INTRODUCTION

The Bike Instructor Certification Program has prepared this document for the safety and well-being of our Instructor trainers and participants.

These guidelines outlining the work safe / learn safe procedures and protocols for all in-person courses administered by the Bike Instructor Certification Program and will be revisited on a monthly basis.

For further education on how you can practice these safety measures regarding PPE, please visit https://www.cdc.gov/

1.1 Purpose
The following procedures have been developed by The Bike Instructor Certification Program to ensure the health and safety of the Instructor Trainers and participants during the COVID-19 virus outbreak. These procedures must be adhered to by all Instructor Trainers and participants while attending any BICP in-person training session including skills prep courses and certifications.

The objective of these procedures is to ensure that Instructors and participants concerns are addressed during courses and to protect our members from spreading or contracting COVID-19.

The following procedures have been developed in accordance with the following guidelines from the CDC, WHO, and local government health agencies.

1.2 Responsibilities

BICP Responsibilities
1. Identify and assess work processes that could lead to worker exposure to COVID-19.
2. Ensure that the materials and other resources required to implement and maintain this procedure are readily available where and when they are required — for example, materials such as personal protective equipment (PPE) and resources such as additional PPE training.
3. Recommend that all Instructors and participants get a seasonal flu vaccination. Currently, there is no vaccine for COVID-19.
4. Contact Public Health regarding the availability and proper use of antiviral drugs. Currently there are no specific antiviral drugs for COVID-19.
5. Conduct a periodic review (at least monthly) of the effectiveness of the procedures. The process should include a review of available control technologies to ensure they are selected and used when practical.
6. Ensure that all necessary equipment and PPE are used as required by the procedure.
7. Ensure that Instructor trainers are educated and trained to an acceptable level of competency.
8. Maintain records of training, fit-test results, newsletters, and inspections (e.g., for equipment, PPE, and work methods or practices).
9. Investigate all exposure incidents, including near misses.

BICP Administration responsibilities
1. Ensure that workers have received adequate instruction on the hazards associated with exposure to COVID-19.
2. Select and implement appropriate control measures, including PPE.
3. Ensure that Instructors use their PPE properly and follow proper procedures.
4. Direct work in a manner that minimizes and controls the risks to workers.
5. Liaise with other organizations to ensure a safe work environment.
Instructor responsibilities

1. Read all educational procedures as outlined by the Bike Instructor Certification Program.
2. Use PPE in an effective and safe manner.
3. Follow Public Health recommendations regarding a seasonal flu vaccination and the use of antiviral drugs.
4. Follow established protocols and procedures as directed by the BICP.
5. Report unsafe conditions and acts to Administration immediately.
6. Make sure you know how to report exposure incidents.

Participants responsibilities

1. Read all educational procedures as outlined by the Bike Instructor Certification Program.
2. Use PPE in an effective and safe manner.
3. Follow Public Health recommendations regarding a seasonal flu vaccination and the use of antiviral drugs.
4. Follow established protocols and procedures as directed by the BICP.
5. Report unsafe conditions and acts to Administration immediately.
6. Make sure you know how to report exposure incidents.

1.3 What is Coronavirus?

Coronavirus Disease 2019 (COVID-19) is a respiratory disease caused by the SARS-CoV-2 virus. It has spread from China to many other countries around the world, including Canada and USA. Depending on the severity of COVID-19’s international impacts, outbreak conditions—including those rising to the level of a pandemic - can affect all aspects of daily life, workplace health and safety, including travel, trade, tourism, food supplies, and financial markets.

1.4 How is the Novel Coronavirus COVID-19 Different from Other Coronaviruses?

1. Just like there are different types of related viruses that cause smallpox, chickenpox, and monkeypox, different coronaviruses cause different diseases in people.
2. The Severe Acute Respiratory Syndrome (SARS) coronavirus causes SARS and the Middle East Respiratory Syndrome (MERS) coronavirus causes MERS.
3. The novel coronavirus, COVID-19 is one of seven types of known human coronaviruses. COVID-19, like the MERS and SARS coronaviruses, likely evolved from a virus previously found in animals.
4. The remaining known coronaviruses cause a significant percentage of colds in adults and children, and these are not a serious threat for otherwise healthy adults.

