

## ROCKY MOUNTAIN ADVENTURE MEDICINE COVID-19 INFORMATION FOR CLIENTS - STAGE 2, UPDATED DECEMBER 2020

### COURSE ADAPTATIONS THAT WE WILL PUT IN PLACE TO ENSURE COMPLIANCE ARE AS FOLLOWS:

*Rocky Mountain Adventure Medicine takes your safety and well-being VERY seriously. For the foreseeable future this means that our training programs will look a little differently from past programs. We ask for your patience and understanding as we implement these additional measures in order to keep both you, the client and our instructors safe. **Please see the information below, to see how we are preparing and adapting to bring you the same quality training programs that we have in the past. Please be assured that we are following Public Health Guidelines in all our practices.***

#### Course Logistics: Screening

- We ask that those who fall into a vulnerable category, wait to complete their training until a later date.
- For those who are uncomfortable with the steps and precautions outlined here which are mandatory, please wait to complete your training until a later stage
- ALL course participants will be required to complete a screening questionnaire prior to commencing the program.
- ALL course participants will be required to have their temperature taken at the start of each session
- ALL course participants will be required to sign to indicate that they have no risk factors for COVID-19 at the beginning of each session
- Any participant who is sick with cold-like symptoms such as cough, fever, runny nose, sore throat, or shortness of breath will NOT be permitted to attend the course
- RMAM will work with any participants whose training is interrupted, to enable them to complete their certification at a later date

#### Course Logistics: Physical Distancing; Hygiene; PPE

- Maximum of 15 participants in a class with 1 instructor **or**
- Course participant number is equal to 50% of room capacity (Alberta Fire Code) - if less than 15
- Availability of soap and water for handwashing or alternatively Hand Sanitizer available at all courses
- Facility cleaning practices for classroom environment complies with Public Health Guidelines
- Physical distancing during theoretical / lecture components.
- Students will be required to sit in the same place for the duration of the program.
- Masks must be worn at **ALL** times during the program
- During practical activities when physical distancing is not feasible, PPE will be used.
- Participants are asked to provide their own mask(s) for use during the course
- During winter months, we strongly suggest that you bring more than 1 mask to class on field days. In cold temperatures, masks become wet, less effective and can freeze. Consequently, a change of mask is required.
- RMAM masks are available for purchase at the course.



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## **ROCKY MOUNTAIN ADVENTURE MEDICINE COVID-19 INFORMATION FOR CLIENTS – STAGE 2, UPDATED DECEMBER 2020**

### Course Logistics: Facilities

- Facilities will only be used for courses when cleaning / decontamination procedures comply with established Public Health Guidelines
- Adequate Handwashing facilities and / or Hand Sanitizer must be available for client use
- Communal items e.g. coffee / water stations will not be operational or used

### Course Materials and Equipment

- Gear and paperwork prepared with 'decontamination' time allowances built in
- Manuals and paperwork will be in closed boxes to preserve cleanliness
- Paperwork packages handed out to course participants by a gloved instructor
- Completed paperwork should be placed by individuals into a designated box to reduce contact
- Class copies of AAM binders (for re-certification programs) will be available for any clients who want them.
- Decontamination time allowance will be built in between courses, with additional sets of binders on hand.
- Final course exams will be completed online
- Certificates will be emailed out to successful participants at the end of each program. Hard copies are available upon request.
- Equipment will be cleaned using a 'wipe-twice' method - cleaned then disinfected after use.
- Instructors will be provided with additional equipment, Alcohol swabs, Hand Sanitizer and Disinfecting wipes or Bleach and water spray on each course

### Client Requirements and Responsibilities:

- Clients who are sick with cold-like symptoms such as cough, fever, runny nose, sore throat, or shortness of breath (even if minor), MUST NOT attend a course.
- Individuals who meet the criteria for self – isolation as outlined at [www.alberta.ca/coronavirus-info-for-albertans.aspx](http://www.alberta.ca/coronavirus-info-for-albertans.aspx) MUST NOT attend the course
- Clients must understand and accept the requirement to wear a mask at **ALL** times during the training.
- During winter months, we strongly suggest that you bring more than 1 mask to class for field days. In cold temperatures, masks become wet, less effective and even freeze. Consequently, a change of mask is required.
- Additional PPE must be used for practical activities and scenarios, since physical distancing requirements cannot be accommodated during some of these activities
- Diligent hand washing and use of hand sanitizer throughout the course
- Provision of a writing implement, water, snacks, lunch and beverages throughout the duration of the course
- Clients who do not follow the rules/ guidelines outlined above, will be asked to leave the course.



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