

# Campgrounds

## How to Protect Yourself and Others from COVID-19

### As a worker:

- Stay informed, be prepared, and follow public health advice:
  - Use trusted information sources, such as the Public Health Agency of Canada: [www.canada.ca/coronavirus](http://www.canada.ca/coronavirus) and your local public health authority.
- Monitor yourself for symptoms of COVID-19. If you have symptoms or you're feeling sick:
  - stay at home and away from others.
  - contact your health care provider or local public health authority and follow their advice.
- If you become sick while at work:
  - isolate yourself from others.
  - tell your supervisor that you are going home.
  - do not take public transit if possible.
- Follow the advice of your local public health authority if you have been in contact with someone known or suspected to have COVID-19.
- If you are at higher risk of becoming seriously ill, limit the time you spend outside of your home in the community and avoid crowds as much as possible.
- Keep a physical distance of 2 metres from others when outside your home.
- Practice good hygiene:
  - Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer containing at least 60% alcohol.
  - Do not touch your face with unwashed hands.
  - Cough or sneeze into the bend of your arm or a tissue.
- Follow advice from your local public health authority, local government, or employer about using a non-medical mask at work. Wearing a non-medical mask or face covering is recommended when you cannot keep 2 metres away from others, especially in crowded places.
- Clean and disinfect frequently touched or shared surfaces and objects often.
- Do not share personal items, personal protective equipment, or work tools that are for your use only.



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## **As an employer:**

### **Actively encourage sick workers to stay home:**

- Use a screening questionnaire from a public health agency and remind employees to stay at home if they have symptoms of COVID-19, even if mild.
- Develop a flexible attendance policy that will allow workers to stay home if they are sick or need to care for a sick family member.

### **Encourage healthy practices and prevention measures:**

- Post signs to remind people to follow these practices and measures. Make sure that signs are suitable for people's age, ability, reading level and language preferences.
- Provide increased hand hygiene facilities that are easy to access by everyone, including those with disabilities.
- Encourage workers to clean and disinfect their personal work environments more often and provide them with the supplies to do so.
- Promote physical distancing of 2 metres and set up physical barriers (e.g. plexiglass windows) when this is not possible.
- Involve your health and safety committee or representative when assessing workplace risks and determining personal protective equipment and training.

### **Meet occupational health and safety obligations:**

- Follow all federal, provincial, and municipal health and safety guidelines that apply.
- Do everything reasonably possible under the circumstances to protect the health and safety of your workers and guests by providing information, training, cleaning, disinfecting, and personal protective equipment.
- Perform a hazard identification and risk assessment of your facilities and services to decide where and how to implement protection measures.
- Consult with your local public health unit for location or site-specific recommendations.
- Have a policy to protect workers from violence and harassment. Guests may react aggressively to new protection measures or limited services.

## **Practices and Policies for Workers**

- Provide education to all workers about COVID-19 prevention, signs, and symptoms.
- On arrival each day, check-in and assess all workers using current public health screening criteria. Isolate any person with symptoms. Notify workers in advance if there are changes to screening measures and policies.
- Adjust worker schedules to reflect any necessary changes to worker numbers.



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- If there are fewer workers available, make sure essential roles such as trained supervision, and first aid or emergency response persons are still present.
- Make sure workers are trained to work safely before replacing the duties of others.
- Minimize contact during sign-in. Have the supervisor sign in for people (or provide separate pens), or have people text the supervisor. Clean any sign-in devices between users.
- Submit documents electronically, or wash hands after handling papers.
- Stagger meetings, breaks, mealtimes, and orientations.
- Work outdoors or remotely when possible.
- Hold meetings in an outside or large space.
- Hold verbal or electronic orientations.
- Limit sharing of equipment where possible, and clean or sanitize between users.

