

Regina Flying Club COVID-19 Procedures

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Introduction

Purpose

This document is intended to have procedures to operate safely at the Regina Flying Club during the COVID-19 pandemic. However, broad adoption of the principles herein will not only promote safety, but trust among governments, regulators, and the public that Canada's flight training industry can operate responsibly, and resume operations quickly.

These policies and procedures should remain in place for the duration of the COVID-19 pandemic. As conditions change, RFC will adapt our policies and procedures to reflect the current situation, including the latest instructions or guidance from relevant governments and health authorities.

Background

SARS-CoV-2, the virus that causes COVID-19, has spread throughout the world and to all provinces and territories in Canada. In response to this pandemic, Federal and Provincial governments have, to varying degrees, ordered the closure of non-essential businesses within their jurisdictions. In anticipation of a gradual and carefully controlled re-opening of these businesses, the Air Transport Association of Canada (ATAC) and its members have developed a roadmap to enable flight training organizations to safely resume their operations as soon as possible, while respecting the instructions of their local health authority.

Pilot training represents a particular challenge with respect to infection control, given that much of the training necessarily requires two people to work within the confined space of a small aircraft cockpit. These policies and procedures draw on guidance from the Public Health Agency of Canada (PHAC) and the American Centres for Disease Control and Prevention (CDC), as well as the experience of people who have safely operated under comparable circumstances for decades, such as flight paramedics.

The suggestions presented here are not prescriptive. They draw on the current understanding of how COVID-19 is most commonly transmitted, what risks need to be mitigated, and how to do so effectively. Following these suggestions should reduce the likelihood of spreading SARS-CoV-2 among the flight training community and the population at large.

Definitions

Employees: Anyone who performs work for the employer in exchange for compensation. Employees can be full-time, part-time, or contract.

Employer: The individual or organization with authority over employees and responsibility for operation of the flight training unit.

Facility: A place, amenity, or piece of equipment provided for a particular purpose. This includes buildings, hangars, flight training devices, and aircraft.

Fomite: Inanimate objects or materials which are likely to carry infection, such as clothes, utensils, and furniture.

FTD - Flight Training Device: A full-scale replica of an airplane cockpit that may not have the motion or visual systems associated with flight simulators.

FTU - Flight Training Unit: An organization approved by Transport Canada to conduct flight training for the purpose of licensing pilots in Canada.

Shall or Will: Precedes an action that is considered essential, or necessary.

Should or May: Precedes a recommended action that is strongly encouraged, but not necessary.

PPE – Personal Protective Gear: is protective clothing, helmets, goggles, or other garments or equipment designed to protect the wearer's body from injury or infection.

Principles

Policies and procedures in this document are based on the following principles:

1. Minimize contact between people:
 - a. Maintain physical distance of 2m (6 ft) whenever possible
 - i. Distance learning when possible
 - b. Minimize number of people inside the same building at the same time
2. Minimize opportunities for transmission:
 - a. Fomite management
 - b. Enhanced cleaning
 - c. Personal Protective Equipment (PPE)
3. Prevent anyone showing signs of illness from entering facility:
 - a. Screening Procedure
 - b. Exclusion after exposure policy
 - c. Record keeping
4. Promote compliance:
 - a. Training and awareness
5. Maintain flight safety:
 - a. Ongoing risk assessment of policies and procedures

NOTE: FOR ALL INTERNATIONAL STUDENTS, please reference this document and International Student section at the end of this document for instructions and procedures for preparation of your arrival, and once you arrive.

Please reference attachment “Regina Flying Club COVID-19 Procedures” all staff and students will be expected to follow these procedures while on RFC premises or in RFC aircraft to ensure the safety of all staff and students. Once your 14-day mandatory quarantine period is done and your studies begin, you will be expected to follow these procedures.

RFC’s contact person, Chief Flight Instructor or designate will give you a briefing on RFC COVID-19 protocol, on how to properly enter the building, where to sanitize, and donning of PPE, along with the required paperwork for tracing capability for our local government.

Policies

COVID-19 Training Policy

Training is essential in order to ensure that everyone accessing company facilities understands the risks of COVID-19, and why they are being asked to take the measures that will be asked of them.

Understanding will enhance compliance.

RFC will implement a Training Program that covers at least the following topics:

- i. Why it is important to slow the spread of COVID-19
- ii. Common virus transmission vectors
- iii. Understanding and recognition of COVID-19 symptoms
- iv. Proper handwashing
- v. Proper donning (putting on) and doffing (taking off) of PPE

This training should be delivered remotely via Zoom. Each employee will demonstrate understanding upon completion of the training by achieving a passing mark of 100% on a cumulative assessment. Successful completion of the training will be noted in the employee's company employment records and kept on file for not less than one year.

This training should be conducted every six months for as long as COVID-19 remains a threat, as part of RFC Company training.

Minimal Contact Policy

RFC will endeavour to minimize unnecessary contact between individuals in order to reduce the possibility of direct transmission of disease from person to person.

To this end, RFC will ensure that there are a minimum number of employees necessary to maintain company operations at each location within its facilities at any given time. Instructor stations will be set up for instructor/students. Office area will be limited use.

Access to company facilities will be restricted to only those employees and clients who are scheduled to be there at that time. Physical distancing recommendations of the governing health authority will be respected within company facilities to the extent that duties allow.

Whenever possible, business will be conducted by video conference (Zoom) or other remote communication technologies. The employer will define which activities must take place at company facilities (e.g. flight training), and which activities may be conducted remotely.

Employee Schedule

The RFC will prepare a schedule for each essential employee. Where practical, employees working in the same facility will be scheduled to work at different times in order to minimize contact between people. Employees will only be permitted within company facilities when and where they are scheduled to work. The Instructor schedule has been staggered to limit the amount of people coming in for flight training. There will be Instructor tables set up in different areas of the hangar to limit clusters of people. Each

Instructor will be responsible for their table to disinfect after every use and keep clean. All cleaning and PPE will be provided.

Physical Distancing

Where possible, RFC will implement physical distancing that complies with current recommendations of their governing health authority. Such recommendations may include a minimum distance between people, such as 2m (6 ft), a maximum number of people per room or per building, or other restrictions.

You will notice the classroom area will have limited seating and tables to minimize high touch areas. These will be sanitized after every use. Distancing will be measured out and taped in the hangar and office area to help facilitate this policy.

