

# Safe Beginnings First Aid

## COVID-19 Safety Policies and Procedures



To our valued students:

As we look forward to resuming our in-person first aid training in the coming weeks, and in an effort to minimize risk of exposure to COVID-19, we have updated our policies to reflect additional safety measures to protect our students and instructors.

When attending a workshop or course, students will be required to adhere to the following guidelines:

### What safety measures are in place?

- ✔ **Students will be asked to wash or sanitize their hands before entering the class.** We will have a hand sanitizing station available in every class. Proper hygiene is encouraged, including washing or sanitizing hands before/after touching equipment or removing gloves.
- ✔ **We will provide you with gloves.** Every student will be provided with gloves to wear during their class, regardless of whether the class is a non-certification workshop or a full certification course.
- ✔ **Every student will receive a new, reusable CPR pocket mask** for performing rescue breaths for use during class. This is our gift to you, and you can take this home with you to add to your home emergency kit after the class.
- ✔ **We will provide you with your own equipment** (1 equipment set : 1 student) for practice during class. You will not be asked to share your equipment with others, or make any physical contact with other students.
- ✔ **Class sizes will be limited and students will be spaced a minimum of 6 feet apart from other students,** with the exception of those who have registered as a couple. We ask that if you have registered with another member of your household, that you share space with them. You will still be provided with your own separate equipment, masks, and gloves.
- ✔ **Please bring a non-medical face mask or face covering with you.** Students and instructors will be required to wear a non-medical grade mask or face covering during the class, but masks may be temporarily removed to practice rescue breaths during class as necessary. Non-medical grade disposable masks will be available for students who do not have their own.
- ✔ **Instructors will be monitored regularly for COVID-19 symptoms** and are required to stay home if they are symptomatic or feeling generally unwell; including but not limited to: sore throat, cough or fever.
- ✔ **As always, our equipment will be sanitized between classes** using a broad spectrum peroxide-based disinfectant.

### What should I bring with me to class?

Please bring the following with you to class:

- ✔ **A non-medical grade mask** or face covering.
- ✔ **Something to sit on.** CPR skills are performed at floor level, and we are unable to make use of any seating or props at our venues until further notice. Therefore, we recommend bringing a yoga mat, cushion and/or a folding chair for your comfort during class.
- ✔ **A pen or pencil and notepad** OR a smart phone with an app to type notes into. This is for an exercise in class - as always, we will provide you with a digital course package via email following the course.
- ✔ If a non-mobile infant is joining you, please read the below section on infants carefully.

### Can I bring my infant with me to class?

- We have always welcomed non-mobile (not yet crawling) infants in our classes. Mobile (crawling or walking) infants are not permitted to join, as we cannot guarantee their safety if they were to move around the venue during the class. However, during this time of heightened health and safety precautions, **we strongly advise against bringing your non-mobile infant with you** unless you have no other childcare option in place.

# Safe Beginnings First Aid

## COVID-19 Safety Policies and Procedures



- If you choose to bring a non-mobile infant to class, we require for their safety that you bring a baby carrier to wear them, a car seat, or a portable bassinet and to avoid placing them on a blanket on the floor.
- Strollers will not be permitted in our teaching spaces for the foreseeable future to ensure students can be spaced a safe distance apart, and we thank you in advance for not bringing a stroller to class.

### What if I feel symptomatic the day of the class?

- In the 14 days leading up to your class, if you have come in contact with someone who has tested positive for COVID-19, or you have been in close contact with anyone exhibiting any flu-like symptoms (including sore throat, cough or fever), do not attend your scheduled class. Instead, please text or phone us at (778) 994-1675, or send us an email to [info@safebeginnings.ca](mailto:info@safebeginnings.ca) ahead of the class start time. Provided you notify us before the class start time, you will be able to reschedule your class for a future date no sooner than 14 days in the future, at no additional cost.
- If a student is exhibiting flu like symptoms such as sore throat, cough, or fever they will be asked to leave the class and reschedule into a future class, no sooner than 14 days into the future.
- If you are in a high-risk category, including but not limited to: over the age of 65, immunocompromised, or those with a chronic health condition, we ask you assess your own risk tolerance and determine if attending an in-person class is feasible for you with our current safety precautions in place.

### What if I don't feel comfortable attending a class just yet?

- We are working hard to ensure our class environments are safe and comfortable for all who choose to attend. If the timing isn't right for you, that's okay!
- If you have chosen to hold a credit with us, your credit will remain valid until you feel comfortable attending a class. If you prefer to transfer your credit to a friend or family member, please get in touch with us.
- We also offer two convenient, non-certification online course options that you can complete from the comfort of your home:
  - Live webinar (Happening 1-2 times per week via Zoom - details here: <https://safebeginnings.ca/infant-child-cpr-webinar/>)
  - Our video-based online course that you can complete at-your-own-pace (Details here: <https://safebeginnings.thinkific.com/courses/infant-child-cpr-choking-and-injury-prevention/>)

We thank you for your patience and cooperation as we navigate this 'new normal'. The health and safety of our students remains our top priority. **If you have any questions or concerns, please do not hesitate to reach out to us at [info@safebeginnings.ca](mailto:info@safebeginnings.ca)**

We look forward to welcoming you back to class!

With gratitude,

*Holly + Jill*

**Holly Choi and Jill Colpitts**  
Owner-Operators  
Safe Beginnings First Aid