



CANADIAN PHYSIOTHERAPY ASSOCIATION INFECTION CONTROL PROTOCOL

This Protocol should be read together with the Canadian Physiotherapy Association (CPA) Guideline for Returning to In-Person Education.

A clean environment will minimize the presence and subsequent transmission of microorganisms. Regular cleaning activities using effective products and techniques are an important component of infection prevention and control in the clinic/teaching setting.

The impact of the pandemic and the measures implemented to slow the spread of COVID-19 mean that practice has fundamentally changed from that of just a few short months ago. Regardless of the setting or stage of re-opening that a business may be in, it is essential to understand that resumption of services does not mean a return to business as usual. Indeed, changes are expected to continue for an extended period of time. Some of these changes include:

- Increased cleaning and disinfecting of clinical environments.
- Increased infection prevention and control measures in place.
- Limits to the number of students, instructors, and assistants in the teaching facility at any given time.

The Cleaning and Disinfection Protocol is not meant to supersede any government directives. The government directives shall be considered the minimum requirements as it pertains to cleaning and disinfectant protocols. Any additional requirement imposed through this protocol must be followed.

For the purpose of this Protocol, the term “attendees” refers to students, educators, and assistants.

Supplies

1. The CPA shall supply all cleaning and disinfecting materials.
2. The attendees shall supply their own mask. Each day, the mask must be either new or decontaminated. If an attendee forgets their mask, one may be purchased for \$1.00. The CPA has the discretion to waive the charge for the mask.
3. The attendees, both students and educators, shall supply their own personal hand sanitizer which may only be used by the individual who supplied it. If an attendee forgets their hand sanitizer, a bottle may be purchased for \$10.00. The CPA has the discretion to waive the charge for the hand sanitizer.
4. Any attendee who does not have a new or decontaminated mask and hand sanitizer will not be permitted to attend the training program.



5. Each student is required to bring one set of clean clothes each day for practical lab work that must be stored in a sealed plastic bag.
6. Each student is required to bring a clean towel each day.
7. It is recommended, but not required, that each student bring a clean pillow and pillowcase each day.

Preliminary Training

Prior to beginning any training on course specific material, the educators are required to educate all students on:

- a. The proper procedure for hand washing and hand sanitizing.
- b. The proper procedure for cleaning and disinfecting all surfaces, equipment, and tools.
- c. The proper procedure for using, donning, and doffing all Personal Protective Equipment (PPE), including masks and gloves.

Hand washing: The Public Health Agency of Canada (PHAC) has delineated that the appropriate hand washing procedure to reduce the spread of COVID-19 is as follows:

Step 1: Wet hands with warm water.

Step 2: Apply soap.

Step 3: Wash hands for at least 20 seconds (including your palms, back of each hand, between fingers, thumbs, and under nails).

Step 4: Rinse well.

Step 5: Dry hands well with paper towel.

Step 6: Turn off tap using paper towel.

Cleaning and Disinfecting: Effective environmental cleaning for COVID-19 requires both cleaning and disinfection of surfaces. Cleaning refers to the removal of visible dirt and debris. Disinfection inactivates disease producing micro-organisms. Virucidal disinfectants or diluted bleach solution must be used to complete the disinfection step of cleaning and disinfecting surfaces. Cleaning and disinfecting products must be used according to manufacturer's directions for application and contact time in order to ensure effectiveness. If using bleach, clinicians must follow label directions for proper dilution ratios. Virucidal disinfectants must have a DIN number. Clinicians must check the [Health Canada database](#) to confirm that the virucide in use is effective against COVID-19.

1. All attendees must wash hands and put on gloves before starting cleaning.
2. Remove items from surfaces to be cleaned.
3. If surfaces are visibly soiled, a two-step process should be followed. First clean surfaces to remove soil and then use disinfectant to disinfect the area.
4. If surfaces are not visibly soiled, a one-step process using a cleaner-disinfectant is acceptable OR use single-use cleaner-disinfectant wipe.



