
COVID-19 Safety Plan



SEPTEMBER 2020

**Vancouver Hospice Society
Bereavement Walking Group**



BEREAVEMENT WALKING PROGRAM

The virus that causes COVID-19 spreads in several ways. It can be 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 a short period of time (WorkSafe BC 2020).

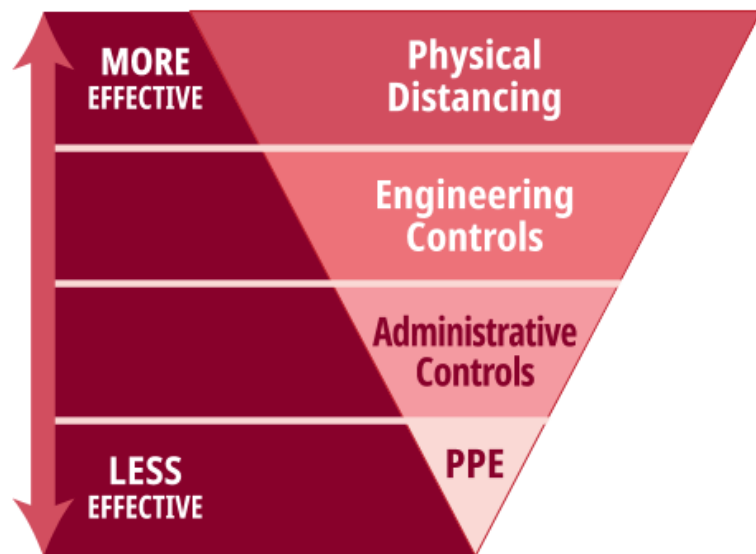
This plan will serve to reduce the risk to volunteers and participants in the Bereavement Walking Program. Participation is of course, voluntary. It will be updated and revised as new information is obtained or as changes are needed.

“Be kind, be calm and be safe”
Dr. Bonnie Henry

Hierarchy of Controls For COVID-19

The hierarchy of controls is a framework for reducing transmission hazards. The most effective controls are at the top of the pyramid.

Source: Koehler, K, Rule A. Can a mask protect me? Putting homemade masks in the hierarchy of controls. [Internet] 2020 April 2. Johns Hopkins Education and Research Center for Occupational Safety and Health.



COVID-19 IN BC

25

Level One: Physical Distancing

- Participants and volunteers will maintain 2 meters (6 feet) distance from one another before, during and after the walk.
- Groups will have no more than 6 people. 2 Volunteers walking together and 4 participants.
- Each group will remain separate and operate independently of one another.
- The official Bereavement Walking Group activities will occur outdoors.
- Participants will attend only on the day they are registered once weekly. Any additional volunteers above the required 2 per group will not participate in the walks.

Level two: Engineering controls – Not applicable in this setting

Level three: Administrative Controls

- Participants will do COVID screening assessments prior to each walk, or at the beginning of the walk to ensure they are symptom free. Group leaders will ask everyone, including volunteers if this has been completed.
- Hand sanitizer will be provided throughout the walks as needed.
- No shared food or beverages. Participants and volunteers will bring their own drink or snack.
- If a participant or volunteer has COVID they will notify the group leader and not attend the walks until cleared by public health. The BWG volunteers will then notify VHS.
- Volunteers and participants will not attend walks if:
 - They have any symptoms of COVID
 - Have been directed to self-isolate by public health
 - Have traveled outside of Canada in the last 14 days
- If a participant or volunteer becomes severely ill, please call 9-1-1

Level Four: PPE

- Participants and volunteers will wear a mask on the walks unless medically unable to do so. If there is a medical reason, please notify group leader. This will not prohibit participation in the walk.



References:

Work Safe BC – COVID-19 Safety Plan template

<https://www.worksafebc.com/en/resources/health-safety/checklist/covid-19-safety-plan?lang=en>

BC CDC

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks>