



COVID-19: Safety Plan for Reel Obsession Sport Fishing 2021

Information collected from the BCCDC Guidelines for COVID-19, Government of Canada, Government of BC website for COVID-19 & BC's Restart Plan, WorksafeBC COVID-19 & return to work, BC Tidal Waters Charter, Guide and Lodge Operations Covid-19 Protective Work plan, and Island Health COVID-19 website
- Updated January 21, 2021

PURPOSE

This guide is intended to assist in the clear expectations of staff, guests, and the preparedness and response taken by Reel Obsession in relation to the COVID-19 global pandemic.

HOW IS COVID-19 SPREAD?

Human coronaviruses cause infections of the nose, throat, and lungs. They are most commonly spread from an infected person through:

- respiratory droplets generated when you cough or sneeze
- close, prolonged personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your mouth, nose, or eyes before washing your hands

When you cough or sneeze, ALWAYS do so into your arm, WASH your hands regularly, and AVOID touching your face.

SYMPTOMS OF COVID-19

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

People with these symptoms may have COVID-19:

- Fever of 38°C (100.4°F) and above, or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

When to seek emergency medical attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

FOR URGENT MEDICAL CARE, always call 9-1-1 immediately!

IMPORTANT!! Any guests' or staff of Reel Obsession experiencing any COVID-19 symptoms:

1. STOP what you are doing!
2. KEEP YOUR DISTANCE from others.
3. REPORT your symptoms to someone who can then notify Owners Adrian O'Connor or Angela Vincent.
4. SELF ISOLATE to your private bedroom immediately.
5. A staff member will call 8-1-1 and will follow nurses' orders from there.

For majority of COVID-19 cases, symptomatic individuals can be cared for without referral to a hospital. Sending individuals to emergency rooms when they are not sick enough to require a higher level of medical care, risks spreading infection further. Healthcare providers can provide advice on a suitable location for self-isolation, considering the severity of illness and other factors.

WorkSafeBC Workplace Protocols –

Selecting protocols for your workplace

Note that different protocols offer different protection. Wherever possible, use the protocols that offer the highest level of protection and add additional protocols as required.

First level protection

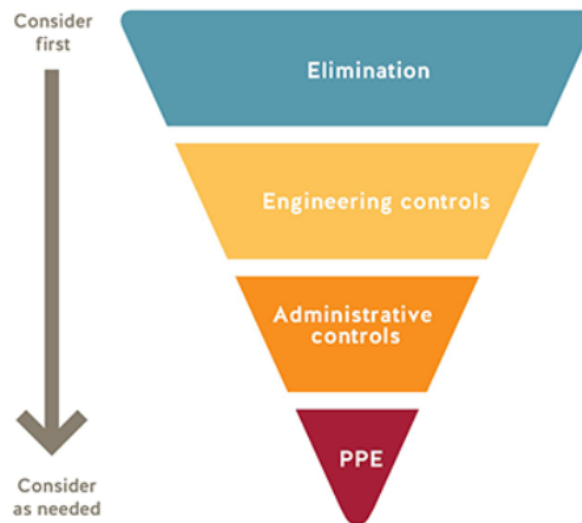
(elimination): Limit the number of people in your workplace where possible by implementing work-from-home arrangements, establishing occupancy limits, rescheduling work tasks, or other means. Rearrange work spaces to ensure that workers are at least 2 m (6 ft) from co-workers, customers, and members of the public.

Second level protection

(engineering controls): If you can't always maintain physical distancing, install **barriers** such as plexiglass to separate people.

Third level protection (administrative controls): Establish rules and guidelines, such as cleaning protocols, telling workers to not share tools, or implementing one-way doors or walkways.

Fourth level protection (PPE): If the first three levels of protection aren't enough to control the risk, consider the use of **non-medical masks**. Be aware of the limitation of non-medical masks to protect the wearer from respiratory droplets. Ensure workers are **using masks appropriately**.



