



COVID-19 Exposure Control Plan



The policy of **Island Lake Resort Group** is to ensure that our employees are protected for occupational exposure to COVID-19 in a manner that complies with the B.C. Workers Compensation Act and Occupational Health and Safety Regulations. Our work procedures will protect not only our workers, but also other workers who enter our facilities. All employees must follow the procedures outlined in this plan to prevent or reduce exposure to COVID-19.

Health Hazards Of COVID-19

COVID-19 is a new coronavirus that causes diseases ranging from the common cold to more severe respiratory illnesses. COVID-19 has been declared a global pandemic and public health emergency.

People over the age of 60 and those with a weakened immune system or underlying medical conditions are considered at higher risk of severe illness.

Symptoms

Symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. They include coughing, sneezing, fever greater than 38 degrees Celsius, sore throat, difficulty breathing, vomiting and diarrhea.

People infected with COVID-19 may experience little or no symptoms with illness ranging from mild to severe.

Transmission

Public Health experts advise that the disease is spread through droplet transmission when large infected droplets contact surfaces of the eye, nose or mouth. The BC Centre for Disease Control advises that most people become ill from being in close contact with someone who showed symptoms such as coughing and sneezing, therefore transmitting the virus through droplets. When droplets fall on surfaces or objects, people can catch COVID-19 by touching contaminated surfaces or objects, then touching their eyes, nose or mouth.

The incubation period is 1 to 14 days. COVID-19 is contagious for at least 10 days after the initial onset of symptoms.

Exposure to the virus may occur in a variety of ways, including the following:

- Shaking hands with an infected person or touching a surface contaminated with the virus, followed by touching one's eyes, nose, or mouth.
- Infectious droplets from a coughing or sneezing person landing in the eye or onto the moist inner surfaces of the nose or mouth.
- Breathing infectious airborne droplets or particles from coughing or sneezing.
- Sharing food items or utensils with an infected person.



Employer Responsibilities

- Ensure that materials (for example, gloves, alcohol-based hand rubs, and washing facilities) and other resources such as worker training materials required to implement and maintain the plan are readily available where and when they are required.
- Select, implement and document the appropriate site-specific control measures.
- Ensure that supervisors and workers are educated and trained to an acceptable level of competency.
- Conduct a periodic review of the plan's effectiveness. This includes a review of the available control technologies to ensure that these are selected and used when practical.
- Ensure that workers are provided with and properly use all required Personal Protective Equipment.
- Maintain records of safety inspections and worker training.
- Ensure that a copy of this exposure control plan is available.
- Close facilities or limit services to the public if warranted.

Manager / Supervisor Responsibilities

- Ensure that workers are adequately instructed on the specific controls for hazards in their department and that they follow safe work practices and procedures.
- Ensure that workers use appropriate personal protective equipment for example, masks and eye protection, when required.
- Direct work in a manner that eliminates or minimizes the risk to workers.
- Send workers home if they are sick or suspect they have come into contact with someone diagnosed with COVID-19.

Workers Responsibilities

- Know and understand the hazards of the workplace as outlined in company Exposure Control Plan.
- Follow all established safe work procedures as directed by the employer or supervisor.
- Use and care for any required PPE as instructed.
- Report any unsafe conditions or acts to the supervisor.
- Know how and when to report exposure incidents.
- Immediately contact their supervisor if they begin to feel ill at work, then leave work and follow health agency guidelines around self-isolation until symptoms resolve.

Worker Training

Our workers will receive training in the following:

- The risk of exposure to COVID-19, and the signs and symptoms of the disease
- Safe work procedures to be followed, including hand washing, physical distancing and cough/sneeze etiquette
- Location of washing facilities, including dispensing stations for alcohol-based hand rubs
- How to seek first aid
- How to report an exposure to or symptoms of COVID-19.

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May 2020



**Island Lake
Lodge**

Risk Identification

Three primary routes of transmission are anticipated for COVID-19, all of which need to be controlled. These include contact, droplet, and airborne transmission.