1.5 What are Symptoms of Infection from Coronavirus?

1. Those who are infected may have little or no symptoms. The most common symptoms of COVID-19 are similar to a cold or flu and include fever, fatigue, cough and difficulty breathing.
2. In severe cases, COVID-19 may cause pneumonia, kidney failure and death. According to guidance published the World Health Organization as of the date hereof, symptoms may take up to 14 days to appear after exposure to COVID-19.
3. Most people recover from COVID-19 without needing special medical treatment. The likelihood that a person will become severely ill as a result of COVID-19 is higher in elderly people and people that have a weakened immune system.
1.5 How is COVID-19 Spread?

1. There is currently no vaccine to prevent COVID-19.
2. The virus is thought to spread mainly from person-to-person, including:
   a. Between people who are in close contact with one another (within about 6 feet).
   b. Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
3. It may be possible that a person can get COVID-19 by touching a surface or object that has SARS-CoV-2 on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the primary way the virus spreads.
4. People are thought to be most contagious when they are most symptomatic (i.e., experiencing fever, cough, and/or shortness of breath). Some spread might be possible before people show symptoms; there have been reports of this type of asymptomatic transmission with this new coronavirus, but this is also not thought to be the main way the virus spreads.
5. Although the CDC has implemented public health measures to limit the spread of the virus, it is likely that some person-to-person transmission will continue to occur.
6. Risk of serious illness rises with age: people over 60 seem to be more vulnerable than those under 60. People with weakened immune systems and people with conditions such as diabetes, heart and lung disease are also more vulnerable to serious illness.

1.6 How Long Can the COVID-19 Virus Survive?

How long any respiratory virus survives will depend on a number of factors, for example:

1. what surface the virus is on,
2. whether it is exposed to sunlight,
3. differences in temperature and humidity, and
4. exposure to cleaning products.
5. Under most circumstances, the amount of infectious virus on any contaminated surfaces is likely to decrease significantly over 72 hours.
6. We know that similar viruses are transferred to and by people’s hands. Therefore, regular hand hygiene and cleaning of frequently touched surfaces will help to reduce the risk of infection.

2.0 CIRCUMSTANCES FOR NOT REPORTING FOR WORK

2.1 Policy

1. Any Bike Instructor Certification Program instructor who is ill and/or showing flu like symptoms will remain at home and not come into work as there is a high risk of infecting other. It is recommended to also contact their local health care provider immediately.
2. If an instructor falls into one of the categories below, the instructor will follow the advice from the Centre of Disease Control and Public Health Authorities across the Globe.
   - **If you have COVID-19.** If you are sick with COVID-19, you need to stay home. Contact your local health care provider to discuss any need for testing and follow up.
   - **If you have traveled internationally.** The Public Health Agency of Canada and USA advises that if you have traveled to Hubei Province, China, Iran, or Italy, you are asked to self-isolate for 14 days after the day you left the area. If you are returning from an affected area, stay home and limit contact with others for a total of 14 days. Monitor yourself daily for symptoms like fever, cough or difficulty breathing for these 14 days. If you develop symptoms speak with your health care provider to discuss any need for testing and follow up.
a. The Canada and USA Centre for Disease Control is asking people arriving anywhere from outside of Canada and the USA to self-isolate, and monitor for symptoms for 14 days after arrival in Canada and the USA. People arriving from Hubei Province, Italy or Iran are asked to take extra measures to limit their contact.

b. If you have travelled outside Canada and the USA, monitor yourself and your family closely for symptoms like fever, cough, and difficulty breathing for a total of 14 days from your return. If any symptoms arise, limit contact with others and speak with your health care provider.

If you have been in contact with a person infected with COVID-19. If you have had close contact with an infected person you are at high risk of exposure. The CDC recommends that in these circumstances, you voluntarily home quarantine (self-isolation), with mandatory quarantine depending on circumstances, and practice hand hygiene, respiratory etiquette, cleaning, and self-monitoring.

3. Instructors are to be advised to not mask any symptoms of exposure even if they are mild symptoms or have had to take simple medications such as Tylenol. Workers showing any COVID-19 symptoms are not to come into work under any circumstances.

