

## WMA Health Safety Protocols - STUDENTS

Our intention remains to provide meaningful training for our learners. The current COVID-19 pandemic has made this more difficult but not impossible. In order to minimize risk, it is important that there be a cooperative understanding amongst our office, the sponsor, our instructors and learners about what is acceptable.

We have developed three documents outlining our expectations for learners, instructors and sponsors. The following is specific for students. They are based on guidance from the Centers for Disease Control as well as from a variety of national organizations and relevant medical literature.

The science and official policy remain in flux. We will do our best to stay ahead of the curve and we would ask you to do the same.

### CONSIDERATIONS:

- **Class size** – Class size limits are based on provincial and regional restrictions. Provincial restriction must be adhered to at all times.
- **Transportation** - Ideally, we think it best that learners arrive in their own cars or there be accommodations where they can stay if quarantine is necessary. Shared transportation will increase risk and should be avoided.
- **Provided accommodations** - Except with current live-in partners, learners and instructors should not have to share accommodations, either in a facility or in outdoor camping. Bunkhouses have a significant risk.
- **Meals** – If meals are being consumed on-site, social distancing should be followed. Family or self-serve buffet style are not recommended. Individually packaged would be ideal.

### BEFORE COURSE STARTS

- It is highly recommended students seek COVID testing prior to arriving on the course
- **Complete COVID prescreening as issued by Sponsor 24 hours prior to course start**
  - If you screen positive, by having any symptoms listed below or having contact with a COVID-19 positive individual within the last 14 days you must stay home and not attend the course.
- Complete Pre-Course work (Bridge (Wafa to WFR) and Open Recert students)

### **DURING COURSE:**

- All learners must arrive on site with a face covering and put it on prior to exiting their vehicle once they arrive at course site. Eye protection is also highly recommended.
- Frequently wash hands and adhere to Sponsor regulations
- In appropriate locations students can be divided into pairs for the duration of the course in order to limit contact with the rest of the students but allow for adequate practical skill application
- Students will be required to wear their masks throughout the course. They should bring a Ziploc or Tupperware to put their mask in while on nutrition breaks.
- If showing any symptoms of COVID, student will immediately contact Sponsor and Instructors.

### **SPONSOR WILL:**

- Clean and disinfect shared surfaces, such as table, doorknobs, etc., with an appropriate cleaner, following product directions. At a minimum, this should happen three (3) times daily: during lunch break, after class and, if used at night, then before class the next morning.
- Provide multiple hand washing stations with clean running water and soap; both inside and outside. Where hand washing stations are not possible, hand sanitizer is secondary resource.
- Provide Clothes line for learners to use to air -dry items after simulations. Prepare an area to designate as “used” and “clean” for collectively used equipment.
- Provide adequate tissues and trash receptacles.
- Provide Cleaner and Disinfectant for use in cleaning the site as well as training equipment.
- Have a Quarantine Plan consistent with local health department guidelines
- Provide Medical Practitioner Contact - for advice and, potentially, testing if required.
- When possible remove or limit hard to clean items with porous surfaces from the learning environment (e.g., soft seating, area rugs, etc)
- Post info sheets, about COVID-19 and Stopping the Spread of Germs, in the classroom.
- Set up seating and tables to meet minimum of 2 meters (6 feet) between every learner in each direction and allow enough space at front of classroom for instructors to easily move around and maintain 2 meters (6 feet) from front row of learners.
- Screen potential learners 24 hours prior to arrival on course. Provide a private area for Instructors to rescreen students as they arrive on course prior to entry into the site.
- Ensure learners to arrive on site with a face covering & ensure it is worn at all times. Eye protection is also highly recommended.
- Provide an isolation area should a learner not pass screening

## WHAT TO BRING

- Current WMA Certification Card (if recertifying)
- Copy of 6 Month Extension Certificate (if applicable)
- Copy of Pre-Course Work Certificate (if applicable)
- **Face Mask with Storage Container** (depending on the length of the course you may want to bring more than one mask)
- **Eye Protection** (Optional)
- **Spare clothing and blankets in order to create a scarecrow style training dummy.**
- Watch (for taking vital signs)
  
- Water bottle or hydration pack
- Lunch & Snacks (if not provided by Sponsor)
- Notebook and pens
- Day pack or book bag for storing your belonging
- A set of clothing that can be stained or cut during training simulations.
- Footwear appropriate for weather and rough terrain
- Weather Appropriate Outerwear (i.e. waterproof jacket, synthetic or wool base layers, hat or toque, gloves, sunglasses, etc)
- Comfortable clothing & footwear for indoors
- *Optional: Something to sit and lie on outside such as an insulate pad*

## HEALTH QUESTIONNAIRE

This will be administered by the Sponsor 24-hours prior to the course and re-administrated by the Instructors on the course. Requirements can differ from province to province and are subject to change based on provincial and national policy updates

You are legally required to self-isolate if:

- you test positive for COVID-19.
- you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition.
- you have been in contact with someone known to have COVID-19.
- you have travelled outside Canada within the last 14 days.

You do not have to self-isolate if:

- you are awaiting asymptomatic test results.
- you have no symptoms of illness.
- you have symptoms of illness that are related to a pre-existing illness or health condition.
- you have tested negative for COVID-19.
- you have tested negative for COVID-19 and have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition. We do always suggest you stay home when sick with any illness, until symptoms resolve; however, if your COVID test is negative, this is not legally required.

If you answer YES to any of these questions, you will not be allowed on course.

1. **Within the past 14 days, have you received a positive diagnosis for COVID-19?** (Yes/No)
2. **Have you had close contact in the last 14 days with any individual who has tested positive or presumptive positive for COVID-19?** (Yes/No)
3. **Within the past 14 days, have you (or anyone in your home) travelled outside of Canada?** (Yes/No)
4. **Have you been identified as a contact of someone who has tested positive for COVID-19 or been asked to self-isolate by your provincial health agency, the Communicable Disease Control or any other governmental health agency?** (Yes/No)
5. **Have you in the last 14 days experienced:**
  - a. a fever of over 100 degrees Fahrenheit
  - b. a persistent cough
  - c. a loss of smell or taste
6. **Have you in the last 14 days experienced new or worsening:**
  - a. Sore throat, runny nose, nasal or sinus congest
  - b. Shortness of breath or difficulty breathing
  - c. Headache
  - d. Fatigue
  - e. Muscle aches
  - f. Confusion
  - g. Nausea, Vomiting or Diarrhea

\*(<https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>)