## Practices and Policies for Guests

- Post signs to remind everyone to follow physical distancing, hand hygiene, and respiratory etiquette. Make sure that signs are appropriate for guests' age, ability, reading and language level, and preferences. Young children may need additional supervision and help with hygiene.
- Communicate changes such as new practices, policies, and service limitations that will affect your guests before they book their trip or arrive at the campground. Inform guests using your registration system, social media, campground signage, etc. that their camping experience might be different than before. Remind them to be considerate of workers, other guests, and the environment.
- Consider providing a flexible cancellation and rescheduling policy to encourage persons who are sick or think they might be to stay home.
- Post signs where guests should not enter such as showers, day use areas, or closed trails.
- Remind guests to not visit other people that are not in their social bubble.
- Limit the number of people gathering at one time. Be aware that each province or territory has varying restrictions about the number of non-household people who can gather in one spot.

## Facility Management

- Increase indoor ventilation rates and fresh air return where possible.
- Monitor all workers, guests, and visitors for signs and symptoms of COVID-19.
- Guide pedestrian traffic using floor markings, directional arrows, signs, and rope lane barriers.
- Post signs if a specific area or facility is closed. Secure doors and gates if necessary.
- Limit the number of people allowed into a building at one time. Appoint a worker to control entry and monitor for any mandatory mask compliance.
- Use separate doors for entering and exiting, and designate one-way walking trails.
- Install physical barriers such as clear plastic guards and distancing obstacles, where appropriate, where workers interact with guests.
- Reduce the number of surfaces that need to be touched to access buildings and services.
- Use touchless automated water taps, toilet flushing, hand dryers, doors, and waste bins where possible.
- Provide handwashing or sanitizer stations at building entries and exits, and throughout the campground. Check stations regularly.
- Keep attendance records and contact information for all persons on-site should contact tracing or follow-up be required. These records include all workers, volunteers, campground and day-pass guests, visitors, and contractors.



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- If workers are living on-site, follow the public health guidelines for group living.
- Check any applicable guidelines and regulations for food service, retail, and public spaces.

## Services and Activities

- Assess all of your services and activities, including beaches, parks or trails, education centres, social events, equipment rentals, swimming pools, washrooms and showers, laundry, retail, food services, and shuttle and tour vehicles.
- Only offer services and activities where physical distancing, cleaning, and disinfection can be maintained. Consider offering more frequent but smaller group activities to help maintain distancing requirements.
- Higher-risk facilities such as showers, change rooms, laundry, group camping, picnic shelter rentals, and swimming pools may need to remain closed for the season.
- Where trails are busy or too narrow to allow 2 metres between hikers, consider one-way travel, staggered starting times, and designated passing zones.
- Assess how campers' responses to distancing requirements may lead to habitat damage such as bathing in lakes, damaging vegetation, and disturbing wildlife. Communicate what is permitted.
- Consider closing every other campsite to increase distancing, and limiting the total occupancy for overnight, group camping, and day use.
- In stores, limit the number of guests allowed at one time and post signs that discourage touching items unless they are purchasing them. Adopt contactless service and payment procedures wherever possible.
- Do not provide communal food or beverage services. If providing food service, offer pre-wrapped takeout meals.
- Consider closing or limiting indoor sit-down eating areas, while expanding outdoor eating areas with well-spaced seating.
- Pre-screen participants at events, facilities, programs or services.
- Provide dedicated times for services or activities for more vulnerable groups such as seniors.
- Convert contact sports to no-contact rules, and discourage casual touching and hand shaking.
- Limit the use of shared equipment.
- Clean and disinfect activity spaces, equipment and supplies after play and between users.
- Wash or sanitize hands following play, especially after using shared equipment.
- Do not share water or refreshments.
- Discourage singing, yelling and chanting from spectators and participants.
- Reduce the number of performers or use a solo artist if distancing cannot be accommodated.

## Cleaning and disinfecting

- Identify all surfaces that must be cleaned such as shared equipment and commonly used surfaces (e.g., doors, counters, chairs, handles, railings, debit and ATMs, touchscreens, phones, light switches, and faucets or taps, etc.).
- Make sure that any worker who needs to clean has received appropriate training and uses any required personal protective equipment (PPE).
- Clean and disinfect shared work areas, facilities, work vehicles, rental vehicles (e.g., boats and bicycles), and tools between users or shifts.
- Clean and disinfect cabins and yurts between guests, and equipment that may be used by more than one person, such as trailer dump station hook-ups and bear-proof waste bin handles.
- Remove soft furnishings and objects that cannot be easily cleaned.
- If responsible for worksite laundry, ensure that linens and clothes are washed frequently. Do not shake dirty laundry. Use disposable gloves and perform hand hygiene after handling laundry. Clean and disinfect hampers and bins.



