



St. John Ambulance

SAVING LIVES
at work, home and play

Dear Customers,

St. John Ambulance is pleased to announce the resumption of First Aid & CPR Training. Some new policies have been put into place for your safety and the safety of others to try and help the reduction of the spread of Covid-19. We will continue to monitor and do our best to keep everyone up to date on any changes that will take place. We will be continuing the in-class training in accordance with the policies and guidance from the Province.

For First Aid/CPR certification, we strongly recommend customers consider taking the Online blended certification course available through our learning management system at: mb.stjohntraining.ca. This will reduce the amount of time learners will need to attend the in-class portion of the courses. The theoretical components are completed Online.

The following protocols will apply while social distancing requirements are in place.

Safety Equipment:

- Students are invited to bring and wear a face mask; they will not be supplied. If you would like to purchase PPE materials, please contact Bryan Wall at (204) 784-7023
- Vinyl or nitrile gloves will not be provided as they do little to prevent the transmission of a virus.

Facility:

- SJA classrooms will be reconfigured to maintain social distancing requirements.
- Marks will be placed on classroom floors to indicate location for individual skills practice.
- SJA staff will regularly disinfect common areas in each in house classroom throughout the day. A separate protocol will be developed for this critical task. Instructors should advise students of this cleaning, and that they may need to move from their spot-on occasion to accommodate cleaning.
- On nonbusiness days Instructors are required to frequently disinfect common areas, students could be asked to clean their chairs and equipment under the careful supervision of the Instructor.
- Student lunch areas will be closed. Access to kitchens will be allowed.

While in the Facility:

- All participants including the Instructor **MUST** either wash their hands or use hand sanitizer on a regular basis throughout the day.
- The Instructor is responsible to ensure that the two-meter social distancing rule is always being adhered to.
- SJA staff will monitor for compliance to these protocols throughout all classes.

In Training Protocol:

- Instructors will not demonstrate skills on anyone other than themselves and manikins.
- Students shall sanitize their manikins and floor mats **before and after** each use.
- Any other training equipment shall also be sanitized before and after use, for example AED trainers, splints etc.
- Instructors shall adapt practical skill sessions to ensure that students **DO NOT** encounter with each other.
- Manikin ratio will be 1:1, no exceptions. Students will be assigned one manikin for their sole use during the class.
- All manikins should have disposable face shields/barrier devices for rescue breathing practical exercises.
- Regular classroom hours must be maintained to ensure compliance with CSA standards. Should there be unused time additional skill sessions should be held.
- Where practical skills are eliminated or reduced, **additional videos and lectures** are required to ensure the student has comprehend the skill required.
- Instructors will supervise practical skills from the Instructor desk in order to maintain social distance requirements.

The following skill adaptations will be adopted, and are subject to change as they are rolled out:

- Check for responsiveness, head tilt chin lift, recovery position etc. will be done on manikins or the student's own body where possible.
- All C Spine exercises will be done on manikins only.
- Abdominal thrusts and back blows for choking will be done on manikins or students' own body only
- Arm slings will not be practiced.
- Severe bleeding will be practiced on the student's own legs.
- Students will practice fracture management on their own lower legs only.
- Secondary survey will be practiced on manikins or on the student's own body.
- Two rescuer CPR will not be practiced.

Continuing Protocols:

- If courses are to be held at locations outside of SJA Training Centre's, these protocols must be followed as closely as possible. Classroom space and size will be critical. At all times, the social distancing requirements **MUST** be achieved. Hand sanitizer and/or hand wash locations must be provided by the location. Cleaning products for manikins/materials will be sent with instructor.

St. John Ambulance offers a blended Online training option that will reduce the amount of time individuals are in class please visit mb.stjohntraining.ca If you have any concerning or comments please contact us at **1(800)471-7771** and we will be more than happy to help you.

Thank you for your support, participation and patients during this time of uncertainty.

Sincerely,

St. John Ambulance NWT, Manitoba & Nunavut council