



God's Pocket Resort (2018) Ltd

COVID-19 Protocols & Safety Plan

1. OVERVIEW

1.1 Introduction

The purpose of this document is to put policies and procedures in place to keep everyone who comes to God's Pocket Resort safe from infection of COVID-19. While it puts new restrictions on the operations of the resort, it is of paramount importance that we all do everything we can to avoid potential health complications.

This plan is to maintain and adhere to guidelines issued by the British Columbia Health Authority in response to the COVID-19 pandemic.

As COVID-19 is an ongoing global pandemic, this should be considered a living document as there are still daily updates on the transmission, symptoms and effective measures against spread of the virus in the scientific literature. This is NOT a complete document and will be constantly updated with new information as it emerges. If you have any suggestions on how to improve this document please contact home@godspocket.com.

To manage the risk of COVID-19 in our daily operations as a hospitality, food service, and dive operator, we have 3 pillars of risk management:

1. Identify possible infections before arrival at God's Pocket
2. Avoid spread of the virus especially in cases of asymptomatic carriers
3. Establish protocols to deal with suspected infections

1.2 Purpose and Scope

This Safety Plan describes the establishment of occupational health and safety policies and programs in accordance with the Occupational Health and Safety Regulation as required by WorkSafeBC to develop a plan to ensure that the risk of transmission of COVID-19 is minimized described by section 21 (2) (c) of the Workers Compensation Act. It will also aid crew members in the assessment of risks and establishing protocols to mitigate them. The information contained in this document is based upon current knowledge and it should be understood that it is subject to change as new data become available and new developments arise with this virus.

Application of this plan does not guarantee the health and safety of the guests, Crew, contractors, or communities.

A copy of this plan will be published on the God's Pocket Website and made available to crew and guests as well as a British Columbia Health Authority officer or a WorkSafeBC officer, on request.

1.3 Documentation

In addition to these protocols, God's Pocket has developed a separate Pre-Trip Self Check-up Form and Questionnaire that both crew and guests must complete in the week leading up to their trip. That form is included here as Appendix A.

1.4 Definitions, for the purpose of these protocols

SUSPECTED CASE

A patient with acute respiratory illness (fever and at least one sign/symptom of respiratory disease, e.g., cough, shortness of breath), AND a history of travel to or residence in a location reporting community transmission of COVID-19 disease during the 14 days prior to symptom onset;

OR

A patient with any acute respiratory illness AND having been in contact with a confirmed or probable COVID-19 case (see definition of contact) in the last 14 days prior to symptom onset.

OR

A patient with severe acute respiratory illness (fever and at least one sign/symptom of respiratory disease, e.g., cough, shortness of breath; AND requiring hospitalization) AND in the absence of an alternative diagnosis that fully explains the clinical presentation.

PROBABLE CASE

A suspect case for whom testing for the COVID-19 virus is inconclusive.

OR

A suspect case for whom testing could not be performed for any reason.

CONFIRMED CASE

A person with laboratory confirmation of COVID-19 infection, irrespective of clinical signs and symptoms.

1.5 Contact Tracing

People in close contact with someone who is infected with a virus, such as the SARS-COV-2 virus, are at higher risk of becoming infected themselves, and of potentially further infecting others. Closely watching these contacts after exposure to an infected person will help the contacts to get care and treatment and will prevent further transmission of the virus.

If a confirmed case of COVID-19 occurs at God's Pocket, contact tracing will be conducted by the relevant health authorities. God's Pocket will share guest names and contact information if required by the BC Health Authority

1.6 Personal Protective Equipment (PPE), Equipment and Materials Guidelines

1.6.1 Face Masks

According to medical professionals the following masks can effectively aide in preventing infection of **SARS COV-2**:

- Single-use medical masks,
- Tightly woven fabric reusable masks (disinfected)
- Medical surgical masks (including ear-mounted and lace type, standard yy0469-2010/yy0469-2011, printed on the package),
- Particulate respirator,
- Surgical mask (gb19083-2020, kn95, n95-3m1860/1870+, ffp2-uvex).