Breathing in droplets in the air

BCCDC advises that coronavirus is not transmitted through airborne transmission, however, if somebody coughs or sneezes they do generate droplets which are airborne for at least a short period of time but do not float in the air and generally fall to the ground within one to two meters. Anybody who is near the individual may risk breathing in these droplets. Physical distancing (maintaining 2 meters of distance from other people at all time) will reduce the risk of this occurring.

Close Contact

Close contact refers to physical contact with another person, for example shaking hands or hugging. When people cough or sneeze, droplets may deposit on their skin or clothing, especially if they cough or sneeze into their hands. People who are carriers of COVID-19 may transfer the virus from their hands or clothing to others during close contact.

Surface Contact

Surfaces can become contaminated when droplets carrying COVID-19 deposit on them, or when they are touched by a person who is infected. Surface contact involves a worker touching a contaminated object such as a table, doorknob, telephone, or computer keyboard or tool, and then touching the eyes, nose, or mouth. Surface contact is important to consider because COVID-19 can persist for several days on surfaces.

Risk Assessment for COVID-19

The following risk assessment table is adapted from WorkSafeBC Occupational Health and Safety Regulation Guideline G6.34-6. Using this guideline as a reference, we have determined the risk level of workplace exposure to COVID-19 to be moderate to low.



	Low Risk Workers who typically have no contact with people infected with COVID-19	Moderate Risk Workers who may be exposed to infected people from time to time in relatively large, well ventilated workspaces	High Risk Workers who may have contact with infected patients, or with infected people in small, poorly ventilated workspaces
Hand hygiene	Yes (washing with soap and water, using an alcohol-based hand rub, or using hand wipes that contain effective disinfectant)	Yes (washing with soap and water, using an alcohol-based hand rub, or using hand wipes that contain effective disinfectant)	Yes (washing with soap and water, using an alcohol-based hand rub, or using hand wipes that contain effective disinfectant)
Disposable gloves	Not required	Not required (unless handling contaminated objects on a regular basis)	Yes, in some cases (for example, when working directly with COVID-19 patients)
Aprons, gowns, or similar body protection	Not required	Not required	Yes, in some cases (for example, when working directly COVID-19 patients)
Eye protection - goggles or Face shield	Not required	Not required	Yes, in some cases (for example, when working directly with COVID-19 patients)
Airway Protection - respirators	Not required	Not required (unless likely to be exposed to coughing and sneezing)	Yes (minimum N95 respirator or equivalent)

Risk Controls

The WorkSafeBC Regulation requires the implementation of infectious disease controls in the following order:

- 1) Elimination
- 2) Engineering controls
- 3) Administrative controls
- 4) Personal protective equipment (PPE).

Control Measure

- Limiting the number of employees and others in the workplace
- Ensuring Physical distancing
- Minimizing interpersonal interactions
- Hand washings and enhanced workplace hygiene



- [Wash hands](#) often with soap and water for at least 20 seconds.
- Hand sanitizer dispensers are in prominent places around the workplace
- Follow Cough/Sneeze Etiquette
- Enhanced cleaning and disinfecting of Lodges and workplace.
- Preventing sick employees from being at work
 - Symptomatic employees must follow company procedures if they are sick or suspect they have come into contact with someone diagnosed with COVID-19.
 - All employees are instructed to stay at home if they are feeling unwell. If they start experiencing symptoms while at work, they should isolate themselves from others immediately, notify their manager and go home as soon as possible.
- Personal Protective Equipment
 - Personal Protective Equipment (PPE) will be allocated to departments as necessary and comply with health agency recommendations. Based on a risk assessment that considers both the risk associated with a specific task/activity as well as the characteristics of the source of the infection.
- Safe Work Procedures and policies introduced to mitigate the risk of hazard exposure to the worker.
 - Employees are trained on all COVID-19 related policies and procedures, including up-to-date education and training on COVID-19 risk factors and protective behaviors.

Record Keeping

Our company will keep records of instruction and training provided to workers regarding COVID-19, as well as exposure reports and first aid records.

Annual Review

We will review the exposure control plan every year and update it as necessary, in consultation with our joint health and safety committee or worker health and safety representative.

Additional Information

If employees have any concerns relating to being exposed to COVID-19 in the work place they may contact our joint Health And Safety Committee members or our CEO at info@islandlakeresorts.com