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- If washrooms or showers are available, ensure they are cleaned more frequently. Provide running water, soap, paper towels, cleaning supplies, and a plastic lined waste container.
- Use household or commercial disinfectants to destroy or inactivate the virus.
  - Use a disinfectant with a drug identification number (DIN). This number means that it has been approved for use in Canada.
  - If household or commercial disinfectant cleaning products are not available, hard surfaces can be disinfected using a mixture of 5 mL of bleach (5.25% sodium hypochlorite) and 250 mL of water. Make sure the solution is in contact with the surface for 1 minute.
  - If liquids can be withstood, disinfect high-touch electronic devices (e.g., touch screens, pin pads, keyboards, phones) with alcohol or disinfectant wipes.
- Wear appropriate PPE such as gloves suitable for the cleaning agent.
- Use a dedicated cloth for cleaning.
- Clean so that when the surface is wiped, the surface still appears wet.
- Make sure workers or volunteers understand the risks, have received training, and understand the safety precautions for all cleaning methods and required PPE.
- Dispose of used tissues, wipes, gloves, and other cleaning materials in a plastic lined waste container. Use disposable gloves when handling garbage.

## Personal Protective Equipment (PPE)

- Continue to use PPE for existing occupational safety hazards and emergencies, as directed by applicable laws and your employer.
- Use PPE for COVID-19 if it is required or recommended by your local public health authorities.
- Train workers on how to wear, remove, work with, and care for the equipment, and to understand its limitations.
- Clean and disinfect any shared PPE before you wear it.
- Wash hands before wearing and after removing PPE.
- Provide uniforms that are laundered by a service or advise workers to change and wash their uniform after work.

## Non-Medical Masks or Face Coverings

- Follow the mask recommendations from your public health agency or other authority. Note that people may choose to wear masks regardless if there is a formal requirement.
- A mask should not be worn by anyone who is unable to remove it without assistance (e.g., due to their age or ability).
- Wear the mask correctly, making sure the nose and mouth are covered. Do not touch the mask while wearing it.
- Be aware that non-medical masks have limitations, and improper mask use and disposal can increase the risk of infection.
- Change your mask if it becomes wet or soiled. You may wish to bring a second mask in a clean paper bag, envelope, or container that does not trap moisture. Store reusable soiled masks in a separate bag or container. Do not touch the outside of the mask while removing it, and wash your hands when you are finished.
- Consider using a transparent mask or face shield, if appropriate, for guests that may require that visibility.
- Do not allow the mask to be a hazard to other activities, such as getting caught on moving machinery or equipment.

## External Service Providers

- Communicate procedural changes (physical distancing, use of non-medical masks and no-contact billing and payment options) in advance with any external service providers. Work with service providers to meet their requirements.



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- When an external service provider must visit the campground:
  - minimize exposure to workers and guests.
  - maintain physical distancing as much as possible.
  - provide easily accessed hand washing facilities.
  - clean the work area before and after work is performed.

## Coping with Social Isolation, Microaggression or Stigma

- When helping others, encourage them to talk to someone trained in mental health first aid, or someone else they trust about what they are experiencing.
- If an employee, ask the individual to contact their supervisor, employer, or employee assistance service, if available.
- Contact your local public health or community resources that offer mental health services.
- Check out organizations online:
  - Canadian Mental Health Association <https://cmha.ca/news/covid-19-and-mental-health>
  - Canadian Psychological Association <https://cpa.ca/psychologyfactsheets/>
  - Kids Help Phone <https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/>
- If you or someone you know is in crisis, please contact to your local hospital, call 911 immediately, or contact a Crisis Centre in your area. <https://suicideprevention.ca/need-help/>

**It is important that mental health resources and support are provided to all employees, including access to an Employee Assistance Program (EAP).**



For further information on COVID-19, refer to the Public Health Agency of Canada

<https://www.canada.ca/coronavirus>

**Note that this guidance is just some of the adjustments organizations can make during a pandemic. Adapt this list by adding your own good practices and policies to meet your organization's specific needs.**