

COVID-19 Safety Plan

RealFit Personal Training Inc. @ SCP

This plan is in supplement to the attached document *COVID - 19 Safety Plan for: RealFit Personal Training Inc. at SCP* and outlines the controls, protocol and actions the RealFit team will operate with, in addition to complying with safety enhancements, controls and protocol in place at Saanich Commonwealth Place.

The control and protocols here within that RealFit Kinesiologists will abide by have been developed from the direction of **WorkSafeBC Health Professionals: Protocols for returning to operation**, **BCDC COVID-19: Infection Prevention and Control Guidance for Community-Based Allied Health Care Providers in Clinic Settings** as well as the **British Columbia Association of Kinesiologists (BCAK)**.

The safety plan will be posted outside the door of the weight room of Saanich Commonwealth Place and will be adapted as the covid-19 pandemic evolves.

Wherever possible RealFit kinesiologists will:

Follow **Public Health measures**, these measures are established and implemented by the provincial Health officer and Regulatory bodies not by the kinesiologist.

RealFit will modify **Environmental measures** to prevent the spread of the disease whenever possible. Kinesiologists are to ensure that:

- Initial client intake screening is done via the safest method possible (phone or email). Prior to the initial session the covid-19 screening tool is used. In-person indoor training, outdoor training or telehealth environments will be recommended based on the initial intake screening to best suit the risk profile of the client
- Physical distancing measures are being observed by clients and staff throughout the session
 - There will be instances where it is not possible to maintain physical distancing while manual therapy modalities are being performed. The practitioner will

- perform a risk assessment to see if additional protective equipment is required for any given client prior to performing therapy.
 - The Kinesiologist and client will remain 2m apart when manual therapy is not required.
- Enhanced cleaning protocols in between every session in addition to the enhanced sanitization measures in place at SCP
 - RealFit will use using cleaning products approved by the District of Saanich EOC
 - RealFit will train kinesiologists in cleaning procedures including but not limited to:
 - Wash hands immediately before and after cleaning
 - Wipe down surfaces in shared office/treatment room, if used, including door handles, chair and stool, table top
 - All used equipment to be sprayed and wiped down with disposable towel before and after use
 - Wipe down computer/iPad
 - Wipe down cellphone if in treatment room/gym

RealFit will modify **administrative measures** to ensure that scheduling is done in a way that ensures screening, sanitization measures, individual client needs and other measures can be implemented safely and maintained throughout a regular work week:

- RealFit will ensure scheduling within the occupancy limits or the weight room, pool and movement rooms at SPC
- RealFit will inform clients of our new procedures/protocols through both janeapp appointment booking software and our website.
- Clients will be contacted the day before appointment via email to pre-screen prior to the scheduled session. They will be asked to perform the COVID-19 Facility Screening Tool (see attached) virtually and will be told to stay home if experiencing any symptoms of COVID-19 (see below for list) and if they have not been tested for COVID-19, it is recommended that they do so and start the process by calling 8-1-1. And should the status of their health change, they are asked to please notify us in advance of the session.
- Clients will be required to provide information about their current symptom state both during the online covid screening tool and verbally upon arrival to their session. If a client is experiencing any symptoms they will not be permitted to attend their session or asked to leave immediately if the symptoms become present during their session.

- Clients will not be billed for late cancellations due to experiencing symptoms or any of the factors from the screen tool that deem them unable to proceed as scheduled
- Signed Informed Consent - COVID-19 form must be completed by the client before arriving for their first appointment at Saanich Commonwealth Place. This form will be prompted for completion as part of the Janeapp reminder email. If they have not completed one before they arrive, they will do so at this point. As part of this consent form, clients must acknowledge that while the Kinesiologists at RealFit have taken all possible measures to minimize risk of viral transmission, the nature of exercise therapy means that physical distancing is not always possible and therefore participation involves some risk of virus transmission.
- RealFit appointment schedule is staggered in such a way to allow for maintenance of appropriate client density, sanitization requirements and physical distancing
- RealFit leadership is responsible for disseminating relevant practice information to this team as it becomes available
- Clients are provided with clear instructions on how to prepare for their session including what to do before during and after the session takes place
 - Arrive on time and ready to train to avoid use of the changeroom
 - Use hand sanitizer at the beginning and end of the session
 - Clients will be asked to limit the number of personal items that they bring to a session with the belongings placed in a bin that is sanitized between clients.
 - Payment will be accepted online through Janeapp
 - Support materials will be provided via email

RealFit Kinesiologist who directly deliver client care have the most control over the **personal measures** employed. As such kinesiologist are expected to:

- provide professional judgment when determining the safety of treatments and determining how best to proceed with direct client care and articulate the risks and benefits to clients and supervisors
- Self isolate when ill
- If experiencing symptoms of respiratory disease it's prudent to get tested. If infection is confirmed the kinesiologist must follow self isolation guidelines as per the BCCDC
- Maintain appropriate physical distance and use appropriate PPE when unable to maintain the distance

- Recognize potential hazards and take appropriate action to mediate them
- Practice respiratory etiquette (coughing or sneezing into the inside of elbow)
- Practice hand hygiene, washing or sanitizing hands before and after each client session
- Limit face touching and mask adjusting
- Not contribute to the spread of misinformation

Personal protective equipment is used after conducting an appropriate point of care risk assessment to determine the risk of infection to the kinesiologist based on client presentation or other relevant information and based on the necessity of breaching the physical distance measures to employ the technique indicated.

- PPE must be put on and taken off properly in order to be effective as per BCCDC while observing physical distancing requirements
- Kinesiologists are not required to wear PPE unless otherwise indicated, in which case both reusable and disposable masks as well as gloves are supplied by RealFit for kinesiologists use
- Kinesiologists are expected to know when and how to use PPE to properly dispose of a clean PPE and not misuse or waste PPE