Where physical distancing is not possible, such as during flight training, personal protective equipment (PPE) will be required according to the company's PPE Policy. You will be given a reusable mask to戴 and take home to keep clean for yourself. Disposable gloves will be provided, along with hand sanitization. We encourage you to wash your hands frequently and avoid touching your face. We encourage a lot of hand washing, as gloves if not used correctly, breed cross contamination, and therefore can be unsafe.

Fomite Management Policy

RFC will minimize opportunities for transmission of pathogens such as SARS-CoV-2 by implementing a Cleaning Procedure for all objects and surfaces that are frequently exposed to multiple individuals. Non-essential areas within buildings will be closed and use of shared materials such as pens and paper will also be restricted. Proper hand-washing facilities will be available, and hand sanitizer will be accessible throughout company facilities, including aircraft, in order to further reduce the likelihood of infection through contact with contaminated surfaces.

Cleaning and Disinfecting of Objects and Surfaces

High-touch surfaces in all shared facilities, including aircraft, will be disinfected regularly according to the company's Cleaning and Disinfecting Procedures. Cleaning/Disinfecting Procedures may differ based on the equipment or surfaces being cleaned. For example, aircraft and FTD interiors may require different products and procedures than building interiors; kitchens may require different procedures than dispatch counters. **Please adhere to the cleaning instructions provided.**

RFC will implement Cleaning and Disinfecting Procedures that include at least the following:

- i. The surfaces or equipment to which the procedure applies
- ii. The types of cleaning and disinfecting products that may be used
- iii. Method of application and removal of products, as applicable
- iv. Any other information about the cleaning product required by applicable health and safety regulations

Closure of Non-Essential Areas

Non-essential areas within facilities will be closed in order to reduce the number of surfaces where infection can be transmitted. Washrooms will only be available to staff members. We will leave the pilot lounge open as a hand washing area for folks coming into RFC for business. Office area will be closed to public, other than to make payment on the POS machine if they are not able to pay by Etransfer or Credit Card Authorization to keep it contactless. The classroom will be limited to being an instructor station area.

Shared Material

Shared material such as pens, paper, and books will be removed. Where pen and paper are necessary, such as for regulatory documents, contact with these items will be limited to as few people as possible. Instructors will record times from flight to bring to flight sheet. To minimize touching of clipboard, if it changes renters, clipboard will be sanitized.

Sharing of personal items such as pilot headsets should be prohibited as long as COVID-19 remains a threat. We have encouraged members to purchase their own headset. They take their own risk in using one of our rental headsets. **RFC is NOT RESPONSIBLE for their health and safety, if they choose to use a RFC headset.**

Hand Cleaning

RFC will ensure that ample opportunity exists for hand washing or hand sanitization within company facilities, using appropriate hand-cleaning products and procedures supplied by RFC. Soap and sink in Pilot Lounge will be available for hand washing.

Enhanced Cleaning and Disinfecting

'Enhanced' cleaning and disinfecting procedures go above and beyond what is routinely practiced, even during the COVID-19 pandemic, and are intended for special circumstances such as when illness is detected within a company's population. RFC will follow the latest guidance available from our Saskatchewan Health Authority governing on what to do in these circumstances. RFC has invested in commercial cleaners to come clean our facility. They also disinfect with a fogger in all areas to make sure all things are disinfected. This procedure is done once a week.

Personal Protective Equipment (PPE) Policy

PPE is equipment worn by an individual to minimize exposure to specific hazards. Examples of PPE include respirators, face shields, and gloves. When used correctly, PPE is effective at preventing the spread of disease directly through airborne droplets, as well as indirectly through contact with contaminated surfaces. RFC will implement PPE policies that include at least the following:

- i. The type of PPE that must be worn, and under what circumstances. This will include how PPE will be used in lieu of physical distancing inside aircraft.
- ii. Where and how to obtain clean PPE
- iii. Where and how to dispose of used PPE

Respiratory Protection

Non-surgical face coverings, made of cloth or other material, act as a barrier preventing the person being covered from spreading large droplets through the air. RFC will be providing RFC staff with reusable cloth masks, to be able to take home and wash regularly.

The RFC PPE Policy is **MANDATORY everyone to wear face masks at all times** while within RFC facilities. At RFC everyone must wear a face mask. This is a requirement by the Saskatchewan Government that in all indoor public places, everyone must wear a mask. There is a \$2.00 plus GST charge for a disposable face mask, if you do not have one. Masks can be purchased almost anywhere now. Grocery and pharmacy stores in particular.

Gloves

Wearing gloves, disposable or not, can be an effective way of preventing the spread of disease by touching contaminated surfaces. However, it is important to remember that contaminated gloves can

spread disease just as easily as contaminated hands or surfaces. Therefore, gloves are best used only when it is necessary to touch surfaces that may be contaminated, especially during cleaning or disinfecting. Contaminated gloves must be carefully removed as soon as possible after the source of contamination has been eliminated. RFC will have disposable gloves on hand, but we encourage lots of hand washing and sanitizing to minimize cross contamination as previously mentioned. The Saskatchewan Health Authority states that gloves are worn to avoid cross contamination. That means they should only be worn for one activity only and disposed of immediately. RFC highly encourages you to not touch your face.

Inside Aircraft

The RFC PPE policy will ensure that flight safety is not diminished by the pilots' use of PPE. The experience of medevac pilots has shown that PPE, including masks and gloves, can be used safely during flight. The company will take the necessary steps to ensure that pilots are safe and comfortable with the PPE requirement in lieu of physical distancing. Therefore, if you choose to not wear gloves in the aircraft if you deem it uncomfortable or unsafe, you need to wash your hands and sanitize often. However, you must wear a mask at all times in the aircraft.

Access Control Policy

The Access Control Policy, in conjunction with the Minimal Contact Policy, will reduce the likelihood that infected individuals will enter the property. It will also collect information that will be useful should infection be detected within the RFC population. Having an Access Control Policy affords RFC the opportunity to have a record of who was on company property and when. This information will allow RFC or the governing health authority to contact individuals who may have been exposed to an infected person and have them self-isolate to minimize the chances of infecting more people. Ultimately, this will slow the rate of infection and hasten the conditions under which procedures like this are no longer required.