3.0 RIGHT TO REFUSE UNSAFE WORK

3.1 Policy

1. Instructors have the right to refuse work if they believe it presents an undue hazard.
2. The purpose of this policy is to ensure that every Bike Instructor Certification Program Instructor has the right to refuse work if he or she feels it is unsafe.
3. The Bike Instructor Certification Program will work with the instructors to maintain a safe work environment for its instructors and participants in order to prevent occupational injuries and illnesses.
4. Under this policy, no instructor will be subjected to disciplinary action.
5. An instructor must not carry out or cause to be carried out any work process or operate or cause to be operated any tool and equipment if that person has reasonable cause to believe that to do so would create an undue hazard to the health and safety of themselves and of any person.
6. An instructor who refuses to carry out a work process due to unsafe conditions must immediately report the circumstances of the unsafe condition to the Administration.

3.2 Unsafe Work Refusal Procedures

1. All instructors must report the unsafe condition to the Administration immediately.
2. The Administration must investigate the matter and fix it if possible.
3. Under this policy, no instructor will be subjected to disciplinary action.

4.0 INSTRUCTOR / PARTICIPANT SHOWING SYMPTOMS OF COVID-19

4.1 Instructor / Participant Symptoms

If an instructor/participant becomes ill during work hours with suspected COVID-19 at any one of the BICP course locations, the following procedures will be followed:

1. All courses should stop immediately.
2. All instructors and participants on-site need to be notified of that they may have been exposed to COVID-19 and they are to immediately contact their health care provider for testing.
3. Contact the local health authorities immediately.
5.0 HANDWASHING

5.1 When to Wash Your Hands

1. Hand washing is one of the best ways to minimize the risk of getting or spreading COVID-19 infection. By removing disease-causing material from your hands, you avoid infecting yourself when touching your eyes, nose, or mouth.

2. All BICP instructors/participants must wash their hands with SOAP and WATER at the following minimum intervals. Refrain from touching your face, eyes and mouth:
   a. At the start of every course
   b. At each break interval
   c. At lunch break before and after (especially before consuming food)
   d. At the end of every course
   e. After using the washroom
   f. If you feel you have come in contact with someone who is suspected to show COVID-19 symptoms.
   g. After coughing, sneezing or blowing your nose
   h. After administering first aid to anyone.

5.2 How to Wash Your Hands

1. Follow proper hand washing procedure using soap with warm running water for at least 15 to 20 seconds.
2. After washing, turn off the faucet with a paper towel
3. Dry your hands with an air dryer or a clean paper towel
4. Use a paper towel to open the bathroom door and dispose of paper towel in a trash bin outside of door.
5. Avoid touching your face, eyes, or rubbing your nose.
6. If water is not available, use a waterless hand cleanser that has at least 70% alcohol. BICP will ensure hand sanitizer is available for all in-person courses.
5.3 Hand Sanitization Stations

1. BICP will ensure adequate hand washing facilities / sanitization stations are available for all instructors/ participants, as per regulation requirements.
2. Hand sanitizer will be available for instructors/ participants throughout the course. Hand sanitizer must contain a minimum of 70% alcohol to ensure viruses are killed on contact.

6.0 SAFE REMOVAL OF GLOVES

The BICP recommends instructors / participants wear disposable gloves over their own gloves when coming in contact with other surfaces other then your own personal belongings.

1. Gloves are the most common type of personal protective equipment. Gloves should be waterproof, disposable, of good quality, suitable for the task, and preferably latex-free. Don't use cloth gloves or gloves that are not waterproof.
2. Remove disposable gloves as soon as possible if they become damaged or contaminated, and after you have completed the task requiring gloves. Gloves should be removed before leaving the training area.
3. Do not reuse used gloves. Wash your hands with soap and water immediately. If water is not available use hand sanitizer. Hand sanitizer must contain a minimum of 70% alcohol to ensure viruses are killed on contact.
1. Pinch and hold the outside of the glove near the wrist area.
2. Peel downwards, away from the wrist, turning the glove inside-out.
3. Pull the glove away until it is removed from the hand, holding the inside-out glove with the gloved hand.
4. With your un-gloved hand, slide your finger(s) under the wrist of the remaining glove. Do not touch the outer surface of the glove.
5. Peel downwards, away from the wrist, turning the glove inside out.
6. Continue to pull the glove down and over the inside-out glove being held in your gloved hand.
7.0 PUTTING ON & SAFE REMOVAL OF MEDICAL OR N95 MASKS

7.1 Putting on Respirator

Only use a respirator for which you have been fit tested, and fit check the device as instructed before using it.

