

## What is COVID-19?

Coronaviruses are a large family of viruses found mostly in animals. In humans, they can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). The disease caused by the new coronavirus has been named COVID-19.

The [BC COVID-19 Self-Assessment Tool](#) is available for anyone that develops new or worsening [symptoms](#) and can be used to help determine if you need further assessment or testing for COVID-19.

## CMTN COVID-19 Safety Training for Students

This is mandatory training. Complete this training to gain knowledge on safety protocols while studying on campus and to protect yourself using risk control measures.

Access the training on **Brightspace**.

## Student Orientation

CMTN is navigating a gradual return to campuses during the COVID-19 pandemic. We are committed first and foremost to the health and safety of the broader college community. Before an activity is approved to be delivered, CMTN is ensuring that all safe work protocols are in place as per Public Health, BCCDC and WorkSafeBC's guidelines.

Students in programs that are approved to return to campus must follow the policies, guidelines, and procedures to reduce the risk of COVID-19 transmission.

## General Student Rules

- **Actively monitor your health.**
- **If you experience any new or worsening symptoms stay or return home.**
- **Pay attention to posted safety signs.**
- **Maintain safe physical distance from others at all times (2 meters).**
- **Face coverings are required.**
- **Avoid social gatherings.**
- **Wash your hands regularly throughout the day, on arrival and before departing.**
- **Do not touch your face unless you have clean hands.**
- **Cough or sneeze into your elbow.**
- **Do not share tools unless they can be properly disinfected between use.**
- **Clean any tools or equipment you have used, as you are instructed.**
- **Follow your site-specific safety protocols to reduce the risk of COVID-19 transmission.**

## Protecting Yourself and the Others

Complete the CMTN COVID-19 Safety Training before the start of your activity.

Familiarize yourself with CMTN COVID-19 protocols and resources for students:

- Your site risk assessment and safety plan outlining safety procedures and guidelines.
- Daily self-assessment and protecting yourself and others during COVID-19.

**If you have any concerns or questions regarding your health and safety at CMTN, report to your instructor.**

For important information visit: [CMTN COVID-19 updates](#).

For more information on health and safety, visit: <https://www.coastmountaincollege.ca/student-services/health-wellness>

Refer to next page to see **CMTN's Core Control Measures to Reduce COVID-19 Transmission**



## Core Control Measures to Reduce COVID-19 Transmission

This matrix provides a guideline on core control measures. For detailed area-specific control measures, please refer to your area's risk assessments.

Core Control Measures	
<b>Physical distancing</b>	Reconfiguring or removing furniture to ensure physical distancing between seating, working benches, workstations, machineries, etc.
	Reduced occupancy limits in all spaces, including washrooms and elevators restricted to as few as one person at a time or as indicated
<b>Engineering controls</b>	Physical barriers
	One-way systems where possible
	Two-way systems where required
<b>Administrative controls</b>	Requirement for health monitoring, restriction for any individuals who have new or worsening COVID-19-like symptoms from being on-site and requirement for them to stay home or leave immediately, call 8-1-1 and work with instructor/supervisor for support navigating any leave and return to activities considerations
	Employee COVID-19 orientation and training
	Student COVID-19 orientation and training
	CMTN COVID-19 updates website maintains information for the community
	Highly visible signage at parking lot, building, space entry and exits
	Assigned equipment/ supplies where possible to reduce sharing of items
	CMTN Exposure Control Plan and Safety Framework
	Department/Activity risk assessments completed and safety plans available
	Increased hand sanitizing stations
	Campus, building and room capacities posted and managed centrally
	Staggered schedules to reduce density of people
	Frequent cleaning of high touch areas
	Site-specific cleaning protocols (e.g. Tool Crib, Science Labs, Health labs, etc.)
<b>Personal Protective Equipment</b>	Where physical distancing cannot be maintained, PPE is supplied and used in accordance with safe work procedures