Entry to Company Facilities

Before accessing RFC facilities, all individuals must either pass the RFC's Screening Procedure, show that they have passed the RFC's Screening Procedure in the past twenty-four hours, or produce proof that they are immune from COVID-19, or otherwise incapable of contracting or transmitting it. This proof must be generally accepted as valid by the governing health authority. Examples of acceptable proof may include documentation provided by a doctor or health authority stating immunity due to previous infection or inoculation, or results of an approved COVID-19 test taken that shows immunity or no infection.

RFC will keep a record of everyone who enters their facility, including the date and time, and the screening result (pass/fail/NA).

RFC will implement a Screening Procedure that includes at least the following:

- i. Access to schedules, including the Employee Schedule, as required to control access in accordance with the Minimal Contact Policy
- ii. A list of individuals who are excluded from company facilities in accordance with the Confirmed or Possible Exposure Policy
- iii. A questionnaire for individuals to self-report symptoms of illness (e.g. sore throat), and possible exposure through contact with an infected person
- iv. An objective test for signs of illness (e.g. fever)

v. A record of screening results

Following a successful Screening Procedure, individuals will be informed of any special procedures that must be followed with respect to infection control while accessing RFC facilities.

Individuals who fail the screening test should be excluded from RFC facilities in accordance with the RFC's Exposure Policy.

Exit from Company Facilities

To complete the information collected upon entering the facility, RFC will implement an Exit Procedure that includes at least the following:

- i. A record of when individuals leave the facility, to facilitate contact tracing, as necessary.

Record Keeping

Records relating to this policy, including screening results and entry/exit times, will be kept on file for at least two months, or as required to conduct contact tracing in the event infection is detected within the RFC's population.

Records will be kept in a secure location and protected in accordance with applicable privacy laws.

Confirmed or Possible Exposure Policy

If confirmed or presumptive cases of COVID-19 are identified within the RFC's population, RFC will take steps to minimize the possibility of further infection. An Exposure Procedure will be developed that will include at least the following:

- i. Exclusion of affected individual(s) from company facilities
- ii. Notification of individuals who have been in close contact with the affected individual within the past two days¹. These individuals will also be excluded from company facilities.
- iii. Disinfection of affected individual's workstation or belongings located in company facilities, as applicable

The policy will also apply if an individual within the population is likely to have been exposed to the virus. Likely exposure includes:

- A sick household member or intimate partner
- Taking care of a sick person without using PPE; or
- Being within 2 meters (6 feet) of a sick person for a prolonged period of time (i.e. 10 minutes or longer)
 - NOTE: Data are insufficient to precisely define the duration of time that constitutes a prolonged exposure. Brief interactions are less likely to result in transmission; however, it is important to consider the person's symptoms and the type of interaction.

This policy will also apply to individuals affected by Government of Canada travel restrictions, as they apply to requirements for self-isolation.

Discontinuation of Isolation Policy

The RFC will not permit any individual who has been subject to the Confirmed or Possible Exposure policy, or otherwise required to isolate him/herself, to access company facilities until that individual meets the criteria of the discontinuing self-isolation as determined by their governing health authority.

Procedures

Cleaning and Disinfecting Procedures

Procedure to clean and disinfect hard surfaces and objects:

Frequency:

- High touch surfaces within facilities will be cleaned and disinfected at least twice in every 24-hour period
- High touch surfaces within aircraft will be cleaned and disinfected before the first flight of the day and between subsequent flights

Cleaning:

- Wear disposable gloves to clean and disinfect.
- Clean surfaces using soap and water.
- Practice routine cleaning of frequently touched surfaces. High touch surfaces include:
 - Facilities: Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.
 - Aircraft: Seats and seatbelts, flight controls, engine and fuel controls, avionics controls, door handles, front and side windows (inside) and window latches

Disinfecting:

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- Follow the instructions on the label to ensure safe and effective use of the product.
- Many products recommend:
 - Keeping the disinfectant in contact with the surface for a period of time (see product label)
 - Precautions such as wearing gloves and making sure you have good ventilation during use of the product.
- Alcohol solutions with at least 70% alcohol may also be used.

Cleaning and Disinfection of Soft Surfaces:

For soft surfaces such as upholstered seats, carpeted floor, rugs, and curtains:

- Clean the surface using soap and water or with cleaners appropriate for use on these surfaces.
- Launder items (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
OR
- Disinfect using an appropriate disinfectant

Electronics:

For electronics, such as tablets, touch screens, keyboards, and remote controls.

- Consider putting a wipeable cover on electronics.
- Follow the manufacturer's instruction for cleaning and disinfecting.
 - If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.

Laundry

For clothing, towels, linens, and other items

- Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
- Wear disposable gloves when handling dirty laundry from a person who is sick.
- Dirty laundry from a person who is sick can be washed with other people's items.
- Do not shake dirty laundry.
- Clean and disinfect clothes hampers according to guidance for hard or soft surfaces.
- Remove gloves, and wash hands right away.

Hand Washing

- Wash your hands often with soap and water for 20 seconds.
 - Always wash immediately after removing gloves and after contact with a person who is sick.
- Hand sanitizer: If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- Additional key times to clean hands include:
 - After blowing one's nose, coughing, or sneezing
 - After using the washroom
 - Before eating or preparing food
 - After contact with animals or pets
 - Before and after providing routine care for another person who needs assistance (e.g. a child)
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Screening Procedure

- One door will be designated for entry into company facilities. Main man door.
- We will email out the day before of bookings the screening questionnaire to students/renters to complete and send back to us prior to their booking.
- This will allow us to screen visitors and a process for handling uncompliant visitors
- Signs will be placed by main door for unknown visitors who might decide to enter
- Hand sanitizer will be available at the screening table and Instructor station's
- The conditions for access to the facility will be clearly posted
- Handouts explaining the screening and process changes will be available for all visitors
- Individuals who have already been screened within 24 hours may present proof of their successful screening and bypass the rest of the process.

- This can be done by consulting the screening record
- The screener will have access to the Employee Schedule, as well as a schedule of other people (e.g. students) who are scheduled to be present during the day.
 - The screener will deny access to anyone not scheduled to be present
- The screener will have access to the Exclusion List, in accordance with the Confirmed or Possible Exposure Policy
 - The screener will deny access to anyone on the Exclusion List.
- Sample screening script:

“Good morning/afternoon! As you know, COVID-19 remains a threat in our community and Regina Flying Club is doing our part to control the spread. Part of that effort is preventing face-to-face contact between people who may have been exposed to the virus. We are conducting active screening for potential risks of COVID-19 with everyone entering the building to ensure the safety and well-being of everyone.”