1. Cup the respirator in your hand with the nose piece at the fingertips.

2. Place the respirator over your nose, mouth, and chin.

3. Secure the respirator’s top band over your head and above your ears.

4. Secure the respirator’s bottom band behind your head and below your ears.

5. Mould the flexible nose piece over the bridge of your nose and adjust the respirator to fit.

6. Perform a fit check.
7.2 Removing Respirator

1. Remember the front of the respirator is contaminated — avoid contact with your hands.
2. If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer.
3. Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front.
4. Discard in a waste container.
5. Do not reuse used gloves or face masks. Wash your hands with soap and water immediately.
6. Use the following procedure:

7.3 Surgical Mask Versus Disposal Respirator

A surgical mask is not a respirator. Surgical masks and disposal respirators have a similar appearance and both provide a barrier that covers your nose and mouth. However, there is a great deal of difference in the protection they provide.
7.4 Surgical Masks

A surgical mask protects others from the airborne droplets you produce. A surgical mask:

a) Prevents you from spreading airborne droplets such as spit and mucous to others around you.
b) DOES NOT seal tightly to your face and is not designed to filter particulates from the air you breathe.
c) May have a moisture barrier to reduce the risk that splashes of bodily fluids will reach your nose or mouth.
d) Is used to protect people around you.
e) Is NOT a respirator.

7.5 Disposal Respirators N95

A disposal respirator protects you from breathing particulate hazards. A disposal respirator:

a) Protects you from breathing in particulates, including infectious viruses and bacteria.
b) Seals tightly to your face so that inhaled air is drawn through the filter.
c) Require a fit test to ensure that it fits properly.
d) Has NIOSH rating printed on the mask (typically N95)?
e) Has two straps – one that fits behind your head, the other behind your neck – and may have an external exhalation valve.
8.0 PUTTING ON & SAFE REMOVAL OF ALL PPE

SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. GOWN
   - Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
   - Fasten in back of neck and waist

2. MASK OR RESPIRATOR
   - Secure ties or elastic bands at middle of head and neck
   - Fit flexible band to nose bridge
   - Fit snug to face and below chin
   - Fit-check respirator

3. GOGGLES OR FACE SHIELD
   - Place over face and eyes and adjust to fit

4. GLOVES
   - Extend to cover wrist of isolation gown

USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene
HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)
EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. Remove all PPE before exiting the patient room except a respirator, if worn. Remove the respirator after leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GLOVES
   - Outside of gloves are contaminated!
   - If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
   - Hold removed glove in gloved hand
   - Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
   - Discard gloves in a waste container

2. GOGGLES OR FACE SHIELD
   - Outside of goggles or face shield are contaminated!
   - If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Remove goggles or face shield from the back by lifting head band or ear pieces
   - If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

3. GOWN
   - Gown front and sleeves are contaminated!
   - If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Unfasten gown ties, taking care that sleeves don’t contact your body when reaching for ties
   - Pull gown away from neck and shoulders, touching inside of gown only
   - Turn gown inside out
   - Fold or roll into a bundle and discard in a waste container

4. MASK OR RESPIRATOR
   - Front of mask/respirator is contaminated — DO NOT TOUCH!
   - If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
   - Discard in a waste container

5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE

PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE
HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)
EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Remove all PPE before exiting the patient room except a respirator, if worn. Remove the respirator after leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GOWN AND GLOVES
- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container

2. GOOGLES OR FACE SHIELD
- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

3. MASK OR RESPIRATOR
- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container

4. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE

PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE
9.0 STANDARD HYGIENE PROCEDURES

9.1 Handshaking

During high risk COVID-19 exposure risk (pandemic) as advised by the CDC; it is advised to all instructors/participants do not conduct in handshakes until further notice.

9.2 In-person Training (Social Distancing)

1. During high risk COVID-19 exposure risk (pandemic) as advised by the CDC, all instructors / participants will keep a minimum of distance of 6 feet from each other.
2. There will be situations where it is not possible for instructors /participants to distance themselves from each other by 6ft. In these situations, proper personal protective equipment must be worn by all. Work in partners verse groups to reduce the number of people instructors/participants are in direct contact with.
3. Avoid close contact with any other worker if they are showing any symptoms of COVID-19 infection.
4. During high risk COVID-19 exposure risk (pandemic) as advised by the CDC, BICP will limit the number of participants to a 6:1 ratio. No double courses or late sign-ups.

