed.
- Staff, students and parents have been reassured that playgrounds are a safe environment, and we will encourage appropriate hand hygiene practices before, during, after outdoor play.

Part 3: Policies

We have developed the necessary policies to manage our workplace, including policies around who can be at the workplace, how to address illness that arises at the workplace, and how workers and students can be kept safe in adjusted working conditions.

- Staff and students showing any symptom of illness will be prohibited from entering Beachcombers. This applies to: anyone with symptoms (as noted in attached *Daily Health Check* document); anyone directed by Public Health to self-isolate; anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case (must self-isolate for 14 days and monitor for symptoms).

- Students and staff who experience seasonal allergies or other COVID-19-like symptoms, which are related to an existing condition can continue to attend school when they are experiencing these symptoms as normal. If they experience any change in symptoms they should seek assessment by a health-care provider.
- Parents and caregivers must assess their child daily for symptoms as outlined in the *Daily Health Check*, and abide by the directions provided.
- Staff and other adults must assess themselves daily for symptoms as outlined in the *Daily Health Check*, and abide by the directions provided.
- School administrators ensure school staff and other adults entering the school are aware of their responsibility to assess themselves daily for symptoms prior to entering the school. We clearly communicate with parents and caregivers about their responsibility to assess their children daily before sending them to school. All workers and student families have received and signed off on the guidelines for staying home when sick (*Daily Health Check* form).
- First aid attendants have been provided OFAA protocols for use during the COVID-19 pandemic <https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>
- We ensure workers have the training and strategies required to address the risk of violence that may arise as customers and members of the public adapt to restrictions or modifications to the workplace.
- If a student starts to feel ill during class time: they will be separated from their group and will wash their hands; their parent/guardian will be called immediately to pick them up; they will wait in the Admin office until they are picked up; the office will be disinfected prior to further use.
- If a staff person starts to feel ill at work:
 - Sick workers should report to the most senior employee on site, even with mild symptoms.
 - Sick workers should be asked to wash or sanitize their hands, provided with a mask, and be isolated.
 - Ask the worker to go straight home [and consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self-isolation].
 - If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911.
 - Clean and disinfect any surfaces that the ill worker has come into contact with.

Part 4: Communication plan and training

Everyone entering the workplace knows how to keep themselves safe while at our workplace.

- Every worker is trained in workplace policies and procedures
- We have posted signage at the workplace, including occupancy limits and effective hygiene practices, such as ‘Cover your coughs and Sneezes’ (see additional posters and guidelines at end of this plan).
- We have posted signage at the main entrance indicating who is restricted from entering the premises, including visitors and workers/students with symptoms. http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_DoNotEnterPoster.pdf
- The Supervisor has been trained on monitoring workers and the workplace to ensure policies and procedures are being followed.

Part 5: Monitor and update our plans as necessary

- We have a plan in place to monitor risks, and make changes to our policies and procedures as necessary.
- Workers know who to go to with health and safety concerns.
- When resolving safety issues we will involve other workers, as appropriate.

Part 6: Assess and address risks from resuming operations

- We have a training plan for new staff.
- We have a training plan for staff taking on new roles or responsibilities.
- We have a training plan around changes to our business, such as new equipment, processes, or products.
- We have reviewed the start-up requirements for equipment and machinery that has been out of use.

REMEMBER TO **WASH YOUR HANDS**



Ministry of
Children and Family
Development

1. Wet hands with warm water

2. Add soap



3. Scrub for 20 secs

Sing the ABCs. Rub palms, backs of hands, thumbs, between fingers and under nails to create a lather.

4. Rinse and dry

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Hand Hygiene

SOAP OR ALCOHOL-BASED HAND RUB: Which is best?



Either will clean your hands: use soap and water if hands are visibly soiled.



Remove hand and wrist jewellery

HOW TO HAND WASH

1 
Wet hands with warm (not hot or cold) running water

2 
Apply liquid or foam soap

3 
Lather soap covering all surfaces of hands for 20-30 seconds

4 
Rinse thoroughly under running water

5 
Pat hands dry thoroughly with paper towel

6 
Use paper towel to turn off the tap

HOW TO USE HAND RUB

1 
Ensure hands are visibly clean (if soiled, follow hand washing steps)

2 
Apply about a loonie-sized amount to your hands

3 
Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)

