



# Sparkling Hill Resort

**Communicable Disease  
Prevention Plan  
June 6<sup>th</sup>, 2022**



## Overview

As of April 8<sup>th</sup>, 2022 the Province of British Columbia all province-wide restrictions were lifted, meaning that our COVID-19 Response Plan has been replaced with a Communicable Disease Prevention Plan. The purpose of this document is to outline the policies, guidelines, and procedures that have been implemented at Sparkling Hill Resort to reduce the risk of communicable disease while still retaining aspects of our COVID-19 Response Plan for additional safety.

Additional resources used to find the most up to date and best practice information to combat COVID-19 at Sparkling Hill Resort include:

- British Columbia Centre for Disease Control
- Government of British Columbia
- Interior Health Authority
- WorkSafe BC
- Canadian Centre for Occupational Health and Safety
- Public Health Agency of Canada

A few preventative measures everyone can take to stay healthy and prevent the spread of COVID-19 include:

- Frequent hand washing
- Practicing physical and social distancing is required whenever possible (minimum of 2 meters)
- Staying home if feeling unwell

The Management team and our Joint Health and Safety Committee representatives, will continue to take steps to plan, prepare, and protect against infectious disease outbreaks.

We look forward to welcoming you to Sparkling Hill!

## Resort-Wide Preventative Measures

- Physical distancing and personal hygiene measures are encouraged throughout the resort. Team members and guests are advised to avoid close contact with others, especially if they are showing any sort of symptoms.
- Hand sanitizer is available throughout the resort in all guest facing areas to make it easier for team members and guests
- A delivery log has been implemented for the loading bay and back office area.
  - The driver must sign their name, date, time, number of packages, and the vendor name for each delivery.
  - Hand sanitizer is available beside the log for driver use.
- All touch points are wiped down with disinfectant regularly such as door knobs, elevator buttons, light switches, windows, stairs, handrails, cupboard handles, grab bars, tables, bathroom surfaces, phones, desks, keyboards etc. Only chemicals approved to properly sanitize and remove COVID-19 and other viruses from surfaces will be used.
- Once guests enter the lobby, their temperature will be read by an automatic thermal camera.

### *Masks*

As per provincial guidelines, masks are recommended but not required.

- Mask wearing is encouraged and recommended to all team members especially if they are not fully vaccinated.
- Cloth masks are available to team members free of charge upon request.
- Disposable masks are also available for guests or team members upon request.



### *Common Area Cleaning*

- Increased sanitation and disinfection practices in place across the Resort.
- The Resort Runner and Evening Cleaning Attendants will be given a schedule of surfaces to be sanitized several times per day.
  - The team member will write the exact time on a sheet. This will include washrooms, elevators, railings, door handles, etc. A sign-off sheet will be posted in each washroom so guests can see the last time it was sanitized.

### *Hygiene and Physical Distancing*

- If possible, cover your nose and mouth with tissue paper while sneezing, coughing, or blowing your nose and throw it away immediately, otherwise, cough or sneeze into your elbow rather than your hand - wash your hands or sanitize right away.
- Hands are one of the most common ways that bacteria and viruses spread from one person to another. One of the most important ways to prevent the spread of COVID-19 and other communicable diseases is to wash your hands frequently with soap and water and sanitize whenever possible. Supplies for hand washing as well as hand sanitizer is available for use by guests and team members throughout the Resort.
- Handwashing/hygiene signage is posted in all staff areas.
- Avoid touching your face, avoid physical contact with others and keep a safe distance whenever possible.
- Elevators are limited to 4 guests at a time, or one party.
- We encourage our team members to social distance whenever possible.
- All team members are encouraged to receive their COVID-19 vaccination and will receive 3 hours of paid time if they are scheduled to work during their vaccination appointment.

### *Temperature and Daily Health Checks*

- Employees are required to complete a daily self-assessment by reviewing a WorkSafe BC poster titled “How to Stop the Spread of COVID-19”. This poster outlines the symptoms of COVID-19 and warns to stay home away from your workplace if you feel unwell.
- Symptoms of COVID-19 may include:
  - Fever or chills
  - Persistent cough
  - Loss of sense of smell or taste
  - Difficulty breathing
  - Sore throat
  - Loss of appetite
  - Extreme fatigue or tiredness
  - Headache
  - Body aches
  - Nausea/vomiting
  - Diarrhea
- Employees will then be required to confirm none of the above applies to them before entering the building each day.
- The team member must not enter the workplace if they do not pass the health check. They must return home and use the [BC COVID-19 Self-Assessment Tool](#) or follow any Public Health advice they have been given.

