

COVID19 Risk Mitigation Plan for The Lost Faucet Sauna House

Assessing Risk

The owner together with the other shareholder (who is also a casual worker at the sauna house), have assessed the risk of coronavirus transmissions in the facility to the best of our ability, based on information and recommendations from the Public Health Office and Vancouver Island Health Authority.

1. Physical Proximity

a) Front desk - The front desk is located immediately upon entry and though it allows for 2 metres between employee and client, we also have the option of our clients to enter through the roll up door. The furniture has been rearranged in order to allow for clients to enter through this way.

b) Change rooms and Bathrooms - Our change rooms have 13 lockers for each gender. Both genders have a window and therefore allow for ventilation. But what is important is that the capacity of the Sauna House will be greatly reduced, as I will show below. With smaller group intakes, we can limit the use of change rooms even having one person change in there at a time. Shower usage will only be allowed in the open area.

c) Physical space - The general open area is around 1000sf or 92m² so with a capacity of 5 plus one staff each person will have 15.5m

d) Sauna - The area of the sauna is 10x12 ft or 3.05mx3.66m. Therefore in order to ensure proper physical distancing in the traditional sauna there can only be 2 people in at a time. The 2 people in the traditional sauna at a time, must be in the same pandemic bubble. Only 1 person in the infrared sauna at a time.

2. Contaminated surfaced

a) Handles - The front door knob inside and out, the roll up door handle, the shower handles and pull chains, the mister valve, the sauna handle inside and outside, the knobs of the doors to the washrooms, light switches, front counter, faucets and toilettes. Bleach spray solution 1:50. (Spray bottle 20mL:946mL).

b) Furniture - As people move through the sauna and into the space they will have a rest once they are done. We have always recommended that people use their towel when sitting on the furniture and the furniture has always been cleaned. Bleach Spray solution 1:50. (Spray bottle 20mL:946mL).

c) The front desk has in the past been an area shared by staff and clients, but now there will only be one staff person working. Additionally all client traffic has the option to enter via the roll up door thereby completely distancing the staff from clients. Bleach spray solution 1:50. (Spray bottle 20mL:946mL).

d) Bathroom toilettes and faucets. Bleach spray solution 1:50. (Spray bottle 20mL: 946mL). Also regular toilette cleaner. Bleach to clean surfaces.

e) Sauna wood surface. The sauna has a thin layer of sealant on it and can therefore be chemically cleaned by isopropyl alcohol or a soapy solution Mr.Clean soap to water - 60ml:4L. It is also temperature cleaned before each session by being heated to 90°C for 10 minutes before anyone enters.

f) Flooring - Wet floor is squeegeed during any sauna sessions and sprayed with bleach solution at least once during a sauna session. Entire floor is swept and mopped again before a sauna session. Bleach solution 80mL:4L.

g) Where people gather - typically the change room might be a place where people get close to each other. Because the space is so large people tend to want to congregate between the sauna door and the roll up door. Fortunately we have ample space to allow 2 metres distance.

COVID19 Plan The Lost Faucet Sauna House

The following plan is a comprehensive COVID risk avoidance plan for The Lost Faucet Sauna House. The owner together with the other shareholder (who is also a casual worker at the sauna house), have assess the risk of coronavirus transmissions in the facility to the best of our ability, based on information and recommendations from the Public Health Office, WorkSafeBC, and Vancouver Island Health Authority.

Elimination:

