



COVID-19 Safety Guidelines for Trainings

Dear Future training participants,

After consulting government safety guidelines, here is the plan I have adopted for conducting trainings during the continuing COVID-19 pandemic.

Two weeks before the training:

My hope is that you'll want to attend the face to face training enough that you will be willing to modify any exposure risk you might take. My concern is that my husband is high risk. If he contracts the virus, he dies. My stepson was in a car accident in April 2020 and is now a quadriplegic. If my stepson gets the virus he dies. So the stakes for me are really high. Yet, I want to be able to provide this training for you! But I need you to behave in a way that minimizes possible exposure.

For the two weeks before we meet I will ask that if you are gathering with others out in public or in a small gathering that your companions physically distance themselves or wear masks.

I ask that you physically distance and wear a mask when in the presence of other people.

I ask that you not pet strange dogs or cats, who can carry the virus on their coats for at least three or four hours.

Please wash your hands and avoid touching your face, or wear gloves to keep yourself from getting the virus from surfaces.

If you are working in a place where you are exposed to coronavirus particles, I ask that you share that with us and what strategies are working to keep yourself from getting COVID19. (My daughter works for the UW vet school and has managed not to get the virus despite a cluster outbreak in her department. She is vigilant because of her brother, so I know it can be done.)

If you have been exposed or possibly exposed to COVID-19, I ask that you wait the full 14 days before attending. This may mean switching to a later workshop.

I will provide you with a liability waiver to read and sign. The document states that I can minimize your risk of getting the virus but I cannot guarantee you won't be exposed or infected. It outlines the precautions and modifications that are being made.

Day Before The Training:

Please take your temperature. I will be setting up Wednesday afternoon before the training. You can use my touchless thermometer if you don't have one.

Do not attend if you have diarrhea, fever, low pulse oxygen (below 90%), or *unexplained* stomach upset, muscle aches, or fuzzy headed thinking.



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The Training Environment:

1. Tripled the size of the meeting space and cut my maximum to 14 people.
2. Training assistants will also be following the 14 day guidelines.
3. Physically distancing in the learning space to help people avoid breathing on one another.
4. Everyone in the training receives a new cloth mask and disposable mask.
5. There will be plenty of hand sanitizer. This should provide recommended protection for any exercises involving closer proximity than 6 feet.
6. Multiple opportunities for hand washing during each break and before each small group exercise.
7. Allowing people to watch instead of participate if they feel it is "too close".
8. Doing demonstrations and skills training with one dedicated partner.
9. You will receive your own dedicated pens and supplies to use for activities.
10. Food items in the snack area are in single packs. There are plenty of tongs to select teabags, fruit, or snack bars so we don't need to use hands. Hand sanitizer and napkins are available when tongs are impractical.
11. Taking temperature upon arrival in the morning using a touchless thermometer. If you have a temperature, we will follow up with a pulse oxymeter to evaluate your blood oxygen levels. We'll also wait five minutes and take your temperature again.