



Public-health guidelines

Approved by the Public Health Scientific Committee on July 9 2020.

1. Pre-screening

The clients and the employees should not be allowed in pavilions and Nunavik Parks if they :

- are required to be in quarantine or self-isolation, related for example to a recent travel outside Nunavik, a Covid-19 infection or a contact with a positive case of COVID-19, or
- have symptoms of COVID-19 (fever, new cough, shortness of breath, or loss of smell).

2. Preventive hygiene measures and physical distancing

Clients and employees should follow **hygiene measures** with the necessary material (water, soap, alcohol-based solutions, non-contact garbage cans, disposable tissues, towels or disposable paper, etc.):

- Wash hands frequently with soap and water for at least 20 seconds.
- Use an alcohol-based gel (60% or more) for at least 20 seconds if soap and water are not available.
- Avoid touching eyes, nose or mouth with potentially contaminated hands.
- Cough or sneeze into the crook of the elbow or into a tissue that must be discarded immediately after use, then wash hands as soon as possible.

Clients and employees should follow **physical distancing** measures:

- Respect a distance of two metres between individuals.
- Physical distancing is not necessary between people from the same household.
- Avoid all physical contact (e.g., handshakes, hugs) with someone from different households.
- Do not share things that may come in contact with other people's hands or saliva, such as bottles, cans, cups, coffee mugs, cigarettes, pencils, change or paper money, pillows, shampoo, dip net, fishing rod, binoculars or utensils.

- Wear a mask (non-medical mask or a face covering¹) whenever possible, especially in situations where a safe distance of two metres with someone from a different household cannot be maintained.
- If your mask becomes damp or wet, you are encouraged to replace it with a dry one. A reusable mask that is damp or dirty can be put into a plastic bag until it can be safely laundered.

Stay informed of developments in the Nunavik recommendations relative to the size of authorized indoor and outdoor get-togethers.

3. Cleaning and disinfection

- The frequency of cleaning and disinfection must be increased. Shared objects, sanitary facilities, common areas and other frequently touched surfaces should be cleaned and disinfected more often and in-depth.
- Use usual products (like Lysol, M. Net, Hertel, Clorox, Oxivir or homemade disinfectant²).
- Employees should wear personal protective equipment for cleaning. Train the personnel on proper cleaning practices.
- Ensure that all items and spaces/rooms are adequately cleaned before, during and after a stay, regardless of whether or not they were used.
- Allow cleaning operations by two employees in the same cabin only if distancing rules can be respected.
- In the kitchen and dining area:
 - Clean and disinfect regularly all equipment, utensils or counters that come in contact with food.
 - Clean and disinfect high-touched surfaces at least few times a day (e.g., door handles, refrigerator door and handle, tables, chairs, counters, stove, cupboard handles, light switches, etc.).
- As needed, close sanitary facilities (in pavilions, cabins) during cleaning operations to ensure respect for distancing rules.

¹ Consult the face covering requirements for travel on boats: https://www.tc.gc.ca/documents/2019-2020-AA-37_FERRY_MASKS_POSTER_EN_V1_ACC.PDF

² For homemade disinfectant: Dilute 4 teaspoons (20 ml) of domestic bleach in 1L (4 cups) of water. Use a fresh mix of water and bleach every day.

- Integrate the maintenance of dry toilets into the routine:
 - Without restriction if use of dry toilet is exclusive to a subgroup (cleaning/disinfection at start/end of stay and client autonomy during stay with disinfectant and brown paper provided);
 - In case of shared dry toilets, disinfection once a day (recommended frequency for dry toilets used infrequently or located in isolated area);
 - Ensure effective ventilation (by opening windows if applicable).

