



## **CLASSROOM PROTOCOLS - EFFECTIVE May 1 , 2021**

Early on, during the pandemic we decided to put in place firm safety protocols to keep people from contracting the Coronavirus during class. This has been very effective and as a result, we have been able to continue to offer courses during the pandemic.

Even though the Centers for Disease Control (CDC) dropped the mask mandate on April 27<sup>th</sup>, when vaccinated people gather or recreate outdoors, we have decided to keep our safety protocols in place. This is primarily due to the fact that we have students coming from all over, some of whom have not yet been vaccinated. Other reasons, are due to pockets of COVID-19 outbreaks occurring across the US and the emergence of SARS-CoV2 variants which according to scientists, appear to be more transmissible and virulent, affect younger populations, and has proven to infect a small number of inoculated individuals.

In spite of the fact that our courses are held predominantly outside, we work in close proximity during skills stations and scenarios, so we please ask that you continue to follow our safety protocols outlined below.

Thank you,

DMM Administration Team

## **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 reopened, we continued to closely monitor developments of the pandemic and any changes to the guidelines issued by the CDC. After much deliberation with our board members, physician advisor, administrative staff, and outdoor industry leaders, we 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 on hold for others, pending announcements from city, county, and state officials. The situation is fluid and DMM's schedule may change as new local guidelines are continually announced. We appreciate your patience and understanding for any resulting inconveniences.

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.

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

- 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.).
- 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 each day while on course. Screening consists of:
  1. Temperature reading
  2. Sign & symptom questionnaire

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

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

### **SCREENING STATION GUIDELINES**

#### **Students will:**

- Wear their primary face covering over both their nose and mouth, as well as a secondary Buff®-style gaiter around their neck at all times. The neck gaiter will be pulled up and over their primary face covering when they are less than 6 ft away from anyone. The Buff®-style neck gaiter works as a secondary layer of protection to help reduce small particle aerosol escaping from the primary face covering.
- Wear their primary face covering and secondary Buff®-style neck gaiter before arriving to the screening station.
- Sanitize their hands at the screening station and answer **YES** or **NO** to the S/Sx list that will be recorded by their instructors:
  - \* Cough
  - \* Shortness of breath or difficulty breathing
  - \* Fatigue



### **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-quarantine 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 reschedule their 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 and aerosol 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. Whether we are outside or indoors, we will be running hands-on scenarios in small groups. You will be required to conduct patient assessments and demonstrate treatments (e.g., applying splints, taking vitals, bandaging, etc) on students and/or instructors to successfully complete your course.

**NOTE:** Our strict guidelines are meant to mitigate the risk of contamination, but we cannot guarantee that you will not acquire the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). We understand that everyone's risk tolerance is different. If you do not feel comfortable participating in close-proximity to others following our safety guidelines, then we recommend rescheduling for a time that fits your individual acceptance of risk. Thanks in advance for notifying DMM of cancellations as early as possible.

### **Students and instructors will:**

- Provide their own face coverings (2-3) and a Buff®-style neck gaiter.
- Properly wear their primary face covering as to cover both their nose and mouth, and also wear a secondary Buff®-style gaiter around their neck at all times. The neck gaiter will be pulled up and over their primary face covering when they are less than 6 ft away from anyone. The

Buff®-style neck gaiter works as a secondary layer of protection to help reduce aerosol droplets escaping from their primary face covering.

- Provide their own clear safety glasses/face shield and wear them during all scenarios and skill stations (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 their face covering.
- Avoid touching their face at all times with bare or gloved hands.
- Wear fresh or sanitized gloves for every scenario and properly dispose after each scenario.
- Sanitize their hands with hand sanitizer upon entering and exiting the building and classroom.
- Sanitize their hands before and after each scenario or skill station.
- Will verbalize breathing only 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 wipes before and after class.
- Students will be distanced as the venue space allows for lectures and demonstrations.
- Scenario group sizes will be limited to 3-4 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 when and how to dispose of PPE.
- Any aerosol generating procedure will be verbalized (e.g., nebulizer, oxygen administration) and not actually performed.

## **TRAVEL AND LODGING GUIDELINES**

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 others. Don't forget to bring your own camp kitchen.
- Private lodging is recommended to decrease the chance of transmission. Whereas, group accommodations (hotels, hostels, etc.) are not recommended.

**Face Coverings 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 or 719.486.7260.

Sincerely,

DMM Administration Team