

## COVID-19 In-Person Policies & Procedures

Please note that this is a living document. We will continue to monitor our resources and government requirements. We will adjust our policies as needed and update you accordingly.

### **A note about expectations and professional behavior.**

As pending professional, we urge students to consider the short and long-term issues at hand regarding attendance at live, hands-on massage courses. OSM asks that you be mindful of state guidelines and prepare for your professional life as a practitioner in the healing arts by starting now. You will have regular contact with individuals on a weekly basis, and adhering to the following guidelines, and others that may be recommended or required over the coming weeks, will mean the difference in the health of all you come into contact with – at school and outside of campus boundaries.

Your professional life begins here, in the safety of the school cohort and with access to professionals willing to provide guidance.

The following considerations should be considered basic expectations:

Students and staff are **expected to refrain from** behavior that may put themselves or those in their cohort at risk.

- This includes refraining from large group activities, per state health guidelines of 10 or fewer, while masked and with distancing measure of six foot or greater.
- Unprotected contact/exposure, or...
- Other risky behavior such as crowded areas, knowingly allowing yourself to be exposed to someone who is symptomatic or asymptomatic with the COVID virus, or other flu-like illness.

Maintain common hygienic practices, ensuring healthy behavior on a personal level.

- Washing hands regularly, using warm soap or water, or sanitizer – see guidelines below\*

Consider adding or increasing practices that reduce potential exposure to illness

- Refrain from touching eyes, nose, mouth
- Wear mask even when near loved ones
- Change your mask daily, wash them prior to reuse, etc.
- Wear mask when in public

### **FAQ's**

How are we socially distancing in the office:

#### **Upon Entering the School Office area:**

- There are markers spaced six feet apart. Wait at one of the indicated markers, until the desk staff can provide screening.
- Screening includes: Temperature Check, Contact Tracing, Screening Questions.

#### **What if I have symptoms prior to arriving to class?**

- Symptoms should be reported immediately, and you should follow the guidelines listed below:
- Anyone showing signs of illness **SHOULD NOT** come to class. *You will be turned away at the door.*
- DO NOT put classmates in danger: if you are ill, showing symptoms – for COVID, or other illness, or may have been exposed, *contact the school.*
- Contacting us immediately will be key to opportunity for make-up, - guidelines will be provided \*\*
- IF you discover you have been exposed**, do not come to the school, contact student services and notify the office. We will take precautions to notify staff and fellow students that may have been exposed. In this event, *the following will be required:*
- You must not attend any live class until you have been tested, been symptom free for one week, and received

a negative test. \*\*\*

### **Am I required to wear a mask?**

•Everyone entering the school MUST wear a mask that covers nose and mouth, surrounding the chin, for effective protection.

### **Where can I wash my hands regularly?**

- Restrooms are still available for use, though the large restrooms located at the entrance to the building will have a 2 person limit at a time.
- There are also sanitation stations, sanitizer throughout the building and at every table in classrooms. Please use these before and after you make contact with other students, or any items in the class rooms.

### **How will I/We be able to safely practice in class?**

- Class sizes have been reduced, limited to 8-10 for hands-on courses.
- Special procedures for handling linens have been set and include the following, though a full list will be reviewed on first day of class. You will set the massage table with your own linen when receiving work
- You will sanitize and disinfect the table prior to and after receiving
- Contact will be limit to the actual content of the class
- Students will wear masks at all times, even when on the massage table
- Special procedure for removing linens from tables will be demonstrated to reduce contact/exposure
- Extra breaks will be added in order to allow students to leave the classroom from time to time

### **What if I miss a class, or more than one class due to exposure to, or COVID diagnosis?**

- Should you miss a class due to COVID related exposure or diagnosis, OSM will take into consideration your timely communication with the office in order to provide support, guidance and further communication with your cohort.
- IF you are potentially exposed to COVID, notify your instructor and the office at OSM, and DO NOT come to class.
- You are expected to quarantine and get tested for the virus.
- You must be symptom free for seven (7) – ten (10) days and receive a negative test result prior to being allowed to return to school.

**NOTE:** OSM is happy to work with you in the event that you miss a class. As stated earlier, communication is key, and allows us to work with you and your instructors to find options for supporting situation.

There are specific protocols for sanitizing and disinfecting your massage table and tools regarding COVID protections. Please follow those per your instructor's direction and orientation.

### **REGARDING FOOD:**

- To reduce risk of exposure, the open lounge is limited to four students, with proper distancing (6')
- STUDENTS:** most classes will not have a meal break at this time. We encourage you to eat either prior to, or after, your classes. Should you decide to eat on a break, limit eating to the lounge area or your vehicle, and maintain minimum numbers for that area

### **REFERENCE RESOURCES**

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/student-becomes-sick-diagnosis-flowchart.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/prepare-safe-return.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/reopening-schools-faqs.html>

#### CLINIC:

- 1) Students will work on one guest per clinic.
- 2) Half of the students attending clinic will perform massage, starting in staggered timeslots, on 15-minute increments.
- 3) The other half of the class will work on one another performing focused work per the educator's direction (i.e. treatment work and/or testing for thoracic outlet syndrome, etc.)
- 4) There will be a break while students clean and prepare for the second sessions and then they will switch.
- 5) Students will work on faculty, staff or other students held to the same expectations for safety, in order to reduce exposure.

#### EXPECTATIONS FOR Students and Faculty

As we work to safely add hands-on courses back into the curriculum, we must navigate a great deal of social, public and private uncertainty. OSM's guidelines are a living document that will allow us to adjust as needed, based upon staff and student feedback, and by taking information directly from national organizations from the industry of massage, state and national, as well as international, health organizations such as the Oregon Health Authority, OSHA, the CDC and the WHO.

Because of this, we expect that our students and faculty will participate in actions outside of the classroom that will support the successful transition back into providing the quality and quantity of education we have in the past. It is imperative that the following guidelines be followed and that you take these precautions seriously.

The following list are standards of practice and expectation that OSM asks its staff and students to adhere to.

- 1) Refrain from activity that may unduly expose you to the COVID19 virus. This includes large group gatherings (10 or more people), until further guidelines are set. We are social beings, and we need the connection to others in order to grow and flourish. Remember that even with friends you have not seen in a while, wear your mask. It protects everyone else and may reduce your risk.
- 2) Change your mask. Wash it, reuse it, but change your mask daily.
- 3) Monitor your own health. If you are feeling something that may be a symptom of COVID19 please do not come into school. Contact us immediately and we will work with you regarding make-up opportunities.
- 4) Wash your hands regularly with soap and water.

- 5) Avoid touching your face, mouth and eyes, to reduce potential for contracting this illness.
- 6) We are asking students to begin acting in professional manner prior to your licensure, and this preparation will provide strong foundations for your ethical and practical behavior.
- 7) We are asking staff to model strong professional boundaries and to ensure, to the best of their abilities, that they are reducing risk to those they come into contact with as clients.