Recommendations around usage:

- **Single-use 3-ply medical masks** or reusable tightly woven fabric masks are required to be worn by the crew members and recommended to guests while in indoor areas.
- Reusable masks will be disinfected between uses.
- **Medical N95 or KN95 surgical masks** are required to be worn by crew members and guests who have suspected infection symptoms.
- Masks should fit tightly over nose and mouth and should not have any large gaps
- Masks should be disposed of or sanitized at the end of each day
- Face masks and any other PPE worn by suspected infected persons should be treated as medical waste and disposed of properly to reduce risk of transmissions. Such masks should NOT be reused.

1.6.2 Gloves

Wear disposable gloves when touching blood, body fluids, mucous membrane, or contaminated items. Remove gloves promptly after use and perform hand hygiene immediately. Gloves do not replace hand hygiene.

1.7 Personal hygiene

- Wash hands, bathe and change clothes frequently and wash hands with soap or use hand sanitizer;
- Wash hands properly or use hand sanitizer if without access to running water, after coughing or sneezing, before, during and after preparing food, before eating, after going to the toilet, after touching others, after touching animals and after going out.
- Use Lysol laundry additive to regular detergent for each laundry load.
- Cover mouths and noses with tissue or to their elbows when coughing or sneezing to prevent droplets spraying. Used tissue is recommended to be collected and disposed according to protocols.

1.13 Recommended hand washing

Wash hands with soap or sanitizer and running water for a minimum of 20 seconds using the six-step hand washing methods:

Step 1: Rub hands palm to palm; Rub your palms together. (five times minimum)

Step 2: Right palm over left dorsum with interlaced fingers and vice versa; Rub the back of each hand (five times minimum),

Step 3: Palm to palm with fingers interlaced; Rub both your hands while interlocking your fingers (five times minimum),

Step 4: Backs of fingers to opposing palms with fingers interlocked; - Rub the back of your fingers (five times minimum),

Step 5: Rotational rubbing of left thumb clasped in right palm and vice versa; Rub your thumbs (five times),

Step 6: Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa. Rub the tips of your fingers (five times).

Same procedure also applies to disinfection of hands with alcohol hand rub.

Dry hands thoroughly with clean cotton towel or paper towel. Towels for drying hands should never be shared. If necessary, turn off the tap by wrapping the faucet with paper towel. Avoid touching the faucet again with washed hands.

Employers will ensure that materials for adhering to hand hygiene are available on their premises. Provide lidded receptacles for used tissue paper disposal. Provide easily accessed dispensers of at least 60% alcohol-based hand rub; where sinks are available, ensure that supplies for handwashing (i.e., liquid soap and disposable towels) are consistently available.

2. GUEST PROTOCOLS AND GUIDELINES

2.1 Pre-travel Recommendations and Requirements

Guests must monitor their health during time spent at their place of ordinary residence immediately before leaving to travel to join a trip. Guests must also fill out and deliver upon arrival the **Pre-Trip Self Check-up Form and Questionnaire** (Appendix A).

God's Pocket recommends guests to:

Know the Symptoms of COVID-19

Anyone who suspects they may have COVID-19 can take the online self-assessment tool at <https://bc.thrive.health/>. Main symptoms include fever, dry cough, muscle soreness, fatigue, loss of smell and may include headaches, shortness of breath, sneezing (abnormal), or sore throat. Crew or guests who suspect they may have been exposed to COVID-19 or are experiencing symptoms may also call HealthLinkBC at 8-1-1 to speak with a registered nurse and to determine any necessary next steps. The [BC Centre for Disease Control website](#) is also a good resource for information about COVID-19 symptoms and what can be done to reduce risk of transmission.

- Comply with all standard infection protection and control precautions related to social distancing, self-isolation, hygiene (i.e. handwashing, avoid touching face, etc.) and safe food handling practices, in accordance with WHO, national or local guidance.
- Avoid close contact with any persons who are or appear unwell or show COVID-19 symptoms (e.g. cough, fever, etc.).
- Complete all pre-trip formalities to the extent possible while still at their place of ordinary residence (reviewing documents and instructions, completion of surveys, signing waivers, etc.).
- Arrange means of transport to and from God's Pocket that minimizes contact with other persons as much as possible.

