



## CLASSROOM PROTOCOLS - EFFECTIVE May 22, 2020

As many of you know, on March 11, 2020, we decided to cancel or postpone all of our in-person course offerings due to the Coronavirus (COVID-19). As states slowly open back up for business we will continue to closely monitor developments of the pandemic and any changes to the guidelines issued by the CDC. After much deliberation with our team of board members, physician advisor, administrative staff, and outdoor industry leaders, we have decided to begin offering in-person courses starting June 1. Currently we have been given the green light for some courses to run and are still on hold for others, pending announcements from city, county, and state officials. The situation is fluid and DMM's schedule may change as local guidelines are announced in the next couple of weeks. We appreciate your patience and apologize for any inconvenience.

We value the health and safety of our students, staff, instructors, and of those communities who are slowly re-opening. Because of this delicate situation we have designed safety guidelines for our instructors and students to follow. Keeping everyone safe is a shared responsibility. We strongly believe that simple preventative measures like wearing a mask and washing your hands often are important steps to take, especially when traveling and visiting new communities.

Please know that the guidelines and recommendations set forth below cannot guarantee your health and safety. You must make your own risk assessment before deciding to attend class.

### PRE-COURSE SCREENING

We strongly recommend that everyone self-monitor and screen daily for 14 days prior to arriving to their course location. Individuals who screen positive for any of the items below, should consult with a physician before leaving their home.

#### **Self-Screening for 14 days prior to class consists of:**

- Daily temperature checks.
- Assessing for signs and symptoms of a flu-like illness (e.g., fever above 100.4 °F, cough, sore throat, shortness of breath, muscle aches, headache, nausea, loss of sense of smell or taste, fatigue, etc.) daily.
- Determining if you have been in close contact with a person who has had a flu-like illness or tested positive for [COVID-19](#).
- Determining if you have recently traveled back from an area considered a "hotspot" for COVID-19.

## ON COURSE SCREENING

- Students and instructors will be screened twice each day while on course, entering the classroom and leaving the classroom. Screening will consist of:
  1. Temperature reading
  2. Pulse oximeter reading
  3. Sign & symptom questionnaire

A designated screening station located outside the classroom area will have the following items:

- Hand Sanitizer
- Pens
- Bi-Daily Sign & Symptom Questionnaire
- Infrared Thermometer
- Pulse Oximeter
- Sanitizing Wipes

### SCREENING STATION GUIDELINES

#### **Students will:**

- Put their mask on before arriving to the screening station.
- Sanitize their hands before self-screening and answer **YES** or **NO** to the **5** (S/Sx) on the questionnaire.
- Have their temperature and pulse oximeter readings taken by instructors.
- Sanitize their hands again before entering the classroom.

#### **Instructors will:**

- Be responsible for checking all **COVID-19 Screening Questionnaire** results before class begins and at the end of the day before students leave.
- Put their mask on before arriving to the screening station.
- Put gloves on to take and record results.
- Be present for **or** take temperature and pulse oximeter readings to ensure accuracy and record.
- Screen themselves.
- Wipe down all screening equipment with sanitizing wipes after each screening is complete.
- Remove and discard gloves in trash.
- Sanitize their hands before entering the classroom.
- Flag any positive S/Sx screening data points and dismiss student from class immediately.

## BI-DAILY SIGN & SYMPTOM QUESTIONNAIRE

First Name, Last Name	Day 1	Day 1	Day 2	Day 2	Day 3	Day 3	Day 4	Day 4	Day 5	Day 5
<i>Joe Smith</i>	800	1700	800	1700	800	1700	800	1700	800	1700
<b>Fever</b>	No	No	No	No	No	No	No	No	No	No
<b>Cough</b>	No	No	No	No	No	No	No	No	No	No
<b>Sore Throat</b>	No	No	No	No	No	No	No	No	No	No
<b>Body Aches</b>	No	No	No	No	No	No	No	No	No	No
<b>Loss of Taste/Smell</b>	No	No	No	No	No	No	No	No	No	No
<b>Temperature Reading</b>	98.6	97.8	98.4	98.2	97.6	98.4	98.4	98.0	98.8	98.6
<b>O2 Saturation Reading</b>	96	95	95	95	97	96	96	96	97	97

Anyone with a temperature reading above 100.0°F, a positive sign or symptom on the questionnaire, or O<sub>2</sub> saturation readings trending abnormally low for that individual and their acclimatization to altitude will be dismissed from class immediately.