 - Do you have any of the following symptoms: fever/feverish, new or existing cough and difficulty breathing? (yes/no)
 - Have you traveled outside Canada within the last 14 days? (yes/no)
 - Have you had close contact with a confirmed or probable COVID-19 case? (yes/no)
 - Have you had close contact with a person with acute respiratory illness who has been outside Canada in the last 14 days? (yes/no)
 - Are you or anyone in your household awaiting test results for COVID-19? (yes/no)
- If the individual answers NO to all questions, they have passed the questionnaire and can continue with further screening.
- If the individual answers YES to any of the screening questions, or refuses to answer, then they have failed the screening and cannot enter the building
 - For visitors, vendors, volunteers: “I’m sorry, but based on these answers, I’m not able to let you enter the facility today. Please contact your local public health authority for further instruction.”
 - If they become upset, please contact the General Manager
 - For employees, or contract employees: “I’m sorry but based on these answers, I’m not able to let you enter the facility today. Please contact <Audrey Kahovec> to let them know and follow their instructions.”
 - If they have passed: “You’re cleared to enter the building. Please use the hand sanitizer before you go. Thank you for your patience and enjoy the rest of your day”
- The name of the individual, the result of the screening (pass/fail/NA), as well as the date and time screening was completed will be recorded and kept on file according to the RFC’s Access Control Policy.
- It is also important to complete a visual self assessment of everyone you may be coming into contact with. Pay attention to the signs and symptoms of COVID-19. If you are concerned in any way shape or form that the individual you are coming into contact with may be in any way compromised, please follow the exposure procedure.

Exit Procedure

- Where possible, one door will be designated as the primary exit door from company facilities. This should be the same door designated for entry, so that the same screener can handle both entrance and exit.

- Signs will be placed on all other doors instructing individuals to exit only through the designated door.
- Doors will not be locked, or otherwise prevented from opening from the inside.
- We will have someone designated to record people entering and exiting.
- The person screening this, should explain to each individual that this is for the purposes of contact tracing should an infection be discovered.

Exposure Procedure

- Individuals identified under the RFC's Confirmed or Possible Exposure Policy will be:
 - Told to contact their local health authority imminently.
 - Excluded from company facilities until the conditions of the Discontinuation of Isolation Policy are met.
- The names of excluded individuals will be placed on an "Exclusion List"
 - This list will be available at the RFC office according to the Access Control Policy.
- If an individual develops symptoms of COVID-19, the individual will
 - Immediately notify his/her manager (in the case of an employee), or instructor (in the case of a student)
 - Immediately take steps to protect others by excluding him/herself from the facility and following guidance of the governing health authority
- If an individual develops symptoms of COVID-19 while on company premises, the company will:
 - Take immediate steps to facilitate that individual returning to their residence, or to a medical facility as appropriate to the circumstances
 - Ensure that the individual has appropriate PPE, including facemask
 - Ensure that the individual does not take public transit or ride sharing services
 - Arrange private medical transport, if necessary, by contacting the local health authority
- If an individual is confirmed to have COVID-19, or has symptoms of COVID-19, or is likely to have been exposed to COVID-19, the RFC will:
 - Immediately close the affected facility or facilities temporarily to prevent further infection until enhanced cleaning can be completed
 - Immediately attempt to notify every individual identified as having contact with the affected person according to the Confirmed or Possible Exposure Policy
 - The RFC will identify and contact these individuals using information collected in accordance with the Access Control Policy.
 - Carry out enhanced cleaning and disinfecting of the affected person's workstation and other high-touch objects and likely sources of contamination according to the Fomite Management Policy
- If an individual is subject to the Exposure Procedure for other reasons, such as mandatory self-isolation following travel, the individual will be instructed to self-isolate until the conditions of the Discontinuation of Isolation Policy are met.
 - Contact tracing is not required under these circumstances
 - Enhanced cleaning of workstation is not required under these circumstances
- If any health related questions or uncertainty, we will contact our local health authority for verification.
- Communication to RFC students can be made virtually via zoom, phone calls, text or email. If any students have any questions or concerns, they can contact our office at 3006-525-6194, or email reginafly@sasktel.net.

Regina Flying Club - COVID-19 Waiver

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At this time, we need to do our part to reduce the spread of COVID-19. When you are training at RFC you are in close contact with the instructor. It is important for the RFC to ensure that it is safe for you and for our employees during this pandemic, for you to attend all RFC facilities.

Last Name: _____ **First Name:** _____

Date: _____ **Time of Arrival:** _____

Questions:

1. Do you have any of the following symptoms: fever/feverish, new or existing cough and difficulty breathing, abdominal pain, loss of taste or smell?

Yes

No

2. Have you traveled outside the country or the province within the last 14 days or come into contact with someone that has travelled outside the province or country in the 14 days?

Yes

No

3. Have you had close contact with a confirmed or probable COVID-19 case or is anyone in your household awaiting test results?

Yes

No

4. Have you attended any private indoor gatherings that may have exceeded the **maximums set by the Saskatchewan Health Authority** in the home or in buildings located on private property (eg. garages, sheds)?
Example: events that were NOT social distanced or were NOT required to wear a face covering, like social parties.

Yes

No

If you have answered YES to any of the above questions, at this time, you are NOT permitted to enter the premises at RFC. We can revisit this in 2 weeks time, as it is mandatory that you follow all the emergency measures set in place the Saskatchewan Health Authority.

Agreement:

I, _____ acknowledge all statements are truthful to the best of my knowledge as of the _____ day, of the month of _____ in the year 20_____.
Signature: _____

Parent or Guardian (if student is a minor): _____

COVID-19 Policy & Procedure for Renters November 2020

Have fun but be safe! It is of upmost importance and is imperative that all must adhere to these procedures. The procedures below are set in place for the safety of everyone. However, before you are back up and flying in those blue skies, here are a few reminders:

1. **Your mask/face covering must stay on at all times!** We ask that you bring a mask/face covering with you. Otherwise, we have disposable masks for sale - \$2.00+GST.
2. When walking in the hanger or classroom please stay on the designated areas. Always remember to keep 6 feet (2 meters) distance from everyone.
3. Do not enter the office, unless invited in. The office door will remain locked.
4. We ask that you come prepared for your lesson, with a completed COVID-19 waiver and face covering/mask. Remember to cough or sneeze or make elephant noises into your elbow only.
5. At this time, there are no headset rentals available. Also, passengers are currently allowed only if from the same household in an RFC aircraft.

