



# Tibbitt to Contwoyto Winter Road

## Orientation for COVID-19 Prevention & Winter Road Camps

Record Number #: TCWR-TEM-050.09  
Owner: TCWR Joint Venture  
Date: 08-Jan-2021



# Camp Worker COVID-19 Exposure Control Plan

- This training is a WSCC requirement for all persons working on the TCWR and staying at a Winter Road camp
- These slides are meant to be viewed as a presentation but can be read on your own.

**Stay safe. Stay healthy. Stay strong.**





# COVID-19 Overview and Status

- Our best response to COVID-19 is to prevent the spread.
- The virus spreads through small droplets being respired from the nose or mouth from an infected person. The droplets land on surfaces and items, which are touched or inhaled, potentially causing infection.
- There is increasing information supporting aerosol spread as well as droplet. Smaller droplets (aerosols) can hang in the air and be inhaled much more easily.
- The total number of cases in Canada has been increasing recently and even though vaccines are on the way, preventing the spread is still the best way of beating the virus.
- There are several new variant strains that appear to be more contagious than the original COVID-19 which was already very infectious.



## Prior to travel to Yellowknife

- Contractors will submit names of their workers for each camp rotation.
- Workers will call the JVHSE medical line 48- to 72-hours prior travel to camp for COVID-19 screening. PH: (833) 247-2619 (Mountain Time)
- Medical line office hours are 11:00 to 15:00 hrs with expanded hours on many days (check with your employer for details)
- Medical personnel will question workers on possible symptoms of or exposure to COVID-19.
- Workers will be also be questioned for compliance to remote camp access requirements.
- Workers not meeting the screening process requirements will be referred to their employer, who will provide them assistance in order to meet camp access requirements or provide additional guidance.



# COVID-19 Testing

## Once in Yellowknife

- Workers will be tested prior to being sent to camp.
- Workers will be tested prior to departure from camp.
- Workers will be required to sign a COVID-19 test consent form.
- Workers not signing the consent form will not be sent to camp.
- Employers will provide workers with details of where and when the testing will take place.





## Personnel will be Given Self -monitoring Cards

- Self-monitoring is mandatory for workers staying in camp.
- Workers will assess themselves for COVID-19 symptoms and take their temperature daily.
- Workers will document their daily results on the cards.
- The cards will be kept up to date and can be reviewed by employers, supervisors, coworkers, HSE officers or NWT regulators at any time.

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# COVID-19 Symptoms

COVID-19 Symptoms vs. Flu and Cold			
	COVID-19 <small>CORONAVIRUS DISEASE 2019</small>	Seasonal Flu	Common Cold
✓✓✓ = very common			✓ = less common
Fever	✓✓✓	✓✓✓	✓
Cough	✓✓	✓✓✓	✓✓
Shortness of Breath	✓✓	✓	✓
Muscle Aches/ Fatigue	✓✓✓	✓✓✓	✓
Sore Throat	✓✓	✓✓	✓✓
Headache	✓✓	✓	✓
Conjunctivitis	✓✓	✓✓✓	✓
Nausea/ Vomiting/ Diarrhea	✓✓	✓	✓
Runny/ Stuffy Nose	✓	✓✓	✓✓✓
Sneezing	✓	✓	✓✓✓

**YOU CAN'T TELL  
COVID FROM A  
COLD OR  
INFLUENZA  
WITHOUT  
TESTING!!!  
REPORT ALL  
SYMPTOMS!!!**



# Experiencing Symptoms in Camp

No matter how mild your symptoms are, follow these guidelines:

- Put on your facial barrier
- Alert your supervisor
- See the medic
- Isolate from others
- The Joint Venture along with your employer will develop a plan, to keep you and other workers safe.