### **We recommend that these individuals:**

- Go to a local medical clinic, be evaluated by a physician and follow their recommendations moving forward.
- Must have written consent to be considered for re-entry into the course.

### **Individuals who choose to not be seen at a local medical clinic should:**

- Determine if they can travel home safely.
- Self-isolate for the recommended 14 days.
- Follow their local health department guidelines upon arrival

## **POST COURSE SCREENING**

We recommend that course participants who return home and develop sign and symptoms of flu-like illness:

- Be seen by a medical clinic and follow their recommendations.
- Notify our office at 719.486.7260

**NOTE:** If a student is dismissed from class due to illness DMM will retain tuition and the individual will have 1-year to complete the course.

## SAFETY DURING INSTRUCTION, SCENARIOS AND SKILL STATIONS

Screening students, instructors and staff daily will not catch those individuals who are asymptomatic for COVID-19. These individuals can still spread the disease via droplet transmission. Therefore, we will follow the precautions stated below, and teach outside (weather permitting) as much as possible allowing for greater social distancing and fresh air.

### Students and instructors will:

- Provide their own mask (2-3) and a Buff® (or something similar) and wear a mask or mask/Buff® combination in class at all times.
- Provide their own clear safety glasses and wear them during all scenarios and skill stations inside to outdoors (sunglasses for outdoor use and prescription glasses for indoor use is acceptable).
- Provide their own personal bottle of hand sanitizer.
- Maintain ~6 ft distance while in lectures, debriefs and certain skill station while wearing a mask or mask/Buff® combination.
- Avoid touching their face at all times with bare hands or gloved hands.
- Wear fresh gloves for every scenario and dispose of them after each scenario.
- Sanitize their hands with hand sanitizer upon entering and exiting the building and classroom.
- Wash their hands after before and after each scenario or skill station.
- Will verbalize breathing and **will not** breathe into CPR dolls nor pocket masks.

## CLASSROOM AND EQUIPMENT SANITIZATION

- Classrooms will be sanitized by wiping down tables, chairs, light switches, door handles and other surfaces with disinfectant wipe before and after class.
- Students will be distanced as the venue space allows for lectures and demonstrations.
- Scenario group sizes will be limited to 3 people.
- All CPR mannequins, airway heads, and other medical equipment (hard goods) will be disinfected after each scenario.
- Instructors will notify students when to dispose of certain soft goods and when they can be laundered.
- Instructors will notify students if certain PPE can be disposed of or laundered.

- Any aerosol generating procedure will be verbalized (e.g., nebulizer, oxygen administration) and not actually performed.

## **TRAVEL AND LODGING GUIDELINES**

Your health and safety are important to us. Therefore, we have outlined a few recommendations for DMM instructors and students regarding travel and lodging. The goal is to mitigate your exposure to potentially infected people prior to, and throughout the duration of the course.

### **Travel**

- Travel by car in a personal vehicle is the preferred method and should be limited to immediate family members or roommates who share the same household.
- Travel by air, bus or van should entail the following:
  - Wear a face mask covering the mouth and nose for the duration of travel.
  - Maintaining ~6' distance. Best practice is to seat individuals in every other seat.

### **Lodging**

- Camping is a great option (weather permitting) and provides great outside social distancing from other folks. Don't forget to bring your own camp kitchen.
- We do recommend private lodging, like Airbnb, to decrease the chance of transmission as opposed to a hotel or hostel, which could have a population of folks traveling from various locations.

### **Masks Should be Worn:**

- ALWAYS on course.
- In any public space including grocery stores or for food pickup. This reduces the risk of infecting the local community and our entire class.

### **Change of Clothes:**

- We recommend that you designate a set of clothes to wear in class and have a different set for use outside of class.

**NOTE:** We highly recommend that you have an alternate plan as to where you will stay and how you will return home safely if you were to become ill. DMM is not responsible for the cost of a student's travel, room and board or medical expenses incurred in the event of illness during a class.

If you have any questions, comments, or concerns please feel free to contact us at [info@desertmountainmedicine.com](mailto:info@desertmountainmedicine.com) or 719.486.7260.

Sincerely,

DMM Administration Team