

## Timeline Safety Training COVID-19 Process

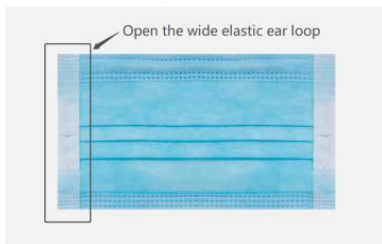
There will be a few changes to how we run our classes and I want everyone to be made aware of what they are;



Everyone will be emailed the day before class the SK Government Self Assessment Tool to complete <https://ca.thrive.health/covid19/en>. Any person who is sick, or at risk of having COVID-19 (based on the assessment tool) is asked to stay home and reschedule their date. Before admittance into the class: all participant will be asked to determine if they have been ill or have had any signs of illness within the last 24 hours (fever, cough, breathing difficulties/shortness of breath, or other symptoms), or been in contact with someone who is ill.

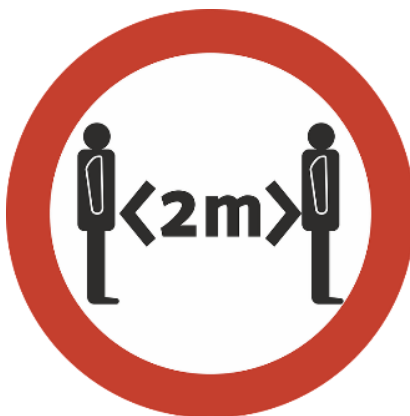
### How To Use The Face Mask

Step 1 : Open the wide elastic ear loop



Step 2 : Wear the face mask (Blue side is outside)

Every person will be required to wear a mask. You are welcome to bring your own disposable or cloth mask. If you do not have one, there will be disposable masks available to purchase for \$2.



There will be a minimum 2 meters (six feet) of separation between students and between students and Instructors. Upon entering our building please maintain the 2 meter space between participants. There is a single path to the classroom and each person will have their own table and chair that is spaced a minimum 2 meters from any other person.



Every person will be using their own equipment during training and each piece of equipment is cleaned using a bleach solution after every use. There will be a constant cleaning of common surfaces using a combination of Lysol wipes and bleach solution throughout class. There will be hand sanitizer available (as always) and you will have increased reminders to wash your hands 😊



Class sizes will be small to allow everyone to feel like they have enough space to feel comfortable. Amanda will also be using a headset microphone with a speaker system so that everyone in the class can still hear the class through her mask.

Thank you again for your continued support and I look forward to seeing you in class!

Amanda