For the safety of all guests and crew, God's Pocket *requires* guests to:

- Check their temperature daily and keep records of the 7 days leading up to the trip on the **Pre-Trip Self Check-up Form and Questionnaire**.
- To present at boarding their filled out, dated and signed **Pre-Trip Self Check-up Form and Questionnaire**.
- Inform God's Pocket (at home@godspocket.com or directly to the crew) if they show any COVID-19 symptoms prior to arriving.
- Bring on your trip all necessary personal protective equipment (PPE) sufficient to cover the period of travel to the lodge, in accordance with WHO guidelines. It is highly recommended to at least take enough masks for 7 days and your preferred disinfectant.

2.2 Best Travel Practices.

Gods Pocket recommends guests to:

- Maintain a social distance of at least 2 meters from other persons to the extent possible, prior to arriving.
- Comply with all standard infection protection and control precautions related to social distancing, self-isolation, and hygiene (e.g. handwashing, avoid touching face, etc.).
- Avoid close contact with persons who are or appear unwell or show any COVID-19 symptoms (cough, fever, headache, etc).
- Wear PPE (Personal Protection Equipment) as instructed for the duration of the travel from origin to Port Hardy as far as practicable.
- Carry and handle their own luggage.

Pre-boarding Checks

Prior to boarding transportation to God's Pocket (on the 'Hurst Isle') in Port Hardy, guests will all be asked to confirm that they have not been experiencing any of the symptoms, at which point the crew will take guests' temperature using a contactless thermometer. If a fever is detected on a guest, the crew will be unable to allow that guest to board the boat, and will require COVID testing prior to joining the trip. Please refer to the cancellation policy for the financial implication of being unfit to join the group due to COVID. We highly recommend purchasing trip insurance to alleviate the financial risk of becoming ill before arriving in Port Hardy.

2.3 Protocols and Guidelines while at God's Pocket.

- Guests are requested to maintain strict social distancing from crew members.
- Guests are encouraged to practice self-distancing with other guests as much as possible and when not possible are required to wear face masks.
- Guests are requested to maintain high levels of personal hygiene (e.g. use of hand sanitizer, avoid touching face, etc.)
- Guests should immediately report to the Master (or any crew member) if they show any COVID-19 symptoms in accordance with God's Pocket's COVID-19 plans and procedures.
- Guests are asked to report if any member of their party becomes ill within 48 hours of trip completion.

2.4 Common Areas

In alignment with the March 12 2021 Health Order, the indoor dining area and the clubhouse will be closed as common areas. The Clubhouse may be used by a maximum of 2 people at a time, or by any number of people who are in a household or bubble. The dining protocol will be described in section 2.5.

2.5 Food and Beverage Service

In alignment with the March 12 2021 Health Order, the indoor dining room will be closed. The kitchen will operate in a 'takeout' style of service, with the following characteristics:

- Each guest will receive their own personal eating table, that only they should use for the duration of the trip. Guests can set up this table inside their rooms, or anywhere outside, as long as they respect the distancing rules outlined by the Health Order. People of a household or bubble are allowed to eat in closer proximity.
- A serving table will be set up at the 'guest door' of the dining room.
- Guests will give their order from a buffet style preparation to a crew member wearing PPE and will receive an individually plated meal. If guests request second helpings and second helpings are available, new plates will be used.
- Guests will empty their finished plates into a compost bucket, deposit their single use paper plate and cup in a designated bin, and place their cutlery in a tub filled with a 1 to 49 diluted household bleach (5.25%) solution, for sanitization.
- Beverage service must be handled by the crew, in a single serve fashion, with gloves. If the crew touches a cup that has previously been used by a guest, they must change their gloves before serving another guest.
- Guests may not reuse soiled napkins.
- Guests and crew will be separated during meal times.
- Guests will be required to maintain social distancing during meals times.
- Crew must use clean gloves at all times when handling guest meals or beverages.