1. If any **staff** is sick, displaying symptoms such as coughing, fever, runny nose, soar throat, difficulty breathing, fatigue, shortness of breath - staff can not come into work.
2. If any **client** is sick, displaying symptoms such as coughing, fever, runny nose, soar throat, difficulty breathing, fatigue, shortness of breath they will be asked not to enter.
3. If any staff or client has travelled outside of Canada in the last 2 weeks they will be asked to wait until 2 weeks has passed until they come to the sauna house.
4. The risks for vulnerable population (over 65 or are immune compromised) will be made clear in the waiver.
5. Only one staff member on site at a time.
6. Public, drop-in hours are currently suspended.
7. Sauna visits will be **private bookings with you pandemic bubble** only. Private bookings will have exclusive use of the faculty and will allow up to 6 **people of the same contact bubble per booking**. The **large sauna will allow up to 6 people**. Only 2 people at a time in the infrared sauna.
8. 2.5 hour time limit to all sauna sessions.
9. TLF will take multiple bookings per day however there must be a surfaces clean and airing out before admitting the next group.
10. Markers will be placed on the floor to indicate 2 metres between chairs.
11. No retail walk-ins while a sauna is in session.
12. Drinking water fountains and/or water bottle filling stations can be used. The following precautions and/or alternatives should be considered: Ensure frequent cleaning and sanitizing throughout the day of fountains and/or filling stations. When providing cups staff will use gloves. Use a separate water cooler, with disposable cups. Complimentary sealed water bottles also available.

13. Though Aufguss services are currently suspended due to staff requiring to be in the sauna with the clients, a minimal amount of water over hot stones can be used in the sauna by way of a mister. The water keeps a base level of moisture in order to soften the heat. One person will be designated as the mister one person to put up to three mist pumps on the hot rocks. Additionally the group in the sauna may choose to self administer a Venik service - which allows for use of wet bunched leaves to be self administered.
14. Magazines and books have been taken out.
15. Only one example of retail product on display. When a product is purchased, the item will be retrieved from the back stock. All testers will be removed.
16. Because the groups will be small and familiar, we will discontinue the use of locks.
17. Messaging will be including at the location, on the website, in confirmation emails and will be reminded of by phone when speaking to clients directly.
18. Packaged snack service has been suspended.

Engineering Controls:

1. The roll up door, front door and windows should be kept open as much as possible.
2. Clients will also be encouraged to make use of the outdoor patio when relaxing.
3. INCREASED CLEANING PROTOCOLS INCLUDE:
 - sanitation bin for clients' flip flops
 - regular sauna floor mopping with bleach at the beginning and the end of each 2 hour session
 - regular furniture wiping with bleach solution
 - waiver clip boards and all pens used will be sanitized after use.
 - as per standard cleaning, towels will be cleaned with bleach. Face clothes will be washed in high temperature with laundry soap.
 - the sauna benches will be wiped down with wood friendly soapy concentrate after each use.
 - frequently touched surfaces cleaned 1-2 times/hour. This includes: the front door knob inside and out, the roll up door handle, the shower handles and pull chains, the lister valve, the sauna handle inside and outside, the knobs of the doors to the washrooms, the faucet controls, light switches and breaker box and the faucets and toilettes in the washrooms
 - a sign including all the high touch points will be posted in the utility room for the staff.
4. The front door for staff will remain the entrance but the roll up door may now serve as the main entrance for clients if they desire. Some furniture has been rearranged in order to allow for this new flow.
5. As before all clients must use a towel in the sauna - there is to be no skin on the surface.
6. Clients are recommended to use their towels on the furniture that they use.
7. Clients will be asked to wash or sanitize their hands upon entry.
8. Sauna will be heated to 90°C for at least 10 minutes before anyone enters - for added sterilization.
9. An extra tissue area will be created which will include tissues a garbage can and hand sanitizer.
10. As per standard practice, soap is provided at every hand wash station. Additional hand sanitizer stations will be added throughout the space. (Front desk, central bench, at fridge area, entrance bench).
11. Disposable paper towel will be available in the two bathrooms.

12. When the till must be used we have a very simple tap pad that does not require a pin. However when a pin input is necessary the staff will step away allowing the customer to get close enough to enter pin.

