



COVID-19 Health and Safety Plan

Last updated November 15, 2020

Our Responsibility is Your Responsibility

With the best interest for all Girls Who LEAP youth, families, volunteers, mentors and partners at heart, we take our responsibility seriously in being true leaders within our community to promote safe health practices in all our LEAP programs during these COVID-19 times.

We recognize that our ability to run programs on a daily and weekly basis is a true privilege as it contributes to the overall holistic mental, physical, emotional and spiritual health of our youth. As such, we remind all our LEAP youth and families that we are here to help each other LEAD to EMPOWER and ACT with PURPOSE during these trying times.

In supporting each other, we look for ways to continue Dr. Bonnie Henry's mantra to:

Be Kind
Be Calm
Be Safe

This safety plan allows all our youth a chance to fully participate in Girls Who LEAP programs while adhering to recommended health protocols put forth by British Columbia's Provincial Health Officer, Vancouver Coastal Health, WorkSafe BC, and BC Centre for Disease and Control. These additional policies that we have put into place will help minimize the risk and spread of the virus.

This document is a living policy that is updated as needed to respond to evolving health recommendations.

Program Attendance

For daily and weekly programs that run during the COVID-19 Outbreak, youth and mentors can attend if they:

1. Have **NOT** travelled outside of Canada within the last 14 days of registration OR during the time that programs are in session.
2. Have **NOT** had contact with anyone who has travelled outside of Canada within the last 14 days of registration OR during the time that programs are in session.
3. Are **NOT** experiencing common symptoms of COVID-19 outlined below:
 - Fever
 - Chills
 - Cough
 - Sore throat
 - Shortness of breath
 - Headaches, muscle soreness, fatigue
 - Loss of taste and smell
 - Nausea, diarrhea or vomiting
4. Are **NOT** awaiting results of COVID-19 tests or in contact with anyone awaiting test results.
5. Have **NOT** been contacted by the health authority and asked to isolate or self-monitor for symptoms.

All parents and youth are required to sign the daily COVID waiver on our website at www.girlswholeap.com before coming to each session.

Protocols

To keep youth, families, mentors and partners as safe as possible, we have implemented new program protocols for these key guidelines:

1. WASH HANDS OR HAND SANITIZE UPON ENTRY

- Please use hand sanitizers provided upon entry to all programs.
- Youth will be reminded to wash hands at regular intervals throughout the sessions.
- Recommended hand washing time is for at least 20 seconds.

2. KEEP SIX FEET/TWO METRES APART

- Please keep social (physical) distance between program participants, mentors and anyone else on the premises.
- Please refrain from any physical contact or close greetings (ex. hugs or high fives).
- All program activities will be adjusted accordingly to promote and reflect the above.

3. WEAR A NON-MEDICAL MASK

- EVERYONE must wear a mask at all times, while inside program spaces.
- Wearing a 3-layer mask is highly recommended. GWL can provide two layer masks with PM2.5 filters to all participants.

4. NO FOOD SHARING

- Absolutely no sharing of food or drinks will be permitted.
- Snacks will be provided individually sealed packing.
- All other meals will be prepped and provided by a commercial kitchen and served individually.

6. STAY HOME WHEN SICK

- All youth, mentors and families who have travelled outside Canada in the last 14 days or have been identified by public health as a close contact of a confirmed case and asked to isolate or self-monitor, must follow public health directors and stay home for the recommended time. You will not be allowed to return to programs until recommended isolation period is complete and you are no longer showing any symptoms of illness, COVID-19 or other respiratory diseases.
- Help stop the spread of COVID-19 by ensuring everyone stays home when showing signs of illness. We love that you want to join us but show your love by staying home!

5. EXTRA CLEANING

- We are committed to cleaning more often and disinfecting all common surfaces, especially in between groups that are going back-to-back within the program space.
- Mentors will ensure that all shared equipment is sanitized prior to next usage.
- Extra touch points cleaning has been implemented such as door handles, light switches, toilet and faucet handles, tables, stationary, technology etc.

If Girls Who LEAP learns that any youth, mentor, or other person who has had close-contact in our programs tests positive for COVID-19, we will immediately contact the Health Authority and follow all required steps to ensure the health and safety of all.