3 CREW PROTOCOLS AND GUIDELINES

3.1 Crew rights with COVID Protocols

Crew should know and understand their workplace health and safety responsibilities — and those of others. Crew have three key rights:

- The right to know about hazards in the workplace.
- The right to participate in health and safety activities in the workplace, and
- The right to refuse unsafe work.

Crew are encouraged to voice any concerns regarding workplace safety and COVID-19 Safety Plan to the Master and/or God's Pocket owners.

3.2 COVID Protocol Requirements

Crew shall report any symptoms of COVID-19 immediately. Crew shall be monitored daily, and temperatures recorded in an online database. Results will be documented in daily guide logbooks. God's Pocket requests crew to familiarize themselves with general information on COVID-19 and standard infection protection and control precautions.

Crew will read this safety plan; guests will be provided with the COVID-19 protocol documents upon booking. Crew will read materials regarding cleaning and disinfecting.

Comply with all standard infection protection and control precautions related to social distancing, self-isolation, hygiene (e.g. handwashing, avoid touching face, etc.) and safe food handling practices, in accordance with WHO, national or local guidance.

Avoid close contact with any persons who are or appear unwell or show COVID-19 symptoms (e.g. cough, fever, etc.).

Report any COVID-19 symptoms at their place of ordinary residence before leaving to travel.

Crew will receive training on basic infection control, including washing hands with soap and water for at least twenty seconds as frequently as possible or using hand sanitizer containing at least 60% alcohol, covering coughs or sneezes (into the sleeve or elbow, not hands), regularly cleaning high-touch surfaces, and not shaking hands.

Crew will receive training on preparing and using cleaning and/or sanitization products.

Crew will receive training in proper wearing of protective gear, handling and disposing of waste, garbage or materials that require cleaning.

Hygiene:

- Require regular and thorough hand washing, or the application of at least 70% isopropyl alcohol-based hand sanitizer
- No common food sources will be permitted (e.g., shared bags of chips, community beverages). Single use serving units and single use cups/plates/utensils for all food served out in the field and in the lodge will be utilized.
- All food handling will be administered by Crew who will follow BC Ministry of Health and BC Health Office COVID guidelines for food handling and preparation.

Physical Distancing:

- Crew will always maintain physical distancing from guests. When it is not possible to maintain a consistent 2 metre (6 foot) distance then a face mask will be worn, and ideally gloves which will then be promptly disposed of
- Crew will wear face masks while on the boat, with guests.

Sanitation:

- Vessel surfaces and gear utilized by guests will be disinfected periodically through the day and following the end of a guided activity or trip.
- Public areas will be cleaned daily as per hospitality facility guidelines.
- Commonly touched surfaces within lodging or on vessels will be disinfected throughout the day.
- Rooms/cabins will be cleaned and disinfected following each trip, but not during trips.
- BC Health and FoodSafe Guidelines for food handling will be adhered to.

3.3 Self-Check-up Procedures and Form.

Check body temperature daily during the required number of days (7 days) before travel. These temperatures and symptom related information should be recorded on the **Pre-Trip Self Check-up Form and Questionnaire** (Appendix A).

Pre boarding checks:

- All crew will have their temperature taken.
- All crew will confirm that they are not experiencing any of the COVID 19 symptoms.
- If the person is not cleared boarding will be denied.

3.4 Travel recommendations and Best Practices.

Comply with all standard infection protection and control precautions related to social distancing, self-isolation, hygiene (e.g. handwashing, avoid touching face, etc.).

Maintain social distancing of at least 2 meters, to the extent possible.

Avoid contact with persons who are or appear unwell or show any COVID-19 symptoms (cough, fever, headache, etc).

Wear PPE (Personal Protection Equipment) as instructed for the duration of the travel from origin to port of departure as much as possible.

God's Pocket strongly recommends crew arrange appropriate means of transport that limits contact with other travelers such as private car. If crew have to travel via air, avoid close contact with other personnel.

Carry and handle their own luggage.

3.5 Onboard Protocols and Guidelines.

Crew will wear cloth face coverings or disposable masks when consistent 2 metre (6 foot) physical distancing is not possible.

