

# ZWIĄZEK HARCERSTWA POLSKIEGO, OKRĘG KANADA

Polish Scouting Association in Canada  
L'Association des Scouts Polonais au Canada



3351 Charmaine Heights, Mississauga, Ontario L5A 3C2

September 7, 2021

## **BULLETIN NR. 10**

Dear Druhny and Druhowie,

As we begin to make preparations for a new year of scouting programs and activities, we continue to be mindful of the mandatory provincial government restrictions on indoor and outdoor gatherings, as well as local health unit guidelines regarding the use of masks and maintaining of social distances. All in-person activities must ensure program and plans are modified to reduce the spread of illness. PSA members and participants are advised of the following updated guidelines for all approved scouting activities, effective immediately until further notice:

- Virtual and outdoor activities are preferred but indoor activities are permitted **as long as local public health restrictions are complied with.**
- Size of gatherings: **Follow local and provincial guidelines.** For example: if you are holding activities in a region where outdoor gatherings are limited to 100 persons, or indoor activities are limited to 25 persons, then that must be interpreted to include all leaders and parent supervisors/onlookers.
- Outdoor and indoor activities must continue to take place in **cohorts of up to 8 participants (subject to the exception for outdoor team sports announced in Bulletin nr. 9)**. A cohort is a group of participants (szóstka, zastęp, 1 or 2 patrole) of up to 8 individuals who interact with one another during a scouting activity. Several cohorts may congregate in one location under the overall supervision of the appropriate number of supervisors in accordance with our policies, but each cohort must remain distanced from other cohorts, so that if one member of their cohort reports symptoms or testing following an activity, only the other members of the cohort will need to be notified and possibly subjected to testing or self-isolation. Maintaining cohorts streamlines contact tracing and is recommended by experts as a strategy to minimize risk of community spread.
- All meetings and activities need to allow participants to maintain appropriate physical distance. For outdoor activities, this means at least 2m distance between cohorts and 1m distance between individuals within the cohort.
- Singing may take place in outdoor activities as long as the activity takes place in cohorts and a minimum 1m distance is maintained by individuals. Masks need not be worn when singing outdoors.

- **Indoor gatherings are permitted** as long as the following additional rules are followed:
  - Masks must be worn by members and participants at all times, as well as by any parents or observers who are present.
  - A cohort of 8 may meet indoors in a private dwelling, however, the policy that a minimum of two screened adult supervisors must be present is in effect and must be maintained.
  - More than one cohort can meet in an indoor space subject to limits on size of indoor gatherings and maintaining of distances between cohorts.
  - Singing may take place as long as masks continue to be worn and the activity takes place in cohorts.
- **Phase 2 Standards for In-Person Activities** (including Schedule A: Self-Assessment Screening Checklist and Schedule B: First Aid Instructions) as set out in Bulletin #6 (dated August 25, 2020) regarding screening and attendance, hygiene, programs and activities, and personal protective equipment in the course of approved scouting activities, **continue to be in effect** and are attached to this Bulletin for quick and easy reference. **Please ensure that these standards continue to be implemented.**

While these standards and guidelines apply to all scouting activities of Polish Scouting Association in Canada, District Commissioners (Hufcove/Hufcowi) are responsible for approving scouting activities that do not involve more than three overnights. Specific situations that arise locally, including special circumstances that may require a customized approach within the spirit of the guidelines, should be referred to the District Commissioner.

All scouting units must add the following **PSA Covid-19 Waiver** to participant registration and permission forms to ensure that parents and guardians are reasonably informed of the requirements and associated risks of participation:

***I understand that despite all precautions taken by Polish Scouting Association, it is still possible for my child to contract COVID-19 during a scouting activity. I also understand that Polish Scouting Association cannot be held liable for my child being exposed to or contracting COVID-19. By signing this form, I acknowledge that I am aware of the risks involved in sending my child to participate in scouting activities and give my consent for my child to participate in activities organized by the Polish Scouting Association.***

**Parent/Guardian Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

In addition to the above guidelines, below are three questions we anticipate may be asked:

**Q:** May we hold a “rozpoczęcie roku” event for our whole Szczep plus parents?

**A:** Mass gatherings are not encouraged. Scouting activities are to take place in cohorts of up to 8 participants. Distancing of 2m between cohorts must be maintained. In addition, screening and attendance/ contact tracing requirements need to be followed for all events.

**Q:** There are only 10 participants in my unit. Do we have to create two cohorts for all activities at our “zbiórki”?

**A:** Depending on your situation, this might be a special circumstance requiring a customized approach. Such matters should be discussed with your District Commissioner.

**Q:** May our “drużyna” attend Mass together?

**A:** Yes, as long as local public health rules for masking and physical distancing are followed.

**Q:** May our “drużyna” plan and organize an overnight “biwak” in September or October?

**A:** At this time, no activities involving an overnight component are permitted.

Please remember that whatever our PSA guidelines, **local public health rules must be followed at all times.**

Thank you for your continued commitment and dedication in providing safe programs and activities to all our participants.