4. Pavilion (group activities, exhibits, shop)

4.1 Preparation of pavilion

- Establish several handwashing stations for participants (with soap and water if possible, otherwise with disinfectant) at the entrance of each room (exhibit room, shop, etc.).
- Establish and post on site the entrance limit for each room in accordance with the minimal two-metre distance between persons:
 - Indications on floor showing direction of circulation in the exhibit room and shop;
 - Foster one-way circulation.
- Ensure that proper hygiene practices are posted: obligatory handwashing, two-metre distancing, etc.
- Avoid distributing paper documents such as pamphlets. Do not provide materials for visitors.
- Remove covers from indoor trash containers fitted with removable covers.
- Close sanitary station or install an effective separator between stations (for example, between sinks) where a two-metre distance cannot be respected.
- Ensure effective ventilation (by opening windows if possible).
- Ensure cleaning/disinfection of installations after each group.

4.2 Group activities (presentations, cultural workshops, cultural events, etc.)

- Disinfect materials used for activities, unless a reduced schedule of use is established (materials quarantined for at least three days, according to *SÉPAQ* recommendations).

- Eliminate direct sharing of objects/artifacts/instruments with visitors and ensure the artifacts themselves are kept two metres away from visitors (to reduce potential infection of activity area).
 - If pertinent, install a tape barrier in front of the workshop area with instructions not to touch artifacts or instruments.

4.3 Exhibit room

- Ensure a two-metre distance between tables/installations/chairs/benches.
- Remove exhibit objects that are normally handled by visitors.

4.4 Shop

- Ensure shop transactions can be carried out without contact. Foster payment by cards. Receipts should be offered to the client.
- Employees must not wrap purchases or handle reusable bags brought by clients.
- Return and credit policy: all sales are final unless the product is defective.

5. Activities with overnight stay in the park

5.1 Communication for participants

- Clearly communicate directives/instructions and mitigation measures established for participants' stays (by e-mail prior to stay and in person upon participants' arrival).
- Put up posters about proper hygiene practices (obligatory handwashing, two-metre distancing, etc.) in relevant locations in the cabin, such as kitchen sink, dining area, bathroom, bedroom.
- Add certain products to the participants' list of items to bring: masks or face coverings, liquid disinfectant (Purell or other) and/or disinfectant towelettes and, if possible, their own personal flotation device (PFD).
- Clients for weekend/autonomous stays should bring their own tent, bedding and food.
- Do not provide paper documents (flyers, contracts or other).
 - Avoid any document requiring a signature/writing by hand.

- Ensure that all information is provided electronically, verbally or in writing on posters before or during the stay.
- Avoid giving out souvenirs and prizes.

5.2 Subgroups

- Create subgroups (ideally with members of the same households or by age group) and keep the same for the duration of the stay for activities where it is more difficult to respect physical distancing (e.g. travelling, sleeping in a tent/cabin, meal time, sharing circle).
- As much as possible, keep subgroups stable over time. Avoid transferring a person, including employees, from one subgroup to another.
- Have the children sleep head to toe, this will ensure proper distance between each children.
- Limit activities where subgroups are mixed together.

5.3 Travelling to get to the Park

By charter plane or helicopter

- People can travel by charter plane or helicopter, as long as the COVID-19 «Flights within the region» recommendations³ and the «COVID-19 interim recommendations for charters»⁴ are followed.

By boat / vehicle

- Passengers should wash their hands upon embarking and leaving the boat/vehicle and before and after eating (bring hand sanitizer or use soap and water).
- Limit as much as possible the number of people from different households or subgroups on the boat / vehicle. Where **two or more passengers from different household are**

³ Available online: http://nrhss.ca/sites/default/files/covid19/Lines_North_flights_EN.pdf

⁴ Available online: http://nrhss.ca/sites/default/files/covid19/Nunavik_Interim_Recommendations_For_Charter_05-18-2020.pdf



seated less than two metres apart, they should wear a mask (non-medical mask or face covering; refer to Government of Canada Web site⁵).

- If the boat trip involves a stop on the shore (e.g., for lunch), the employees should encourage passengers to get off and back into the boat themselves or to be helped by a person from the same household.
- After transportation, the employees should clean and disinfect, with the usual products like Lysol, M. Net, Hertel, Clorox, Oxivir or homemade disinfectant (see section 3 above for recipe) :
 - the boat paying particular attention to frequently touched surfaces: gunwales, engine handle, engine housing, oars and benches;
 - the vehicle paying particular attention to frequently touched surfaces: dashboard, steering wheel, stick shift, door handles.