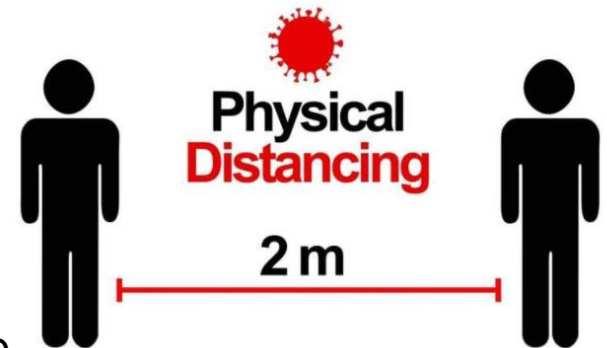
# Camp Workers

- To keep ourselves, our colleagues and our communities healthy, we all must change the way we work in the camps.
- The TCWR requires all workers to help reduce the risk by making changes to the way we work and live in the camps.
- We are all responsible for reducing the risk.



# Physical Distancing

- Physical distancing is keeping **2 metres** between you and others at all times.
- Use physical distancing in meetings, washrooms and kitchen/dining areas.
- When you cannot maintain a 2 metre distance, all personnel in the space must wear a facial barrier covering the mouth and nose.
- Minimize the exposure time when you must be within 2m of another individual, even with PPE worn





## Facial Barriers

- A mask can be homemade or purchased.
- Made of at least 3 layers
  - 2 layers of tightly woven material fabric, such as cotton or linen.
  - 1 layer (middle) of filter-type fabric, such as non-woven polypropylene.
- Large enough to completely cover the nose, mouth and chin without gaping.
- Fit securely to the head with ties or ear loops.







## Facial Barriers

- Disposable surgical masks are acceptable.
- A mask should be replaced if it is damaged or soiled,
- Remove the face mask, discard it safely, and replace it with a new one.
- To safely discard your mask, place it in a plastic bag and put it in the trash.
- Hand hygiene should be performed before putting on or taking off a mask.
- Facial barriers with exhalation valves and neck gaiters are not acceptable.





# Facial Barriers

- Neck gaiters are not acceptable.
- Facial barriers with exhalation valves are not acceptable as they do not filter exhaled air





## Vehicles & Occupants

- One occupant - no facial barrier
- More than one occupant – facial barriers are mandatory
- **Increase ventilation if possible.**







## Cleaning of vehicle – Regular use & If you need assistance

If you will require someone to enter your truck, please:

- Clean all surfaces with an accepted cleanser such as Lysol Wipes or other preparations
- Turn on the air conditioning or ventilation for several minutes to circulate the air in the cab
- If feasible, open the window for a short period to maximize air exchange
- The goal is to clean out the air in the cab to reduce any COVID-19 to the individual responding to your call for assistance
- For the full list of acceptable products, see:

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>





# Aircraft Transport

Facial barriers must be worn inside all aircraft whether fixed or rotary wing





## Disinfecting & Personal Hygiene

- While working/staying in the camps, avoid sharing any equipment/personal items with others.
- Cleaning supplies will be provided for disinfecting of rooms, washrooms, dining room and meeting areas.
- Wash your hands regularly (for 20 to 30 seconds) and before eating.
- If hand washing facilities are not available use alcohol based hand sanitizers.







# Steps for Proper Hand Washing



STEP 1  
Rub palms together.



STEP 2  
Rub the back of both hands.



STEP 3  
Interlace fingers and rub hands together.



STEP 4  
Interlock fingers and rub the back of fingers of both hands.



STEP 5  
Rub thumb in a rotating manner followed by the area between index finger and thumb for both hands.



STEP 6  
Rub fingertips on palm for both hands.



STEP 7  
Rub both wrists in a rotating manner. Rinse and dry thoroughly.



# Healthy Camp Practices & Etiquette

- Cover your mouth when you cough using a tissue or your elbow.
- Do not cough without covering your mouth and do not use your hand.
- Respect personal space.
- Regularly wash your hands or use hand sanitizer.





## Food Handling & Preparation

- Personnel handling/making food must wash their hands first and use facial barriers / rubber nitrile gloves.
- Food should be served by a server using tongs/spoons and wearing a facial barrier and rubber nitrile gloves.
- If the food line is self-serve, the above requirement applies to personnel accessing the food line.
- The handling of used dishes/cutlery is to follow the same requirements as food handling.
- No use of communal cutlery/stir spoons is permitted.