Compliance with all standard infection protection and control precautions related to social distancing, self-isolation, hygiene (e.g. handwashing, avoid touching face, etc.) and safe food handling practices, in accordance with Company procedures is highly recommended at all times if possible.

Crew should immediately report to the Master and/or owners of God's Pocket if they show any COVID-19 symptoms in accordance with the Company's coronavirus (COVID-19) plans and procedures.

3.5.1 Operations:

Cleaning Crew Guidelines and Protocol

Toilets

- Use separate cleaning rags for the sanitary area. Clean the sink first, then the toilet.
- Also wipe door handles, light switches, and other hand contact surfaces regularly.
- Always let the mop or mop dry well after use.
- Change cleaning rags between each room and wash them using appropriate disinfectant products.

Bedrooms

- All rooms and bathrooms will receive a disinfecting dose of ozone, maintaining at least 2.5ppm for 30 min. Rooms will then be aired, clearing the high levels of oxidisation, out for a minimum of 18 hours before any additional cleaning. This timeline may be accelerated by use of an extraction fan.

- Cleaning and disinfection: cleaning of frequently touched surfaces as often as possible is key. Examples: doorknobs and door handles, chairs and armrests, table-tops, light switches, bedside tables, bed frames and another bedroom furniture daily with a household cleaning agent.
- Shower, sink, and toilet surfaces will not be serviced during a group trip, unless there is an urgent request for maintenance or an emergency, and will be cleaned and disinfected between trips. Surfaces will be cleaned with an appropriately diluted bleach solution.
- All laundry will need to be washed with disinfectant liquid and soap. No items of used clothing or potentially contaminated laundry may go directly in the dryer without being washed first. When handling dirty laundry, the laundry must not be shaken, and should not have direct contact with skin.

3.5.2 Protocols for Crew interacting with Suppliers

The activities of unloading food and material deliveries and placing them on the boat for transport to God's Pocket should be performed, as much as possible, by God's Pocket crew members. When drivers are required to supervise these activities, they should stay at a minimum safe distance of 2m from God's Pocket crew and wear available PPE.

All documents related to the transport operation should be sent electronically by the delivery company beforehand when possible. If physical documents are exchanged at un/loading points, it is recommended that the God's Pocket crew use anti-bacterial hand gel or wash hands with soap and water immediately after.

3.6 Crew Education and Training

- Crew will be required to read this document covering policy and practices regarding COVID-19. Posters will be placed around the facility to remind Crew and Guests about social distancing, good hygiene, symptoms of COVID-19, and current or new health mandates.

Training

- Crew are recommended to familiarise themselves on ways to recognize COVID-19 signs and symptoms. The following links are highly recommended:

WHO – ePROTECT Respiratory Infections (EN):

<https://openwho.org/courses/eprotect-acute-respiratory-infections?locale=en>

WHO – Infection Prevention and Control (IPC) for Novel Coronavirus (COVID-19)

<https://openwho.org/courses/COVID-19-IPC-EN?locale=en>

First Response Training International – Airborne Pathogens Workplace Training

https://www.firstresponse-ed.com/stay-safe/?fbclid=IwAR2nZvLJKidXI7ilBaNrxuBD-CFACjTURVvTvKXTP09NfwBiqDg845_SvcA

4. God's Pocket Operations Protocols

God's Pocket will provide masks and gloves to crew for use when social distancing less than 6 feet is not possible at God's Pocket and when in town picking up supplies/using services. Guests will be required to bring and wear their own PPE. God's Pocket will have a limited amount of disposable **single-use 3-ply medical masks** available for guests in case of loss, damage etc.

4.1 Resort Disinfection

Crew will maintain a high level of cleaning and disinfection measures during operations in accordance with orders from the BC provincial health office.

Rooms, club house and dining hall will be disinfected using a chlorine wash and a high dose ozone treatment (2.5ppm for 30 min) before and after every group. Rooms will not be cleaned during a trip. High touch public areas will be disinfected three times a day.

Rooms will be unoccupied for a mandatory period of 24 hours between groups of guests.

Rooms will not be swept or dusted with a broom; vacuums and damp mops will be used to clean the rooms.