Instruction:

1. Please call the office the day of your rental, to confirm safe and prepared entry. DO NOT enter the facilities till this is done. If this is a Saturday or Sunday flight, our Ramp Attendant will call you in the morning if they do not hear from you.
2. Upon arrival, head to the Tom Ray Pilot Lounge to wash your hands.
3. After, head straight out to your assigned plane to do your Walk Around. Try not to touch anything on your way out.
4. Once your Walk Around is completed, wash your hands in the Tom Ray Pilot Lounge or sanitize your hands, regardless of winter glove usage and head into the office. Please be aware the office door is locked; we just ask that you knock on the door/window.
5. In the office, you will hand in your waiver, ask an employee to sign you out, complete your weight and balance, grab the aircraft board and keys and you are on your way.
6. Clean the aircraft according to the Aircraft Cleaning Procedures listed below. The Renters table is now located in the heated part of the hangar.
7. Once your flight is completed, sanitize/wash your hands and head back to the Office for payment and to return the aircraft board and keys.
8. After all this, feel free to head back and wash your hands again prior to leaving.

Cleaning and Disinfecting Procedures for Renters using an RFC Aircraft

Frequency:

After every use: after completion of every flight, the plane must be cleaned and disinfected. **VERY IMPORTANT!**

- ❑ Use the provided cleaning/disinfecting supplies located in the hangar at the Renters Station. There are special cleaning cloths to be used for GTM and FWN electronic screens.
- ❑ Practice routine cleaning of frequently touched surfaces. The RFC Aircraft must be cleaned and disinfected by the renter after each use.
 - Seats and seatbelts
 - Flight controls
 - Engine and fuel controls
 - Avionics controls
 - Door handles

- Front and side windows (inside) and window latches.
- All other surfaces that may have been touched.

RFC International Students Procedures: Communication Package for International Students

Quarantine Plan for International Students

1. Pre-Arrival -Note: Rules are changing frequently with the government.

COVID-19 testing required for people flying into Canada

Starting January 7, 2021, air travellers 5 years of age or older are required to provide proof of a negative COVID-19 test result to the airline prior to boarding international flights bound for Canada.

Mandatory 14-day quarantine or isolation

Everyone entering Canada must follow [mandatory isolation or quarantine requirements](#). Not respecting the mandatory requirements is a serious offence and you could face consequences and penalties.

How to Quarantine and the Requirements:

Your 14-day quarantine starts on the day you arrive

- **Go directly to your place of quarantine without delay and stay there for the duration of your quarantine.**
- **Practise physical distancing of 2m at all times.**
- **Avoid stops and contact with others** while in transit to quarantine:
 - Use a private vehicle if possible
 - Remain in the vehicle as much as possible
 - Pay at the pump for gas and use drive through when you need food
 - Wear a suitable non-medical mask at all times unless you are alone in a private vehicle
- **You must report the following** through the [ArriveCAN](#) app, online at Canada.ca/ArriveCAN or call 1-833-641-0343:
 - **Your arrival at your place of quarantine within 48 hours** after entering Canada
 - **Your COVID-19 symptom self-assessment** every day until the end of your quarantine
- If arriving by air and required to provide proof of COVID-19 molecular test:
 - Retain a copy of the COVID-19 molecular test results
 - Provide that evidence, upon request, to any Canada or provincial government official or to the local public health authority of the place where you are located
 - If you arrived by air and refuse to undergo a test when it is required, you will be required to follow the directions of a Quarantine Officer and enter a quarantine facility or other suitable place for 14 days.
- If arriving by air and you were exempt from the pre-flight test requirement but you were instead required to have a test in Canada:
 - You will be required to go to a quarantine facility or other suitable place of quarantine as determined by a Quarantine Officer while awaiting the test results

- You may be permitted to go on to your regular place of quarantine to complete the 14 days if your test comes back negative
- If you refuse to undergo a test when it was required, you will be required to follow the directions of a Quarantine Officer and enter a quarantine facility or other suitable place for 14 days.

A suitable place of quarantine is one where you:

- Have **access to the necessities of life** without leaving that place
- Have a **separate bedroom** if the space is shared with family/friends who didn't travel with you
- Can limit interactions with others in the household. If spaces, such as a kitchen, are shared:
 - wear a mask if a 2m distance cannot be maintained
 - thoroughly and regularly clean common areas after use
- **Are not** living with those at risk of more severe disease
- **Are not in** close contact with others who did not travel with you. For example, **do not** quarantine in:
 - a group or communal living setting, including camps or student dorms unless the location is pre-authorized;
 - a household with a large family or many people
 - a shared small apartment or similar setting

While in quarantine

- **Do not** leave your place of quarantine unless it is for a medical emergency, an essential medical service or treatment, to obtain a COVID-19 molecular test, or it is pre-authorized.
- **Do not** have any guests even if you are outside and stay 2m apart from them.
- Use only private outdoor spaces (i.e. balcony).
- **Do not** use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.

You may be called from 1-888-336-7735 or 1-888-200-4881 to verify your compliance during your 14-day quarantine. You will receive pre-recorded messages and email reminders.

Note that you may also be contacted by provincial or territorial authorities throughout your 14-day quarantine. If federal and provincial or territorial guidelines differ, you should follow the strictest requirements.

You must monitor your health for 14 days

If you start experiencing any symptoms of COVID-19:

- new or worsening cough
- shortness of breath/difficulty breathing
- feeling feverish, chills, or temperature equal to or over 38°C
- Skin changes or rashes (in children)
- muscle or body aches, fatigue, or weakness
- new loss of smell or taste
- headache
- gastrointestinal symptoms like abdominal pain, diarrhea, vomiting, or feeling very unwell

You must:

- Isolate yourself from others immediately for a period of 14 days that begins from the time you have developed symptoms or tested positive for COVID-19
- Follow the COVID-19 instructions of the local public health authority (see below)

The 14-day period starts again if, during your quarantine period, you develop a fever and cough or fever and difficulty breathing, test positive for COVID-19 or if you are exposed to another person who exhibits signs and symptoms or tests positive for COVID-19.