ELIMINATION

ENDORISING PHYSICAL DISTANCING

Physical distancing must be upheld when possible to reduce the spread of COVID-19. It is recommended that gatherings of any size be structured so that those present can maintain a distance of 2 metres from each other. Achieving this will require a variety of actions to decrease crowding and social interaction, such as:

- An occupancy guest limit.
- The elimination of our lodge living room sitting area. All furniture will be removed.
- The inside dining area will have three separate tables spaced out accordingly and each group will be designated a table specific to them throughout the entire duration of their stay (no sharing or moving of tables or chairs are permitted).
- The new outside dining area will be heated and covered and will operate similar to the inside tables mentioned above.
- No shared bar area. All guests are asked to keep their personal drinks in their rooms or at their designated tables.
- Strict check-in and check-out times to avoid the crossover and congestion of new arrivals and departures. This also ensures we have adequate time to complete our cleaning and sanitation regimes between turnovers. CHECK IN: No earlier than 5pm CHECK OUT: No later than 3pm

ADMINISTRATIVE CONTROLS

CLIENT AND STAFF POLICY

- If anyone has any serious underlying medical conditions, it is sadly recommended that you not come to our lodge. We are in the wild. Our closest hospital is over 1.5 hour drive away.
- Anyone displaying symptoms of COVID-19, will not be permitted on the premises. If you are sick, stay away.
- You must NOT travel or come to our business if you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19.
- Maximize physical distancing, where a 2-metre minimum cannot be maintained, a facemask must be worn. We have the same protocols as restaurants in the big city.
- Regular hand hygiene and respiratory etiquette is a MUST (please read below titled: HAND HYGIENE AND RESPIRATORY ETIQUETTE)

LODGE AND GUIDING PERSONAL SAFETY MEASURES

All Reel Obsession Team Members will be subject to:

- Symptom screening, COVID-19 educating, and training.
- Daily no-touch temperature checks upon arrival to Zeballos
- Daily temperature checks before each shift (mandatory); temperatures are logged accordingly
- The practice of good hygiene (frequent hand washing with soap and water and the use of hand sanitizers; avoid touching one's face; respiratory etiquette; disinfection of frequently touched surfaces)

- Hand shaking/hugs/embraces/high fives are sadly not permitted.
- Maintain reasonable physical distancing as much as possible and use a non-medical mask or face covering in situations where reasonable physical distancing cannot be consistently maintained, and where engineering controls are not available.
- The execution of rigorous company wide sanitation standards and practices.
- A progressive discipline policy will be enforced for any employees observed to not be following company guidelines which includes verbal and written warnings, and in extreme cases, termination.

UPON ARRIVAL & WHAT GUESTS CAN EXPECT

- We have implemented strict check in and check out guidelines to avoid the crossover and congestion of new guests. CHECK IN: No earlier than 5pm CHECK OUT: No later than 3pm In advance, we most definitely appreciate your understanding and cooperation.
- Upon your arrival you will be greeted by a Reel Obsession Hostess. Names of each person will be collected, temperatures will be taken with a no-touch thermometer, and the temp recorded. The hostess will walk you through the lodge and will politely remind everyone of our COVID-19 policies. You will also be shown a dining table specific to you and your group, and your room(s).
- If you are feeling ill, please DO NOT COME. Anyone showing signs of a fever, new cough, or any of the noted COVID-19 symptoms will not be permitted entry and 8-1-1 will be called to assist with further instruction.
- If you have symptoms of a cold, flu, or COVID-19 before your arrival, please let us know and we will work with you to reschedule your trip with no penalty. If you develop symptoms during your stay, please stay away from other guests and staff until we can help you safely quarantine and transport you back home.
- Masks are mandatory inside all public spaces.
- No socializing inside is permitted unless you are at your designated table. The outside back deck is the best place for this. Plenty of fresh air for everyone to enjoy.
- Kitchen staff only in kitchen area and laundry room facility. Signs are visible as reminders.
- Currently, day to day housekeeping is not available. This may change. We will be following suit with what Island Health suggests at the time of your arrival.
- In-room Lysol wipes, hand soap, and hand sanitizer will be provided.
- Each group will be designated a bedroom and private washroom. There will be no shared main washrooms between guests', groups, and staff. If you need a washroom during the dinner service, you are asked to go back to your designated private washroom. At this time, staff are required to use the staff-house washrooms.
- We will have our lodge rain gear and boots assessable for guest use; however, it is encouraged to bring your own personal gear including rain gear, boots, gloves, hats etc.
- Our games cupboard is not available at this time. Please feel free to bring your own cards and boardgames to play at your own table.
- TRAVEL REMINDERS: It is expected that groups maintain as much physical distancing as possible from others and residents during transport to our lodge, and to always practice appropriate COVID hygiene.
- On an encouraging note, the residents of Zeballos BC and the surrounding reserves have received the COVID-19 vaccine.