Rules for staff and clients / Administrative controls :

1. Screening clients: All clients will be asked: "Do you have any of the following symptoms, coughing, fever, soar throat, or difficulty breathing?" - if they answer yes they will be asked to leave.
2. Must wash your hands upon entry,
3. Frequently touched areas should be cleaned 1-2 times per hour during a private booking. Frequently touched areas include: the front door knob inside and out, the roll up door handle, the shower handles and pull chains, the lister valve, the sauna handle inside and outside, the knobs of the doors to the washrooms, the faucet controls, light switches and breaker box and the faucets and toilettes in the washrooms.
4. Staff **MUST** wear mask while working. Clients may opt to wear a mask in the sauna.
5. Absolutely **NO** sneezing, coughing or nose blowing/wiping in the sauna. When possible a silent sauna would be preferable - and clients may wear masks in the sauna.
6. Clients will be asked to take a soapy shower before entering the sauna.
7. Encourage clients to use the same seat when resting - also to use the same shower for cooling or to opt for their own rinse bucket.
8. Ask clients and staff to use their towel when pushing or pulling open the sauna handle
9. Signs will be posted to help clients navigate new rules.
10. Clients must use and keep their own towels - towels cannot be left in the sauna. If they will be coming back to the same chair they may be left there. No towel sharing.
11. Encourage staff and clients to not touch their face.
12. Towel Rental fee will be eliminated in order to ensure that clients can dispose of soiled towels.
13. Clients are also encouraged to use a towel when they sit on the furniture.
14. Clients may pay in advance online via gift card purchase. This will avoid all contact at the till.
15. Contact information for each booking will be maintained vis-a-vis the waiver. This info will be kept for any COVID needs in the future.
16. Should clients or staff have any concerns or suggestions on how to enhance the safety of the experience they can email the owner directly and we will find a way to incorporate added safety procedures, if possible.
17. Both employees will aim to have additional work be contained to home. As situations change we will consider other ways to limit exposure to multiple public members.
18. Only one person (staff or client) in retail area at one time.
19. No booking cancellation charge to allow for easy illness cancellations on the part of either client or TLF dues to staff illness.
20. Only your sauna cohort will be allowed into the sauna at your designated time.
21. ABHs (Always be hand washing)
22. Staff must change into work clothes at location. Then they must change back into street clothes before leaving.
23. Staff will be present to ensure the COVID plan is followed.

PPE:

1. TLF staff will wear masks while working.
2. Clients may wear masks in the sauna house.
3. TLF staff will use gloves when cleaning

Developing Policies:

Based on the above considerations policies for the two staff will be implemented including:

1. Staying home when you are sick
2. No one - not client or worker will come in after travelling outside the country until 2 weeks have passed - symptom free.
3. If a person older than 65 or is a part of a vulnerable population, wants to book - the risks must first be made clear to them in the waiver.
4. All clients who enter the sauna house must sign a waiver which acknowledges the COVID plan.
5. Anyone who has been directed by Public Health to self-isolate may not enter the sauna house. Clients and staff must disclose if they have been ordered to self-isolate.
6. Current waiver will be updated to include all new COVID policies and procedures.

Communication plans and training:

These policies and procedures have been established by the two workers and are agreed upon. Policies and procedures will be posted as a checklist for cleaning and a reminder to do in different scenarios. If there are questions between the 2 staff members while working a 4 hour shift - we will use phones.

Monitoring:

We are obsessively watching the news and updates regarding changes to the regional COVID 19 situation. The update check-ins happen daily. Because the two workers live together it is easy to communicate on this issue. Any need to change and update the COVID plan will be date marked.

Assess and address risks from Resuming operations:

Once we have a date set to re-open (given the allowance to do so) we will set up the new precautions together (eg. cleaning stations, tape markings of the floor etc.). We will review the COVID PLAN working out any logistical kinks.

These are new norms specific to The Lost Faucet Sauna House. They act as a specific addition to the basic guidelines set by the PHO, VIHA and WHO which include:

- Stay at home when you have cold or flu symptoms, including coughing, sneezing, runny nose, sore throat and fatigue.
- No physical contact - no hugs or handshakes
- Practice good hygiene eg. Regular hand washing, avoid touch your face, cover coughs and sneezes, disinfectant frequently touched surfaces
- Physical distancing - and using masks other protect equipment (including gloves)
- Groups of only 2-6 people - reduce the density of people
- Engineered controls - plexiglass, or increased ventilation
- Clear rules and guidelines

- Provide disinfectant wipes and spray cleaner to clean areas after themselves
- Patrons should be encouraged to clean up after themselves or use the same rest seat.
- Routine Screenings