For information on possible exposure to COVID-19 during travel (i.e. cruise ships, flights, public transit, etc.) or on risk factors for increased exposure and/or more severe disease, visit canada.ca/coronavirus.

To help reduce the spread of COVID-19

- **Download and use Canada's contact tracing app (COVID Alert).**
- **Wash your hands often** with soap and warm water for 20 seconds or use an alcohol-based hand sanitizer containing at least 60% alcohol.
- **Avoid touching your face.**
- **Cover your mouth and nose** with your arm when you cough or sneeze.
- **Follow all other public health guidelines** in the area you will be visiting.

Saskatchewan Public Health Authority Contact Information

Telephone: 811

Website: www.saskhealthauthority.ca

Flight requirements

Pre-board COVID-19 test for air travellers coming to Canada

All air travellers 5 years of age or older, regardless of citizenship, must provide proof of a negative laboratory test result for COVID-19 to the airline before boarding international flights to Canada. You don't require a test to fly within Canada.

Airlines will refuse boarding to travellers who are unable to provide a negative COVID-19 test.

You must take the test within **72 hours** of your scheduled departure time.

You must retain evidence of your test results for the 14-day period that begins on the day you enter Canada.

Arrival in Canada

ArriveCAN

You must use [ArriveCAN](#) before checking in at the airport or crossing the border to submit your

- travel and contact information
- quarantine plan
- COVID-19 symptoms self-assessment

Please bring your ArriveCAN receipt (electronic or paper) with you to show the border services officer upon arrival.

Travellers entering Canada by air, land or sea must

- provide basic information using the traveller contact information form, available through
 - the ArriveCAN mobile app
 - a paper form
- be screened by a border services officer or quarantine officer to assess symptoms

Quarantine requirement

When you arrive in Canada by air, land or sea, we'll assess your health before you leave the POE. If you're a foreign national, and you have symptoms of COVID-19, you won't be allowed to enter Canada.

You must have a plan to [quarantine for 14 days](#) when you arrive in Canada, including

- a place to stay
- how you'll
 - get to your destination
 - get your groceries
 - access essential services and medical care

This plan is mandatory, even if you have no symptoms. If you don't have a plan, you should not travel to Canada. Otherwise, you may not be allowed to enter the country. A border services officer will determine if you can enter the country.

The penalties for not following your quarantine plan once you are in the country can include:

- a fine of up to \$750,000
- 6 months of jail time
- being found [inadmissible](#), removed from Canada and banned from entering for 1 year

Only people who provide essential services, for example truck drivers who regularly cross the border to maintain the flow of goods, are exempt from the quarantine requirements.

Canadian Travel Restrictions and Exemptions:

Due to COVID-19, the Government of Canada has placed travel restrictions and exemptions for international students. Information on these travel restrictions and exemptions, can be found at: <https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/travel-restrictions-exemptions.html>

As per instruction from Immigration, Refugees, and Citizenship Canada (IRCC): “You must have a plan for how you will self-isolate for 14 days when you get to Canada and how you will obtain medical care if you become sick. While in self-isolation, you will be unable to leave where you are staying for any purpose. If you do not have a plan for self-isolation, including how you will buy groceries and access other essential services, please delay your travel until you have made one.”

2. Arrival

- It is required that you notify the Regina Flying Club of your arrival into Regina/Saskatoon or provincial border if driving. Please see RFC contact details below...
- Upon arrival at airport, be sure to have available all your travel information for customs to present on your person and not in your luggage. (Permit information, letter of invite from IRCC, and your communication package, passport, visa etc.)
- You must advise of:
 - Transportation from quarantine location to institution location.
 - You must adhere to all of RFC’s COVID-19 protocol that will be sent to you via email prior to your arrival.

Necessary Health Check Upon Arrival in Canada

According to IRCC: “*If you’re travelling by air, you need to pass a health check before you’re allowed to board your flight. Anyone who shows symptoms of COVID-19 will not be allowed to enter Canada by air. When you arrive in Canada, we’ll assess your health before you leave the port of entry. You must isolate for 14 days even if you have no symptoms. This is mandatory.*” More information regarding necessary health checks can be found at: <https://travel.gc.ca/travelling/health-safety/travel-health-notices/221>

Mandatory Self-Isolation:

The Government of Canada has made self-isolation mandatory. “*All travellers returning from international destinations – including the United States – are subject to a mandatory self-isolation order. Violation of the order may result in a \$2,000 fine.*”

Additionally, the Government of Saskatchewan recommends self-monitoring for symptoms if you have travelled outside of Saskatchewan, but within Canada. More information regarding the Government of Saskatchewan self-isolation policy can be found at: <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/self-isolation>

How to Self- Isolate:

Isolation means staying at home when you are sick and have symptoms of COVID-19 and avoiding contact with other people to help prevent the spread of disease to others in your home and your community.

- Limit contact with others
- Keep your hands clean
- Avoid contaminating common items and surfaces
- Care for yourself

More information on how to self-isolate can be found at: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html>

Supplies that Students Should Bring for Self-Isolation Recommended by IRCC:

- Face masks (do not re-use)
- Eye protection (face shield/goggles)
- Disposable glove (for caretakers)
- Disposable paper towel
- Tissues
- Waste container with plastic liner
- Alcohol prep wipes
- Over the counter medication to reduce fever (i.e., ibuprofen or acetaminophen)
- Arrange to have your groceries delivered to you (there are many online vendors that you can have deliver groceries to your home while avoiding in-person contact)
- Running water
- Hand soap
- 60% alcohol based hand sanitizer
- Dish soap
- Laundry Soap
- Household Cleaning Products
- Disinfectant

More information can be found at: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html>

Health Insurance:

If you are planning on travelling to Canada, it is recommended that you arrange for health insurance from your home country prior to your travels.

Once, you are in Canada with a valid study permit and registered as a full-time student, you may apply for the Saskatchewan Health Card. The processing time to receive the SK health card is approximately 6-8 weeks. RFC will be requiring all students to apply for a Saskatchewan health card upon arrival or providing proof of having health insurance coverage for your time spent here. More information on the Saskatchewan Health Card can be found at: <https://www.ehealthsask.ca/residents/health-cards/Pages/Apply-for-a-Health-Card.aspx>

Communication with RFC:

Ensure you have thorough communication with RFC, specifically the international student advisor and Chief Flight Instructor, Rylan Grubb. Communications can be maintained with Rylan by phone or email, rylan.grubb@reginaflyingclub.ca or 306-525-6194. It is very important to communicate your travel plans

and quarantine plan with RFC prior to your arrival so we can ensure everyone is following proper procedures and is staying safe and healthy. If any assistance is needed during your quarantine planning, please contact RFC for information.