REGULAR CLEAN AND DISINFECTION

High-touch areas at the lodge, such as toilets, bedside tables and door handles, light switches, TV remotes, will be disinfected at least once daily with a Lysol wipe. Lysol wipes have been approved for use on SARS-CoV-2.

All COVID-19 cleaning agents will be well labeled and easily made available throughout the lodge premises. For the safety of our employees, cleaning will be done with protective gloves and completed in the absence of guests to further support the social distancing mandate.

Coronaviruses are enveloped viruses, meaning they are one of the easiest types of viruses to kill with the appropriate disinfectant product.

The types of disinfectants that can be used include:

- 500 parts per million chlorine solution: 1:100 [e.g. mix 10 ml household bleach (5.25%) with 990 ml water]
- Accelerated hydrogen Peroxide (0.5%)
- Lysol disinfecting wipes

HOUSEKEEPING SAFETY MEASURES

- Step 1: Clean, Step 2: sanitize
- Cleaning will be done one room at a time. No going between rooms until Step 1 is fully complete and hands **MUST** be washed thoroughly before starting on another room.
- Sanitation regimes (Step 2) will be completed once lodge main quarters and all rooms are cleaned (Step 1). **ALL** current guests **MUST** be departed before sanitizing happens and before **ALL** new guests arrive.
- Currently, we are not offering our daily in-room housekeeping. This may change. We will be following all Island Health recommendations at the time of your trip.
- As noted above, regular disinfection of all high-touch common areas will be completed daily with an Island Health approved cleaning agent.
- Spraying cleaning solution directly on COVID-19 exposed surfaces has the potential to aerosolize the virus. Initial cleaning should be performed without spraying directly onto the surface. If the surface requires cleaning, disinfect, clean, and disinfect again to minimize exposure and ensure the virus has been inactivated.
- Cleaning sponges, rags, mops, or towels will be kept separate from those used for disinfecting and drying. Dispose of used materials that can not be sanitized and reused.
- Currently, housekeepers are required to wear a mask.

HAND HYGIENE AND RESPIRATORY ETIQUETTE

Hand hygiene helps prevent or reduce the spread of COVID-19 and other illness. We aim to ensure easy access to hand hygiene by providing the use of hand sanitizer in all public areas of the lodge and down at the dock as well as by providing soap in every bathroom, as well as on our boats.

Hands should be cleaned frequently with an alcohol-based hand sanitizer (minimum 60% alcohol) or by regularly washing of your hands with soap and water for a minimum of 20 seconds.

Please Note: that if a person's hands have dirt or food or anything else on them, use soap and water first as hand sanitizer may not work.

Hand hygiene is most important at the following times:

- Before eating or preparing food
- After coughing, sneezing, or blowing one's nose
- After touching dirty surfaces such as taps and doorknobs and after going to the bathroom

Respiratory etiquette is also essential in preventing the spread of illness. The key elements of respiratory etiquette is:

1. Covering cough/sneeze with a sleeve or tissue
2. Disposing of used tissues in garbage
3. Cleaning hands after coughing or sneezing

FOOD SAFETY DURING THE COVID-19 PANDEMIC

Scientists and food safety authorities around the world are closely monitoring the spread of COVID-19. There are currently no confirmed cases of COVID-19 being spread through food or food packaging.