### *Self-Isolation*

- Immediately inform your manager if you suspect you have COVID-19 or have come into contact with someone else who is suspected of having it, or if you are showing symptoms of communicable disease such as a cold or influenza.
- As per the British Columbia Centre for Disease Control:
  - You are considered to be fully vaccinated if you have two doses of any of the World Health Organization approved COVID-19 vaccines or one dose of the Janssen COVID-19 vaccine. You do not need to have a booster dose to be considered fully vaccinated.
  - If you have not received a full series of any of the World Health Organization approved COVID-19 vaccines, you are not fully immunized.

- If you are a close contact of a person with COVID-19, you need to self-monitor for symptoms. If symptoms develop, stay home until you are well enough to participate in your usual activities and check to see if testing is recommended using the [BC COVID-19 Self-Assessment Tool](#).
- If you have tested negative for COVID-19 while you are self-isolating, you may return to your usual activities if no symptoms are present.
- If you have symptoms of COVID-19 and are waiting to be tested, self-isolate right away and keep self-isolating at least until you get your result.
  - If your test is negative self-isolate until you feel better.
- If you have taken a COVID-19 test and waiting for the results, self-isolate until you get your result.
  - If your test is positive and you are fully vaccinated, you need to self-isolate for 5 days and until your symptoms improve and you no longer have a fever.
  - If your test is positive and you are not fully vaccinated, you need to self-isolate at home for 10 days and until you no longer have a fever and your symptoms improve.
  - If your test is negative, self-isolate until you feel better.

## Housekeeping

### *Guest Rooms*

- ***In accordance with public health advice, stayover service is not currently being offered. Amenities can be refreshed at any time throughout a guest's stay.***
  - Additional amenities will be placed in arrival rooms (i.e. bath crystals, hand soap, etc.) for guests staying more than one night.
- Disinfect all commonly touched surfaces such as amenity pumps, desk, phones, bedside table, TV remote, toilets, sinks, faucets, door knobs, light switches, telephones, bar fridges, garbage cans, etc.
- All glassware removed from each room and properly washed/sanitized in the glass washer between each use.
- It is recommended and encouraged for team members to continue wearing masks while cleaning guest rooms.

## **KurSpa**

### *Treatments*

- Treatment rooms will be fully sanitized after each service using approved sanitizer.
- If a guest appears symptomatic, the practitioner must refuse to proceed with the treatment. No cancellation fees will be charged in this case.
- Guests are encouraged to sanitize their hands before laying down for their treatment.

### *Stearns & Saunas / Swimming Pools / Kneipp Hydrotherapy*

- Spa team members will follow a checklist for surfaces to be wiped down several times per day and signed off on, including door handles, counters, change rooms, fitness equipment, etc.
- Bottled water is available at Spa Reception, along with infused water, tea and fruit in the Tea Room. Recycling bins have been placed beside garbage cans so guests can dispose of plastic bottles in an eco-friendly way.
- Single use amenities will be available at Spa Reception for use in locker rooms.
- We recommend guests sanitize their hands before leaving the pool area or upon returning to their room.

### *Fitness and Movement Studios*

- Hand sanitizer is available at multiple locations in this area.
- Guests are encouraged to sanitize all frequently touched surfaces and equipment (i.e. cardio equipment, free weights, etc.) before and after use. Sanitizer is available for guest use, and the equipment is also sanitized by the KurSpa team regularly.



## Food & Beverage

- Food handlers are washing their hands frequently, such as when starting work, after returning from a break, between different tasks, etc.
- Guests are recommended to wash their hands with soap and water or use hand sanitizer when approaching the restaurant to pick up any food.

### *PeakFine Restaurant: Breakfast*

- Guests are able to pick up their breakfast and beverages at the Host Stand for take-out if they wish.
- A Plexiglass barrier has been placed at the host stand as well as hand sanitizer.
- Salt, pepper, and table tent menus have been removed from tables. A new pitcher for milk or cream will be served for each new guest.
- Printed a la carte menus have been laminated so they can be sanitized between each guest.

Team members will sanitize or wash their hands in between touching dirty and clean items.