COVID19_H4_U01



What to Do if a Student or Staff Member Develops Symptoms at School

| <i>If a Student Develops Symptoms of COVID-19</i> | <i>If a Staff Member Develops Symptoms of COVID-19</i> |
|---|---|
| IF STUDENT DEVELOPS SYMPTOMS AT HOME: | IF STAFF DEVELOPS SYMPTOMS AT HOME: |
| <p>Parents or caregivers must keep their child at home until they have been assessed by a health care provider to exclude COVID-19 or other infectious diseases, AND their symptoms have resolved.</p> | <p>Staff must be excluded from work and stay home for a minimum of 10 days from the onset of symptoms AND until symptoms resolve, whichever is longer.</p> |
| IF STUDENT DEVELOPS SYMPTOMS AT SCHOOL: | IF STAFF DEVELOPS SYMPTOMS AT WORK: |
| <p>Staff must take the following steps:</p> <ol style="list-style-type: none"> 1. Immediately separate the symptomatic student from others in a supervised area. 2. Contact the student's parent or caregiver to pick them up as soon as possible. 3. Where possible, maintain a distance of 2 metres from the ill student. If not possible, staff may wear a mask if available and tolerated, or use a tissue to cover their nose and mouth. 4. Provide the student with tissues to cover their coughs or sneezes. Throw away used tissues as soon as possible and perform hand hygiene. 5. Avoid touching the student's body fluids (e.g., mucous, saliva). If you do, practice diligent hand hygiene. 6. Once the student is picked up, practice diligent hand hygiene. 7. Staff responsible for facility cleaning must clean and disinfect the space where the student was separated and any areas used by them (e.g., classroom, bathroom, common areas). 8. Contact 811 or the local public health unit to notify them of a potential case and seek further input. <p>Parents or caregivers must pick up their child as soon as possible if they are notified their child is ill.</p> | <p>Staff should go home as soon as possible.</p> <p>If unable to leave immediately:</p> <ol style="list-style-type: none"> 1. Symptomatic staff should separate themselves into an area away from others. 2. Maintain a distance of 2 metres from others. 3. Use a tissue or mask to cover their nose and mouth while they wait to be picked up. 4. Staff responsible for facility cleaning must clean and disinfect the space where the staff member was separated and any areas used by them (e.g., classroom, bathroom, common areas). 5. If concerned, contact 8-1-1 or the local public health unit to seek further input. |
| <p>If a student or staff member is assessed by their family physician or nurse practitioner and it is determined that they do NOT have COVID-19, they may return to school once symptoms resolve.</p> | |



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REDUCE THE SPREAD OF COVID-19




PHYSICAL DISTANCING IN PROGRESS

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



BC Centre for Disease Control

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





Coronavirus COVID-19

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SICK OR SELF-ISOLATING? DO NOT ENTER



**DO NOT ENTER
IF YOU ARE SICK
OR REQUIRED
TO SELF-ISOLATE**



BC Centre for Disease Control

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

Non-medical inquiries (ex. travel, physical distancing): **1-888-COVID19 (1888-268-4319)** or text **604-630-0300**



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CLEANING AND DISINFECTANTS FOR PUBLIC SETTINGS

Good cleaning and disinfection are essential to prevent the spread of COVID-19 in BC.

This document provides advice to public groups, transit, schools, universities, and other institutions in BC on cleaning for non-health care settings.

Make sure to wash hands with plain soap and water after cleaning or use an alcohol-based hand sanitizer.



OR



Cleaning: the physical removal of visible soiling (e.g., dust, soil, blood, mucus). Cleaning removes, rather than kills, viruses and bacteria. It is done with water, detergents, and steady friction from cleaning cloth.

Disinfection: the killing of viruses and bacteria. A disinfectant is only applied to objects; never on the human body.

All visibly soiled surfaces should be cleaned before disinfection.

Cleaning for the COVID-19 virus is the same as for other common viruses. Cleaning products and disinfectants that are regularly used in households are strong enough to deactivate coronaviruses and prevent their spread.

Recommendations:

- ✔ General cleaning and disinfecting of surfaces should occur at least once a day.
- ✔ Clean and disinfect highly touched surfaces at least twice a day and when visibly dirty (e.g., door knobs, light switches, cupboard handles, grab bars, hand rails, tables, phones, bathrooms, keyboards).
- ✔ Remove items that cannot be easily cleaned (e.g., newspapers, magazines, books, toys).

Cleaning

For cleaning, water and detergent (e.g., liquid dishwashing soap), or common household cleaning wipes should be used, along with good physical cleaning practices (i.e., using strong action on surfaces).

Disinfection

For disinfection, common household disinfectants such as ready-to-use disinfecting wipes and pre-made solutions (no dilution needed) can be used. Use the figure and table below for guidance. Always follow the manufacturer's instructions printed on the bottle.

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Ministry of Health



BC Centre for Disease Control

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

Non-medical inquiries (ex. travel, physical distancing): 1-888-COVID19 (1888-268-4319) or text 604-630-0300



Occupational First Aid-protocols-covid-1



Beachcombers Academy & Little Oysters Preschool

7375 Island Hwy, Fanny Bay, BC, V0R 1W0

www.BeachcombersSchool.ca

COVID HEALTH AGREEMENT

(COVID-19 Health Requirements and Sign-off)

Beachcombers Academy and Little Oysters Preschool has followed the guidance of BCCDC, WorkSafe BC, Health Canada, Island Health, and the BC Ministries of Education, and Children and Family Development to develop our *COVID-19 Safety Plan*.