Reusable cleaning cloths will be disinfected between uses and not used for 24 hours. Disposable cleaning cloths will be destroyed.

Rooms will not be entered or cleaned by Crew for the duration of guests' stay.

Sanitizing stations will be installed at appropriate locations e.g. before boarding The Hurst Isle, entry points to the club house and dining room, and in any other area that is commonly used at God's Pocket.

4.2 Other Hospitality Guidelines and Protocol.

4.4.1 Cleaning and Disinfecting Protocol.

Laundry, food service utensils, and waste from the accommodations of suspected cases and their contacts should be handled as if infectious and according to the outbreak management plan for other infectious diseases (for example, infectious gastroenteritis).

Use disinfection products and ozone machines provided, with correct concentration ratio of disinfectant

Rooms and quarters occupied by patients, suspected cases and close contacts of COVID-19 should be cleaned and disinfected according to cleaning and disinfection protocols.

4.5 Diving Operations Guidelines and Protocol.

4.5.1 Diving Guidelines

Social Distancing during Dive Operations

- Divers will be distanced as much as possible on the back deck.
- Divers are recommended to stay in the outside spaces onboard the vessel. If divers need to enter the cabin, they must be wearing a mask, and must follow the direction of the crew with regards to seating.
- Divers will be positioned according to their social/travel/family bubbles.
- When not using the regulator, guests shall wear a mask at all times.
- Crew shall wear a mask at all times.
- Divers shall avoid crowding together at the surface of the water.
- Ensure that divers maintain at least 6 feet of distance when clearing their nose, sinuses, or throat at the surface or after the dive.
- Each diver will be provided a disposable rag upon surfacing, that will be promptly deposited, by the diver, in a container provided by the crew
- Buckets to dispose of the rags will be provided on each side of the boats. Buckets will be emptied after trips and sanitized with bleach or disposed of completely.

4.5.2 SCUBA Equipment and Personal Dive Equipment

- Each diver must only handle, test and clean his/her own SCUBA equipment or Dive Equipment.
- Divers must prepare their own SCUBA gear in a predetermined dive station to help ensure appropriate social distancing is maintained. A mask defogger solution, not spit from a diver, should be used if mask defogging prep is required before a dive.
- During pre-dive checks, divers must not breathe from their own secondary second stage (octopus). Pre-dive functional testing must be accomplished via depressing the purge and listening for free flows.

Tank Filling

While underway Divemasters involved in filling tanks shall wear PPE. After completing the filling process, each valve handle, including manifolds, whips, towers, compressor purge valves, cylinders necks, and cylinders valves shall be sprayed with a disinfectant solution.

Mask Rinse

On request, God's Pocket will provide anti-fogging products for masks. Spitting in masks will be prohibited. Masks shall be rinsed by the divemaster from a designated bottle on the dive deck.

Hot Water Service

Guests will be offered hot water from a thermos to pour into their wetsuit hood/gloves. Divemaster will wear PPE while offering warm water to guests.

4.5.3 Diver Emergency Management (CPR/O2/1stAid)

- When assessing pulse and respirations, quick look for normal breathing in the form of chest movement and pink coloration of the skin and nail beds (“pink applies regardless of natural skin tone”). Do not listen or feel for breathing by placing your ear and cheek close to the patient’s mouth.
- If an AED unit is available during the person's treatment, stop compression and use an AED unit.
- If you need to perform CPR, be sure you wear the proper Personal Protective Equipment (PPE) required in this protocol for medical emergency responses. Perform compression-only CPR, with no ventilations
- After the event ended, any material with potential expulsion drops should be disposed according to existing protocols. Use appropriate disinfectants to sanitize the area, all the crew involved on the respond should have go through thorough sanitation routines, washing clothes and disinfecting all personal items.
- O2 treatment and First Aid Respond provided to a diver. In both cases crew and first responders need to have Personal Protective Equipment. All the mask and air lines use for O2 treatment should be disinfected or disposed. After the use of the O2 cylinders, the cylinders need to be disinfected as is mention on the section 4.5.3 of this document.