5.4 Lodging in small cabins, large-capacity cabins (with kitchen), rustic camps and shelters (including rustic domes)

- Where possible, ensure a 24-hour interval between occupancies (as recommended by the *SÉPAQ* for stays in rustic camps and yurts).
- Plasticize the essential pages of the welcome guide and other documents in open circulation in the cabin (e.g., safety measures, instructions for appliances) and install stickers reminding of handwashing before and after use. Do not use any paper postings.
- Establish several handwashing stations for participants (with soap and water if possible, otherwise with disinfectant) at the entrance, dining area, indoor activities rooms, etc.
- Provide clients with additional towels, rolls of brown paper and disinfectant solution. Do not provide disinfectant towelettes (post a notice in toilets reminding clients not to discard towelettes in the toilets due to risks to septic installations).
- Remove placemats. Leave plastic tablecloths if present.
- Other objects used by several clients must also be removed (for example, newspapers, games).
- Systematically remove all products or items left behind by clients at the end of a stay, including food.

⁵ <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html#a5>

5.5 Camping equipment: tents, bedding and food

- Clients for weekend/autonomous stays should bring their own tent, bedding and food.
- Tent rentals are possible on request, with at least a 4-day interval between rentals.
- Inform clients that bedding rentals are suspended.
 - Establish a specific protocol for providing bedding for clients who forget to bring their own.
 - Establish a strict protocol for recovering used/soiled bedding from the lodging and for bringing it to the cleaning service.

5.6 Indoor activities

- Favour outdoor activities, when possible.
- In advance, determine what contactless activities are possible in the event of bad weather and establish a schedule per group.
 - Reserve specific rooms for indoor activities.
 - All indoor activities should be with persons of the same subgroup / who stay in the same cabin/tent.
- Limit the use of any equipment that is not washable or made of fabric (soft toys, costumes, etc.). Review activities proposed and remove anything that cannot be disinfected.
- Employees are required to wash their hands before handing out equipment.

5.7 Boat rides or fishing trips, watercraft (kayaks, canoes) and nautical equipment

- For one-day fishing guided trips or boat rides, clients and employees should follow the guidelines presented in section 5.3 above for 'Travelling by boat'.

For kayaks and canoes :

- The client will use watercraft (and water safety kit if applicable) previously quarantined for the recommended time period (see below).
- Employees will hand the client his or her oar/paddle, dry suit, spray skirt and, as needed, PFD (if not brought by the client) previously quarantined for the recommended time period (see below).

- For sea kayaks, adjustments will be made by the client with explanations from an employee if required. Possible contact for installation of the spray skirt and for adjustment of rudder pedals. Intervention requiring close contact must be preceded and followed by hand disinfection, must be accompanied by use of a mask and must last no longer than 15 minutes.
- Before setting off, an employee must clearly inform the client of the return procedure and location for all equipment (PFD, paddle, watercraft and water safety kit).
- Ideally, clients will keep their equipment until the end of the stay.
 - Dry suits, spray skirts, PFDs and other clothing should be dried and quarantined for at least 24 hours at the end of the stay.
 - Watercraft and other equipment (oar, paddle, fishing rods, etc.) should be quarantined for nine days at the end of the stay.
- **When the quarantine period is not possible between two clients:**
 - **Dry suits, spray skirts, PFDs and other clothing:**
 - Spray a disinfecting product like Lysol, M. Net, Hertel, Clorox, Oxivir (DO NOT USE bleach/chlorine solution) and let it work for at least 10 minutes.
 - Allow to air dry after disinfection.
 - **Oars and paddles:** Ensure disinfection of surfaces usually handled by clients (shafts), using usual products like Lysol, M. Net, Hertel, Clorox, Oxivir or homemade disinfectant (see section 3 above for recipe).