Safe food practices:

- The use of common cleaning and disinfection methods to kill coronaviruses.
- Washing hands with soap and warm water for at least 20 seconds before and after handling food and food packaging.
- Wash your fruits and vegetables under running water.
- Washing fresh produce with soap, chlorine or other chemicals is not recommended. Fresh produce is porous and can absorb chemicals that are not intended for you to eat.
- Cook your food to recommended safe internal temperatures. Coronaviruses are killed by normal cooking temperatures.
- Avoid cross-contamination of raw and ready-to-eat or cooked foods.
- Disinfect any surfaces that will come in contact with food.

Reel Obsession will be reinforcing routine food safety and sanitation practices:

- A Red-Seal Certified Chef will be responsible for overseeing all food handling and processing. A kitchen helper or two with a FoodSafe Level 1 certificate will be permitted to assist and serve guests.
- The Chef will be preparing all meals in a regularly disinfected kitchen. Guests' will not be permitted entry into our open kitchen, always ensuring a minimum distance of 2 meters between Chef and guests. Only essential staff members will be permitted in kitchen area.
- Following our current Public Health Orders, our servers will be wearing masks.
- No buffets and other self-service amenities at this time.
- Currently, we have planned for breakfast items to be plated by the kitchen helper as directed by each guest.
- All utensils, dishware, and cups will be sanitized according to VIHA food safe standards (minimum temp. of or above 90oC), with no shared buffet servings being an option. Coffee and all drinks will be dispensed by the kitchen helper ONLY, unless provided in a self-contained

package (ie. Can of pop or juice box). Creamers and sugar will be provided in single use packets upon request.

- Enhanced cleaning and disinfecting practices for high-contact areas such as surfaces in public serving zones, incorporating regular and end-of-shift cleaning and disinfection for all shared spaces. High touch equipment (freezer doors, oven handles, knobs) will be regularly sanitized.
- Each group will be designated a dining table specific to their groups circle throughout the entire duration of stay. No outside group members are permitted to sit at your table. No more than 6 people at a table.
- Chairs will be removed per table as needed to create space that will be used as a designated spot for the server to deliver food (like the open side of a booth). This ensures that workers do not have to 'squeeze' in between customers.
- Salt and pepper shakers will be designated to each table per group and thoroughly cleaned and sanitized after each rotation.
- Strict and vigorous hand washing procedures for all front-of-house and kitchen staff is mandatory. Handwashing signs will be posted at all wash stations including guest rooms.
- Sanitizer will be available to customers and staff throughout lodge, dock grounds, and boats.
- Physical distancing between tables will be established by removing all common area furniture.

*PLEASE NOTE: All information regarding food handling gathered from the BCCDC and Island Health websites.

FOOD HANDLING QUESTIONS ANSWERED

Does cooking kill the COVID-19 virus?—

Normal cooking temperatures for foods will kill COVID-19 and other microbes in food. As with other microbes our advice is to always use a thermometer to check that the internal temperature of the food has reached 74°C.

Does the COVID-19 virus grow on food? Should I be concerned about storing foods in my cupboard, fridge, or freezer?—

COVID-19 is a virus and does not grow. It may survive in foods and on surfaces for a few hours to a few days before it dies off. However, it is not believed that the virus is transmitted by eating contaminated food. The virus is transmitted by droplets spread from a sick person. If the COVID-19 virus is on the surface of a food and stored in a cupboard, fridge, or freezer, there is no evidence that it can grow or multiply further. We do not know if COVID-19 can survive refrigerator or freezer temperatures. While there are no special precautions needed when storing food, it is recommended to wash your hands after putting away food you have purchased and before preparing food.

Can the COVID-19 virus be passed on by eating or touching ready to eat foods made by others?—

There is no evidence that COVID-19 is spread through food made by infected people. COVID-19 is spread from person-to-person through respiratory droplets. There is a theoretical risk that a person infected with COVID-19 could spread the virus by sneezing on food or by directly touching food with their hands. However, there have been no cases reported of such transmission with COVID-19. To be safe, if you are sick with COVID-19, do not prepare or handle food for others.