Czuwaj!

Polish Scouting Association in Canada  
COVID-19 Response Management Team

**Attachments:**

- **Schedule A: Self-Assessment Screening Checklist**
- **Schedule B: First Aid Instructions**

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## SCHEDULE A: SELF-ASSESSMENT SCREENING CHECKLIST

Polish Scouting Association Members/Participants/Parents/Guardians/must use this questionnaire **before** participating in any scouting activity to decide whether the individual should attend.

### Risk Assessment: Initial Self-Assessment Screening Questions

1.	Are you experiencing symptoms* of COVID-19?	YES	NO
2.	Have you, or anyone in your household, returned from travel outside of Canada within the last 14 days?	YES	NO
3.	Have you or any household members had unshielded** contact with someone who is ill with a cough and/or fever?	YES	NO
4.	Have you or anyone in your household had unshielded contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

\*It is understood that some allergies or pre-existing conditions may express similar symptoms to COVID-19. If in doubt consult a medical professional. Please discuss participation with your Drużynowa/y or Szczepowa/y before attending an activity. If in doubt do not attend. \*\* "Unshielded" means close contact (within two metres) without the use of appropriate personal protective equipment (PPE).

If you have answered "YES" to any of the above questions, please **DO NOT** attend the scouting activity at this time. You should stay home and determine whether you need to be tested for COVID-19. If you have answered "NO" to all the above questions, you may participate in the scouting activity.

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## Schedule B: First Aid Instructions

### First Aid Kits

You should review the contents of your first aid kit and check that it contains gloves and hand sanitizer. You should add some surgical face masks, goggles and plastic disposable aprons/gowns to your first aid kit as these will help to reduce the risk of infection if you need to break social distancing.

### Social distancing

In a first aid situation you will likely need to come closer than the recommended social distancing guidelines to the person requiring treatment. For minor injuries involving adults or older children it may be possible to get the injured person to do some or all of the treatment themselves. Where the injured person is young, in distress or requires hands on intervention then it may be necessary to be closer than the social distancing rules allow.

### Procedure for treating an injured person:

1. If possible you should wear a face mask, a plastic apron/gown and disposable gloves before starting. You should also ask the injured person to wear a mask or face covering if possible (bear in mind that for some people this will not be possible or appropriate).
2. If resuscitation is required or there is difficulty breathing e.g. asthma, choking or the person has a facial injury you should consider the following:
  - If the person has breathing difficulties or a facial injury you should not ask them to wear a mask.
  - If the person requires resuscitation then you should deliver this in accordance with the current advice from the **Canadian Red Cross** ([redcross.ca](http://redcross.ca)) and using the techniques learned in your first aid training:

## First aid protocols for an unresponsive person during COVID-19

Providing first aid during the COVID-19 pandemic can raise questions around safety and transmission. Outlined below are the first aid protocols that should be followed when attending to an unresponsive person.

According to the Public Health Agency of Canada, the COVID-19 situation is rapidly evolving, and an individual's risk is variable depending on location. If someone's heart stops, and the First Aider is concerned they may have had respiratory symptoms, it is at the individual's discretion to perform or not perform mouth-to-mouth breaths based on personal preference. It's still important to call emergency medical services and find an AED. If the individual chooses to perform breaths, they can also use a barrier device, such as a pocket mask, to help protect themselves.

CPR with breaths is recommended for people who have been trained in CPR, but as an alternative, hands only CPR can be performed until help arrives if the First Aider is unsure about putting their mouth on a stranger's mouth, or has concerns the person may have COVID-19. If the individual chooses to perform hands-only CPR, they should first call 9-1-1, lay a cloth, a towel, or clothing over the person's mouth and nose to prevent any potential spread of the virus through contaminated air or saliva, and then push hard and fast in the centre of the person's chest until advanced help arrives. In children mouth to mouth with compressions is more likely to be required and so a face shield should be used where possible. The decision as to how to respond should be based on assessing the risks in each specific situation. If the First Aider believes the person may have COVID-19, they should state their concerns to the emergency response tele-communicator so everyone who responds can be aware of the potential for COVID-19 transmission.

### 3. For all other cases:

- Encourage the injured person to also wear a face mask or covering with due consideration to the situation and the age and level of distress of the individual affected.
- Deliver first aid in accordance with your training.

4. You should keep your mask on until the injured person is either handed over to the first responders / paramedics or to a parent or guardian. Face masks, gloves, etc. should be bagged but can be disposed of in domestic waste. Bodily fluids can be cleaned up with disposable wipes and cleaned down with domestic cleaning products. Dispose of any cloths used for cleaning.

### Record Keeping

Ensure you keep records in accordance with Incident Reporting requirements, also record anyone who has had to break social distancing. If the injured person subsequently tests positive for COVID 19 then track and trace will ask the First Aider to self-isolate.

Polish Scouting Association in Canada

August 25, 2020