- **Fishing equipment:** Ensure disinfection of fishing rod, etc., using usual products like Lysol, M. Net, Hertel, Clorox, Oxivir or homemade disinfectant (see section 3 above for recipe).

- **Watercraft:** Ensure disinfection of surfaces usually touched by clients (carry handles, gunwales near seats, cockpit coaming), using usual products like Lysol, M. Net, Hertel, Clorox, Oxivir or homemade disinfectant (see section 3 above for recipe).



5.8 Cooking

The risk of transmission of COVID-19 through food is very low. It is possible to contract COVID-19 by touching a surface or object where the virus is found and then bringing your hand to your mouth, nose or eyes, but this is not the primary means of transmission. It is therefore important to continue to follow basic rules of hygiene and proper food preparation and cooking measures to prevent other foodborne illness.

- Food must be prepared and cooked according to the usual methods recommended by the *ministère de l'Agriculture, des Pêcheries et de l'Alimentation (MAPAQ)*.
- For preparation of traditional foods, refer to the document “Processing and sharing country food.”⁶
- Persons who are symptomatic should avoid handling or preparing food for others.
- Cooks and food handlers should wash hands frequently with water and soap or hand sanitizer for at least 20 seconds especially when: arriving and leaving, before handling

⁶ Nunavik Regional Board of Health and Social services. 2020, June 19th. Processing and Sharing Country Food during the COVID-19 pandemic: Guidelines for Hunter Support Program and the General Public. Available online: http://nrbhss.ca/sites/default/files/covid19/Processing_and_sharing_country_food_FINAL_longue_version.pdf

food, after handling raw food, after handling waste, after performing cleaning/disinfecting tasks, after going to the toilet, after sneezing, coughing or blowing nose, after eating, drinking or smoking.

- Encourage staff to wear uniforms or aprons during food preparation.
- Gloves are not recommended. They become contaminated like hands and people wearing them often forget the basic rules.
- Keep the perishable food as little time as possible at room temperature (less than 2 hours). Refrigerated perishable food must be kept between 0°C and 4 °C and frozen perishable food at -18 °C.
- Wash fruits and vegetables before cooking or eating. There is no need for detergent.
- Keep kitchen clean at all times. See section *Cleaning and disinfection* above.

5.9 Meal times

- Limit the handling of food, cups, plates and utensils by multiple persons.
 - It is recommended that only one employee who previously washed hands serve the food to all the participants.
 - Avoid offering buffets.
- Avoid sharing of material when eating. Seasonings and condiments (for example, salt, sugar, oil, spices) must be removed from tables.
- Have the clients eat outdoors when possible or in rooms large enough so that a minimum distance of two metres between individuals is respected.
 - If not possible, stagger meal times into two or three service periods.
- Ensure that participants wash hands before and after eating.
- Provide easily washable plastic tablecloths.
- Wash dishes in hot water with regular dish soap.

6. Contingency plan

All operators should revise their emergency plan, taking into account the COVID-19 situation.

In particular, if an employee or a client begins to experience COVID-19 symptoms (fever, new cough, shortness of breath, or loss of smell), the operator should:

- Contact the Nunavik COVID-19 health line⁷ directly with a satellite phone (or contact the nearest community with a radio device and ask the person to call the COVID-19 health line) and follow the instructions.
 - **COVID-19 health line: 1-888-662-7482.**
- Have a procedure that allows for the person to be isolated in a room.
- Close the room(s) frequented by the person and wait at least three hours, and if possible 24 hours, before starting cleaning and disinfection.
- List and be sure to clean and disinfect the equipment or devices used by the person.
- If possible, open the outside windows to increase air circulation in the area.
- Tissue and disposable materials used by the person must be discarded in a closed bag and placed in the waste container.
- Advise other clients and employees to be alert for even minor symptoms and to immediately report them to the operator.

Main reference

Société des établissements de plein air du Québec (SEPAQ): *Guide détaillé des mesures de mitigation de la SÉPAQ : Document de travail*, Version dated June 15 2020, in French only.

⁷ The health line is to help those who may need to be screened for COVID-19 and to answer medical concerns related to COVID-19.