Costs:

Please note that with these added procedures put in place by the government, all students should consider the financial impact it will have on them when they first arrive. You must ensure you have sufficient funds available for the above items, housing, food, health coverage, etc. RFC does not provide any on-site accommodations but if you have questions about finding accommodations please advise RFC. Since you will not be able to leave your accommodations during the 14 day quarantine period also make sure you have something to keep you occupied, you can co-ordinate with RFC, but we can arrange to mail you your books when you get here so you can start looking through them to get ahead and use your quarantine time effectively.

Apartment rentals:

https://parliamentrentals.ca/?gclid=EA1alQobChMli8Kn44Pg7QIV2frICh3_gAc-EAAYAiAAEgJKI_D_BwE

<https://rentals.ca/regina>

<https://www.rentfaster.ca/sk/regina/>

<https://www.kijiji.ca/b-apartments-condos/regina/c37l1700196>

Hotel by the airport:

RFC has a corporate rate at the Days Inn hotel located by the Regina International Airport. When you call to book your room, just state it is through the Regina Flying Club, to get the corporate rate. You will have to use your credit card to hold the room, and payment. They offer a free shuttle as well to and from airport.

<https://www.wyndhamhotels.com/en-ca/days-inn/regina-saskatchewan/days-inn-regina-airport-west/overview?CID=LC:DI:20160927:Rio:Local&iata=00093796>

Car Rental

Enterprise Car Rental: Corporate Rate: use Regina Flying Club when calling to book rental. You will need a credit card to hold a rental. International Drivers License is recommended.

<https://www.enterprise.ca/en/car-rental/locations/canada/sk/regina-airport-c6ra.html>

**** Note: Regina now has **Uber** if you would like to use that as another option for transportation. Follow app procedures.

Groceries:

Local grocery stores available are: which have curbside pick up available and delivery

- Coop in Harbour Landing area (closest to airport) <https://www.sherwoodcoop.crs/sites/sherwood/>
- Walmart (Harbour Landing): <https://www.walmart.ca/en/stores-near-me/regina-south-supercentre-3077>
- Safeway (Southland Mall): <https://www.safeway.ca/stores/safeway-southland-mall/>
- Superstore (Albert Street location): https://www.realcanadiansuperstore.ca/store-locator/details/1533?utm_source=G&utm_medium=LPM&utm_campaign=Loblaws

Pharmacy is available at each of these grocery stores.

Headset for flight training:

We encourage you to come with an aviation headset of your own, as it is most sanitary for you to use this for your flying lessons, to prevent the spreading of COVID-19. You can use RFC's mailing address to have it shipped to, for your arrival at RFC. You can purchase a headset online at:

- <https://www.pilotshop.ca/>
- <https://www.vippilot.com/>

3. Post Quarantine (after your 14-day quarantine period)- International Students/ RFC Staff

Mental and Physical health support:

Coping with self-isolation and physical distancing

People are naturally social, and self-isolation is challenging for everyone.

Follow the provincial guidelines that apply to your situation if you are required to self-isolate, but find ways to maintain or adjust healthy habits during that period. More information on [self-isolation](#) is available.

If you are struggling with your mental health, go back to basics. Eat well balanced meals, get regular rest, and do basic exercises and stretching daily. Having daily small goals, flexible deadlines, and talking to others you trust, might help. There are mental health supports available if needed.

Even though you are required to be physically distant from others, stay home, and avoid public areas; technology has made it easier to stay socially connected to friends and family.

If you need to reduce financial stress during isolation, you may be eligible for provincial or federal support programs.

No one has forgotten about you during self-isolation and there is no stigma attached to self-isolating. You are at home to protect others, because you are thinking of the needs of others.

Technology is a great way to connect, but take a break when you need it and find healthy ways to help you feel relaxed and calm.

If you are having difficulty coping during self-isolation, it's okay to reach out for help.

Healthy habits

The pandemic's disruption of normal life means it can be difficult to start new healthy habits or maintain those that you may have had before. There are lots of simple, everyday activities that, when done regularly, will improve your mental health.

- Exercising is proven to make you feel better. Remember, there are ways that you can exercise with others while following the current guidelines. Exercise at home or consider a walk or other activities outside, if weather permits.
- Cook, or learn to cook, healthy meals at home.
- Read a book or learn a new skill.
- Do an activity that you enjoy that helps you relax, such as meditating.
- Practice healthy sleep habits.
- Spending time with people and pets in your household who make you feel better, or connecting over the phone or online with those outside your household.
- Letting your feelings out by writing them down or talking with a friend or family member.
- Seeking counselling if you continue to struggle with stress or anxiety. Some counselling services are available over the phone or online at this time.

Managing stress and anxiety

It is natural to feel some stress and anxiety during a time when there have been so many changes and uncertainty. Stress and anxiety is a signal that we have to adapt and overcome challenges in order to protect others and ourselves.

Stress may involve caring for an elderly family member, worrying about your own health or the health of a loved one, boredom, financial concerns, feeling a lack of belonging or connection, or technology fatigue.

If the stress and anxiety of the pandemic is affecting your daily life, consider adopting healthy habits that are good for mental health. If you are still unable to cope or have underlying mental illness, reach out for help as soon as possible.

Dealing with misinformation about COVID-19

There are many different sources of information about the pandemic, not all of which are credible. Social media makes it even more difficult to find accurate information.

It is important to note that the changes to the public health order listing restrictions are in step with the most current data about our COVID-19 numbers and our health care system's ability to manage. Decisions are informed by expert health professional advice.

Government agencies and other well-established organizations are staffed by professionals who are held to high standards to ensure that they are providing the best advice:

[World Health Organization](#)
[Health Canada](#)
[Government of Saskatchewan](#)

Taking care of children

Children will naturally reflect the emotions felt by their caregivers and may not understand why they cannot do the things they normally do. They may not understand why they are not able to be with their peers and why their routines have changed. Here are some tips for supporting children:

- Stay calm, especially in front of children, but be honest about what is going on.
- Watch for any [signs of stress](#), like difficulty sleeping or loss of appetite. Seek support if required.
- Encourage children to express their feelings.
- Involve children in healthy physical activities, such as going for a walk, sledding or exercising.
- Try to keep routines going, as much as possible.
- Try stay-home activities such as family card games, board games, baking, shared reading activities, craft making, and watching TV/movies together.