Can COVID-19 be passed on by eating or touching raw fruits and vegetables?—

There is no evidence that COVID-19 is spread through eating or touching raw fruits or vegetables. When preparing fresh fruits and vegetables, wash or scrub them under cold, running, potable tap water prior to consumption.

GUIDE BOAT/FISH PROCESSING SAFETY MEASURES

- Before each shift, mandatory daily temperature checks for all guides will be completed and logged by the breakfast staff.
- Guests will stay with the same guide and group throughout the entire duration of the trip.
- A hand sanitizer station is located on dock space and is encouraged for everyone's use prior to boat loading.
- A daily full clean and sanitization of boat and gear, including bathroom and cuddy is completed.
- Masks/ Face coverings will be worn.
- Each boat is equipped with a COVID-19 safety bucket that holds:
 - Hand sanitizer
 - Disposable face masks
 - Kleenex
 - Lysol wipes
 - Disposable gloves
- Lodge rain gear will be washed between groups. However, given the current state of our pandemic, it is highly encouraged to bring your own personal gear (rain jacket, pants & boots)
- Once on the dock, anyone processing/handling fish must sanitize.
- Guests must remain 6 ft away from the processing area. Only staff members permitted.
- As always, the fish processing area will be fully sanitized each night.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

INFECTION CONTROL SUPPLIES

Reel Obsession will maintain a schedule of regular disinfection but also will maintain a stock of infection control supplies. This will include:

- Hand washing supplies and hand cleaning sanitizers
- Appropriate cleaning supplies (see below for more information)
- Tissues to cover coughs/sneezes
- Disposable gloves
- Disposable non-medical masks

Our goal is to keep clients, employees, and communities safe and healthy, and to minimize the risk of exposure to COVID-19 during business operations. Reel Obsession Sport Fishing will have enough hand sanitizer to help with these personal safety measures. Please do your best to adhere to the standards that Reel Obsession has set. If you can bring your own masks, please do so. This will help us greatly because PPE can be in short supply and getting in large quantities can be difficult.

CONSIDERATIONS AND END NOTE – *We are in this together*

Reel Obsession Sport Fishing cannot stress enough the importance of each person's vigilance in the prevention of spreading COVID-19. From the moment you depart your home town, to your arrival in our wee village of Zeballos, and to your time spent with us whether that is for work or for pleasure, we thank you in advance for your due diligence in protecting the safety of those around you.

We will get through this - And how about we have some fun and fishing along the way... Fish On!!!

RESOURCES

WorkSafeBC

- What employers should do
<https://www.worksafebc.com/en/about-us/covid-19-updates/health-and-safety/whatemployers-should-do>
- Preventing exposure to COVID-19 in the workplace: A guide for employers
<https://www.worksafebc.com/en/resources/about-us/guides/preventing-exposure-to-covid19-in-the-workplace?lang=en>
- Staying safe at work
<https://www.worksafebc.com/en/about-us/covid-19-updates/health-and-safety/staying-safe-at-work>
- Hospitality and COVID-19 safety
<https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation/restaurant-cafes-pubs>
- COVID-19 and returning to safe operation
<https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safeoperation>

BC CDC

- Information for grocery stores, restaurants, and other food premises for employers and workers.
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/employers-businesses/foodbusinesses>

BC Ministry of Health

- COVID-19 Guidance to the Hotel Sector
<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-guidance-hotel-sector.pdf>

BC TIDAL WATER CHARTER, GUIDE, AND LODGE OPERATIONS

- <https://sportfishing.bc.ca/wp-content/uploads/2020/05/BC-Tidal-Waters-Charter-Guide-and-Lodge-Operations-Covid19-Guidelines-May-2020-Version.pdf>

Island Health

- <https://www.islandhealth.ca/learn-about-health/covid-19>

Government of Canada

- <https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/covid19.html>