Here are some key components of our plan that you will need to know and understand before your child attends Beachcombers:

1. You will need to conduct a **Daily Health Check with your child each morning**, prior to attending school.
2. **Staff and students showing symptoms of COVID-19 will be prohibited from entering Beachcombers.** This applies to: anyone with symptoms of COVID-19 (as noted in attached *Daily Health Check* document); anyone directed by Public Health to self-isolate; anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case (must self-isolate for 14 days and monitor for symptoms).
3. **If your child becomes ill while at the facility**, you will be called and will make arrangements for them to be **picked up right away**.
4. **Parents/Guardians will stay outside of the building** when you arrive for pick-up and drop-off times. Please stagger your entry into the school grounds to maintain physical distancing. Students will put away their backpacks, lunch kits, etc. and gather them at the end of the day. Parents may make a scheduled appointment to speak with a staff member, and will don a mask when in the facility.

Read and understood:

Child(ren)'s name(s): _____

: _____

Parent/Guardian Signature: _____

Date: _____

BEACHCOMBERS ACADEMY AND LITTLE OYSTERS PRESCHOOL
DAILY HEALTH CHECK
 (up-dated Feb. 18, 2021)

| 1. Do you have any of the following symptoms? | Circle One | |
|---|------------|----|
| - Fever higher than 38 C | YES | NO |
| - Chills | YES | NO |
| - Cough or worsening of chronic cough | YES | NO |
| - Difficulty breathing | YES | NO |
| - Loss of sense of smell or taste | YES | NO |

If you answered “YES” to ONE or more of the symptom questions above, stay home and get a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If you are unable to seek a health assessment, you may determine if testing is required by using the COVID-19 Self-Assessment Tool

<https://www.k12dailycheck.gov.bc.ca/healthcheck?execution=e1s6>

OR:

| 1. Do you have any of the following symptoms? | Circle One | |
|---|------------|----|
| - Sore throat | YES | NO |
| - Loss of appetite | YES | NO |
| - Extreme fatigue | YES | NO |
| - Headaches | YES | NO |
| - Body aches | YES | NO |
| - Nausea or vomiting | YES | NO |
| - Diarrhea | YES | NO |

If you answered “YES” to ONE of the symptom questions above, stay home until you feel better.

If you answered “YES” to TWO or more of the symptom questions listed above, stay home for 24 hours. *If symptoms don't get better or get worse, get a health assessment; contact a health care provider or 8-1-1 about your symptoms and next steps.*

| International Travel and Confirmed Contacts: | | Circle One | |
|--|---|--|----|
| 2. International Travel | Have you returned from travel outside Canada in the last 14 days? | YES Self-quarantine for 14 days is mandatory for all international travelers returning to B.C. | NO |
| 3. Confirmed Contact | Are you a confirmed contact of a person confirmed to have COVID-19? | YES If you are a confirmed close contact of a person confirmed to have COVID-19, you must follow the instructions provided by Public Health | NO |

When a **COVID-19 test** is recommended by the health assessment or Self-Assessment tool:

- If the COVID-19 test is **positive**, stay home until you are told by public health to end self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.

- If the COVID-19 test is **negative**, you can return to school once symptoms have improved and you feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.

If a COVID-19 **test is recommended but is not done** because you choose not to have the test, or you do not seek a health assessment when recommended, and your symptoms are not related to a previously diagnosed health condition, stay home from school until 10 days after the onset of symptoms, and then you may return if you are feeling well enough.

If a COVID-19 **test is not recommended** by the health assessment or the self-assessment tool, you can return to school when symptoms improve and you feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

A health-care provider note (i.e. a doctor’s note) is not required to confirm the health status of any individual.

Updated Jan. 7, 2022

Summary of School-Based Control Measures

Free-form Snip



1. STAY HOME WHEN SICK

All children and staff with common cold, influenza, COVID-19, or other respiratory diseases must stay home and self-isolate.



2. HAND HYGIENE

Everyone should wash their hands more often!

Thorough hand washing with plain soap and water for at least 20 seconds is the most effective way to reduce the spread of illness.



3. RESPIRATORY AND PERSONAL HYGIENE

Cover your coughs.

Do not touch your face.

No sharing of food, drinks, or personal items.



4. PHYSICAL DISTANCING AND MINIMIZING PHYSICAL CONTACT

Spread children out to different areas.

Take them outside more often.

Stagger lunch times. Incorporate individual activities.

Remind children, "Hands to Yourself!"



5. CLEANING AND DISINFECTION

Clean and disinfect frequently touched surfaces at least twice a day.

General cleaning of the centre should occur at least once a day.

Use common cleaning and disinfectant products.