5. Proceed from clean to dirty areas.
6. Allow disinfectant product to air-dry and ensure wet contact time (follow manufacture guidelines).
7. Remove gloves and wash hands after performing environmental cleaning.
8. Attendees should follow manufacturer's instructions for specific cleaning recommendations:
 - a. Use a disposable soft, non-abrasive, lint-free damp cloth or wipe, pre-moistened with a ready to use (RTU) facility approved cleaner/disinfectant.
 - b. Squeeze out excess liquid before use.
 - c. Never spray products directly onto electronic devices.
 - d. Examples of disinfectants that may be indicated in the manufacturer's instructions for use:
 - i. Alcohol swabs and wipes (often used for phones, mouse, pagers).
 - ii. Combination products, such as alcohol/quaternary ammonium, e.g., CaviWipes®.
 - iii. Hydrogen peroxide products, such as accelerated hydrogen peroxide (AHP) products, e.g., Virox RTU®, Accel®, Oxivir®, Percept Wipe®.
 - e. Example of a disinfectant not usually recommended:
 - i. Sodium hypochlorite (bleach), such as Clorox® products.
 - f. Do not use compressed air to clean electronic devices, e.g., keyboards.

PPE: The appropriate procedure for donning and doffing all PPE are set out by the provincial governments' public health agencies. The applicable procedure should be followed. PHAC has also set out a list of do's and don'ts pertaining to wearing masks. These must be followed:

Do's

- DO wear a non-medical mask or face covering to protect others.
- DO ensure the mask is made of at least two layers of tightly woven fabric.
- DO inspect the mask for tears or holes.
- DO ensure the mask or face covering is clean and dry.
- DO wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.
- DO use the ear loops or ties to put on and remove the mask.
- DO ensure your nose and mouth are fully covered.
- DO replace and launder your mask whenever it becomes damp or dirty.
- DO wash your mask with hot, soapy water and let it dry completely before wearing it again.
- DO store re-usable masks in a clean paper bag until you wear it again.
- DO discard masks that cannot be washed in a plastic lined garbage bin after use.



Don'ts

- DON'T reuse masks that are moist, dirty, or damaged.
- DON'T wear a loose mask.
- DON'T touch the mask while wearing it.
- DON'T remove the mask to talk to someone.
- DON'T hang mask from your neck or ears.
- DON'T share your mask.
- DON'T leave your used mask within the reach of others.

On-Site Requirements

1. The educators are responsible for ensuring that the training space is cleaned and disinfected before and after each group of course participants makes use of the space.
2. The educators are responsible for ensuring that all equipment and tools are disinfected and, if appropriate, submerged in boiling water each night following use.
3. The educators must ensure that the cleaning supplies are on-site before permitting any participants into the facility.
4. The cleaning supplies shall be used by the students, as directed by the educators.
5. During the training period, each student is responsible to ensure the cleanliness of their own workspace. The student is required to clean and disinfect their workspace before and after use of the space each day.
6. All attendees are responsible for cleaning their own electronic devices (computers, phones, charging cords).
7. Each student must ensure that they fully clean and disinfect all surfaces that they use during their training session prior to their own use and again once they have completed the use of the space, equipment, or tool.
8. All attendees must wear a mask at all times while on-site at the training facility. All attendees must use the appropriate donning and doffing procedure for masks.
9. Attendees must wash hands using soap and water or use hand sanitizer on entry and before exit of the facility. Attendees must also wash their hands with soap and water or use hand sanitizer before and after cleaning and disinfecting their equipment and before working with new people.
10. The requirement to wear gloves will be determined by each provincial public health organization. Wearing gloves does not replace the need to perform hand hygiene and may not be required if hand hygiene is possible.
11. Individuals should avoid touching their eyes, face, and mouth, even if wearing gloves.
12. Attendees must arrive to the course in clean freshly laundered clothing.
13. Students will be required to tie back long hair.



14. Students will work with a designated partner at all times without exception.

On-Site Prohibitions

15. Students are not permitted to eat or drink on premises of the course.
16. Items not intended for use on the floor shall not be placed on the floor at any time.
17. No exercises will be performed with an attendee on the floor without the use of a properly disinfected mat.
18. No exercises will be performed with the candidate utilizing space on the facility walls (i.e., wall slides, finger walk for shoulder AAROM).
19. Students are discouraged from bringing unnecessary items with them for the course – bags, coats, etc.