9.3 Personal Protective Equipment

1. The latex or neoprene gloves for PPE will be provided to instructors / participants by BICP. This PPE is to be worn and used when conducting in-person courses.
2. Instructor and participants are required to wear face covering at and gloves while preforming training. As face coverings are more personal in nature and comfort, it is expected that all instructors / participants bring their own face covering for each day
   Respiratory Protection (Medical Face Mask, N95 Respirator or Half Mask Respirator with P100 cartridges)

9.4 Disposal of Contaminated PPE

All contaminated PPE such as masks, respirators, gloves must be disposed of immediately after use.

9.5 Face Touching

It is advised to all instructors/participants to refrain from touching their face, eyes or mouth prior to washing their hands with soap and water.
9.6 Food and Beverage Sharing

At no time shall any instructor/participant share their food or beverage containers with another instructor/participant. Please bring your own water bottle and do not share you water bottle with anyone.

9.7 Breaks and Lunch Breaks

At each break or lunch break, instructor/participant should not leave the training location. Do not visit outside stores or members of the public in case of accidental exposure. Bringing a pack lunch, snacks, and extra water is recommended.

9.8 Sneezeing and Coughing

1. Do not sneeze or cough into the air or towards another person anytime.
2. Sneeze or cough into a tissue or into your elbow. DO NOT USE YOUR HANDS.
3. After coughing or sneezing, put your used tissue into a garbage bin and immediately wash your hands with soap and water (or disinfect with 70% or more alcohol-based hand sanitizer).

9.9 Exposure or Symptom Reporting

1. If you believe you have been exposed to a confirmed infected COVID-19 person, report to the BICP immediately. You will be required to leave the training location immediately, isolate yourself, and contact your local health care provider.
2. If you are showing any of the following symptoms, report to the BICP immediately. You will be required to leave the training location immediately, isolate yourself, and contact your local health care provider:
   Similar to a cold or flu and include fever, fatigue, cough, sore throat, body aches and difficulty breathing.

9.10 Contact with a Confirmed Case of COVID-19

If a confirmed case is identified in training location, the designated public health services will provide advice to:

a. Any instructor/participant that has been in close face-to-face or touching contact.
b. Anyone talking with or being coughed on for any length of time while the instructor/participant was symptomatic.
c. Anyone who has cleaned up any bodily fluids.
d. Close friendship groups or workgroups.
e. Any instructor/participant living in the same household as a confirmed case.

With the information updates and changes with the transmission of the COVID-19 virus it has been shown that some cases have been reported by people who were asymptomatic and did not display any identifying warning signs.
10.0 BEST PRACTICES FOR IN-PERSON COURSES

- Increased handwashing by instructors/participants: wash your hands often with soap and water for at least 20 seconds or proper use of hand sanitizer.

- Where feasible lay out cones to mark off 6ft between participants.

- There will be situations where it is not possible for instructors/participants to distance themselves from each other by 6ft. In these situations, proper personal protective equipment must be worn by all. Work in partners verse groups to reduce the number of people instructors/participants are in direct contact with.

- Stop all non-essential visitors from entering the training location. Set up cones and signage to restrict people from entering.

- Wherever possible instructors/participants should travel to site alone using their own transport and sites need to consider parking for the number of participants.

- Have garbage cans available for disposal of their contaminated PPE

- To minimize the risk of exposure we ask participants to take courses located in their home province/state.

10.1 Personal Equipment

1. Prior to attending an in-person course, instructors / participants should ensure their bike is in good mechanical order.

2. Prior to attending an in-person course, instructors / participants should wipe down their bike with a disinfectant, especially the handle bars.

3. Instructors / participants are required to wear a face mask / covering when unable to practice social distancing of 6ft.

4. Instructors / participants are responsible for providing their own face mask / covering of their own choosing.

5. Instructors / participants are required to wear gloves during the training sessions.

6. BICP will provide disposable gloves for instructors / participants to wear over their personal riding gloves, when it is necessary to come in contact with others or their equipment.

10.2 Pre-Screening Health Checks

Daily wellness checks will be reported daily prior to arrival of each day.

1. Instructors / participants will fill out a health screening form daily prior to attending the course. The form will be set up for quick online reporting including the following; Name, Date, Temp check, Overall general health, Mental alertness (did they get enough sleep), Mental state (how do they feel / emotional state)

https://forms.gle/h8kvgnjBFhnVrkMs9