4.5.4 Considerations for Divers during COVID-19 Crisis.

Risk of spreading COVID-19:

A person who has had symptomatic COVID-19 can, just as someone who was infected but did not have symptoms, spread viral particles in nasal or oral secretions for a certain period after recovery, and thus, still be contagious to others. The exact period during which this is possible is not known and variable but has been reported to be up to 37 days or longer. This is an important consideration for the possible sharing of breathing regulators (buddy-breathing) but also for rescue actions in case of a diving accident.

Therefore, it is recommended:

- That divers who have had symptomatic SARS-COV-2 wait a minimum of 2 months before resuming their dive activity or get checked out by a physician for clearance for diving.
- That divers who have had asymptomatic SARS-COV-2 (and tested positive) wait a minimum of 1 month before resuming diving or get checked out by a physician for clearance for diving.

Risk for pulmonary overpressure syndrome (lung barotrauma):

A person who has had COVID-19 infection with severe pulmonary symptoms may suffer from prolonged or even permanent pulmonary damage, even if the lung function seems to have returned to (near) normal.

This damage may give a higher risk for lung barotrauma, even after dives without a rapid or uncontrolled ascent.

Risk for cardiac events:

In the context of general illness and severe pulmonary infection, a COVID-19 cardiomyopathy may not be a prominent symptom and may even go unnoticed during the acute phase of the disease. This however may be the cause of heart muscle damage and subsequent scarring. Cardiomyopathy or cardiac scar tissue may be an important factor in the occurrence of sudden cardiac failure and sudden death during diving immersion.

Decompression sickness:

Even less is known about the possible alteration of the “bubble filter” function of the lung after COVID-19 pulmonary infection. This may imply that the risk for decompression sickness could increase significantly. It has been shown that after deeper recreational dives (close to the No-Decompression-Limit – NDL – of the dive computer, or with mandatory decompression stops), in 70-90% of cases, inert gas bubbles can be detected. These bubbles circulate in the venous blood and are filtered out by the pulmonary capillary circulation and thus usually do not cause decompression sickness. If the lung “bubble filter” would become less efficient, these bubbles could pass into the arterial circulation (“arterialize”), comparably to divers with a Patent Foramen Oval, and cause cerebral, vestibular, or other types of decompression sickness.

4.6 General Protocol

Loading and Unloading Guest Bags from terrestrial transportation

During this process all the crew members will be using proper PPE as described in this protocol. Luggage will be sanitized as it is offloaded on the docks at God's Pocket, after which point guests will be required to handle their own bags.

Briefings

During all Briefings Crew and Guests should be wearing PPE

Soap and Water

Washing hands and surfaces with soap and water is one of the most effective ways to protect against the virus. The type of soap used is not important. Washing with soap and water does not kill microorganisms but physically removes them from a surface. Running water by itself can be effective in removing some unwanted material from surfaces, however, soap will physically pull material from the skin and into the water and will destroy the lipid barrier of the virus.

Sanitizer

The sanitizer that will be used for all physical surfaces, including equipment and weights is the most contextually appropriate of the following choices:

- 0.1% Sodium Hypochlorite emulsion (Na Cl O),
- 75% Isopropyl Alcohol, or
- 2.5ppm ozone (for 30 min)

4.7 Suspected Case Protocol.

4.7.1 Emergency response when suspected COVID-19 case(s) are identified

If a Crew member or guest develops any symptoms of COVID-19, that person must be immediately isolated from others. The Port Hardy Health Authority will be contacted, informed of suspected case and should conduct a risk assessment. If the Health Authority deems it appropriate, the guest or crew member will be transported to Port Hardy for testing.

Guest or Crew member will be transported according to the resulting Port Hardy healthy authority recommendations.

If there is a suspected case of COVID, all operations will cease until the results of the testing are clear. During this period all guests and crew will be required to isolate as best possible, and any roommates of the suspected case will be moved to a newly disinfected room. If the test is negative for COVID-19, the trip operations will continue as planned. If the test is positive for COVID-19, the remainder of the trip will be cancelled. The crew will be require to get tested for COVID, and the strong recommendation for guests is for them to get tested, as well. If a crew member is tested positive, all operations will cease until a suitable replacement can be found for that position.