The [University of Regina's Child Trauma Research Centre](#) has many youth-focused resources for mental health and substance use.

[Child Care During the COVID-19 Pandemic](#)

Reaching out to others

Even though we are staying apart during the pandemic, we can still connect with others.

- Make a quick call, send a text or video chat with family and friends to check-in on their mental health and offer support.
- Think about the people you know and who might be feeling especially isolated, like seniors or people who live alone.
- Offer support during your discussions, and keep the conversation positive and uplifting where possible. It's natural to default to thinking and worrying about the pandemic, especially when this is a primary focus of media and social media, and when we have limited access to our regular routines and activities.
- Although technology is a great way to connect, consider writing letters. Some people have written letters to total strangers or seniors in long-term care to offer words of support and encouragement during this time.

Going outside

Winter is here and Saskatchewan offers plenty of outdoor opportunities to get together with friends or do solitary activities that support mental health. Remember to dress for the weather to make sure the activity is as enjoyable as possible. Some activities may include:

- Going for a physically distanced walk in the park with friends.
- Snowshoeing or cross-country skiing through the local trails or at a nearby provincial park. Rentals may be available from local businesses or outdoor groups.
- Go tobogganing with members of your household.

Check local community organizations like social media groups, municipal recreation pages or bulletin boards for recreation opportunities through the winter.

Working from home

Working from home can affect people differently. Some enjoy it while others find it difficult. Here are some ways to have a healthy work-life balance when working from home:

- Keep the same routine that you had when you were working at the office, such as showering, getting dressed, and eating breakfast.
- Have a comfortable, dedicated workspace if possible.
- Make sure to set regular working hours, and take breaks during the day.
- Take breaks during the day. Try short meditations, conversations with others by phone or through technology, doing stretches, spending time with a family member or pet, or reading something you enjoy.
- Stay connected to colleagues.
- Take time to step away from your desk and move around.

Knowing when to ask for help

It can often be difficult to know when it is appropriate to ask others for help. Many other people are likely feeling the same way you are and are waiting for someone to talk about what they are going through. It is important to lean on each other and be open to having conversations about our mental health.

If you do not feel comfortable asking a close friend or family member for help, there are professionals who will listen and provide you with tools to improve your mental health.

Experiencing grief and loss during COVID

Whether it is the loss of a job or loss of a loved one, grieving is especially challenging when we cannot physically gather with friends and family.

Try finding ways to continue doing the things that you normally do to cope with grief and loss safely while abiding by the current restrictions. If you are unable to cope or do the things you normally would, it is important to reach out and seek help if the feelings of grief and loss become too overwhelming.

Supports available in Saskatchewan are:

- **HealthLine 811** - Mental health and addictions service continues to be available, providing 24/7 crisis support, advice to help manage a caller's situation, information and connection to community resources. If you are experiencing any mental health issues, social barriers, or racism, please reach out to this call line. They will be able to direct you to help you in your situation. They can direct you to counselling services that can be made available to you.
- **Wellness Together Canada** - Connects people to peer support workers, social workers, psychologists and other professionals for confidential chat sessions or phone calls, and also offers credible information and help to address mental health and substance use issues.
- **Employee and Family Assistance Plans** – your employer or workplace might have a plan that you can access for short-term in person, phone, or virtual counselling services.
- **Mobile Crisis Centres** are located across Saskatchewan and operate 24/7.
 - (Central Saskatchewan) West Central Crisis and Family Support Centre – Monday to Friday, 9 a.m. to noon, 1 to 5 p.m. (After Hours: 306-933-6200)
306-463-6655
 - (North Saskatchewan) Piwapan Women's Centre – Crisis Line – 24/7 Hours
306-425-4090
 - Prince Albert Mobile Crisis Unit – Monday to Friday, 4 p.m. to 8 a.m.; Saturday and Sunday, 24 hours
306-764-1011
 - **Regina Mobile Crisis Services – Mobile Crisis Hotline – 24/7 Hours**
306-757-0127
 - Saskatoon Mobile Crisis – 24/7 Hours
306-933-6200
 - South West Saskatchewan) Southwest Crisis Services – 24/7 Hours
1-800-567-3334
- **Kids Help Phone** - Offers professional counselling, information and referrals. Phone (1-800-668-6868), text (686868) or chat online. It's confidential, free and available 24/7.
- **Farm Stress Line** - Provides support for farmers and ranchers and is available 24 hours per day, seven days per week. To get help, call 1-800-667-4442.
- **TAO Tel-Aide Francophone Helpline in Saskatchewan** - Provides free, 24/7 mental health services to French speakers. To get help, call 1-800-567-9699.
- **Breaking Free Online** - This evidence-based resource for substance use recovery and support is available online as well as a companion app.
- **National Overdose Response Service** - 1-888-688-NORS (6677)
This toll-free, 24-hour hotline aims to prevent deadly overdoses by connecting people who are alone and using drugs with peer volunteers who can call for help if it's needed.
- **Hope for Wellness** - The Hope for Wellness Line has experienced counsellors to talk or help you find supports near you. This line is for Indigenous people, and counselling is also available in Cree, Ojibway or Inuktitut.

- **National Suicide Prevention Line** - 1-833-456-4566
- **Other provincial crisis supports in Saskatchewan**

Family Service Saskatchewan, in partnership with the Saskatchewan Health Authority, supports **free mental health walk-in clinics**. These clinics offer free one-time counselling sessions which are now available by phone.

Walk-in mental health counselling services are available in:

- [Regina - CFS Regina](#)
- [Regina - Family Service Regina](#)
- [Saskatoon - CFS Saskatoon](#)
- [Saskatoon - Family Service Saskatoon](#)

The [Canadian Mental Health Association, Saskatchewan Division](#) has set up phone lines to support those who may be struggling in these changing times:

- **Provincial Line: 306-421-1871**
- Provincial Youth Line: 306-730-5900
- **Regina: 306-535-4292**
- Saskatoon: 306-270-3648