

OSM COVID-19 POLICIES

Oregon School of Massage is committed to providing the highest-level training to our students, developing skill sets and tools for applying procedures that protect the public as well as our staff. This is an important part of our program as our students will become professionals providing education and engaging in a sustaining practice for safe and effective touch within a variety of settings.

Regardless of the setting, or where the future will take our graduates, we are committed to providing a safe atmosphere to practice building those skills while welcoming those joining our community or participating in our program. Our goal is to provide support and safety to the best of our ability to our OSM community. To accomplish this, we are requiring our staff, faculty, students and clients to fully participate in the following policies and procedures.

Adjustments and Policies are based on considerations after reviewing recommendations and outlines for practice listed by organizations such as the World Health Organization, Centers for Disease Control and Prevention, Federation of State Massage Therapy Boards, the Oregon Board of Massage Therapy as well as the Oregon Health Authority. Other references were reviewed in the making of our current policies and updates will occur as new information is available.

OSM wishes you and your families only the best of health during this challenging time and strives to ensure the safety and support of staff and students as well as the public.

KEY POINTS AND EXPECTATIONS:

- 1) **Face masks** MUST be worn at all times and in all areas while inside the school building, while giving and receiving massage. Multiple masks are recommended, and even a change of clothing where possible.
- 2) **Temperature Tracking:** Those entering the premise will need to have their temperature and tracking information taken prior to being helped at the desk, bookstore or for hands-on classes and student clinic.
- 3) **Self-Monitor and Limit Exposure:** Students who are or may have been exposed to COVID-19, or if you are experiencing symptoms should stay at home and are required to report this information to the school's Director or student services immediately. **Limited Exposure** means reducing opportunities for exposure to the COVID virus. Staff, and students are asked to monitor their interactions with the public outside of school, to consider avoiding situations that may expose them and their classmates to COVID-19.
- 4) **Social Distancing:** Keep your space. We need your help in keeping everyone safe. Maintain proper distance whenever possible. When in lectures, sit at opposite ends of the table, give one another space to respect safety concerns.
- 5) **Wash Hands Regularly:** Sanitizer and disinfecting wipes have been placed throughout the office and classrooms. Washing hands and following CDC guidelines in order to prevent exposure or sharing of the virus is required between all hands-on sessions. OSM

also is using a hospital grade disinfecting sanitizer for cleaning all surfaces in classrooms. Instructions for use will be provided by your instructors.

Reminders:

- Reduced numbers of people are allowed in the store at all times: no more than 3.
- Classrooms have been limited in size to 8-10 students to ensure safe distancing.
- Students will be set at opposite ends of the tables to ensure a minimum distancing. Tables will be spaced accordingly to allow for six feet distancing.
- Students will provide linens, and both set up and breakdown, including sanitation and disinfection, their tables and linens before and after receiving practice sessions. Extra time may be provided to ensure product is used properly in order to kill the virus. Cleaning will include table, face cradle, and extended table parts. Cleaning product will be supplied by OSM.
- Students in live classes for hands-on bodywork should bring bags that can seal shut in order to keep used linens from incidental contact.
- Doors may be propped open to limit contact for regularly touched surfaces.
- Use of gloves is optional for all areas except when working the head, face or anterior neck. Remember: do not touch eyes, mouth or face after contacting a surface or another individual, and wash hands between interactions.

School Entry and self-screening Detail:

- 1) Students, staff, and faculty should perform appropriate hand hygiene upon their arrival to campus every day: washing with soap and water for 20 seconds or using an alcohol-based hand sanitizer with 60-95% alcohol. There are dispensers at all entry points.
- 2) Students, staff, and faculty should conduct a self-check for COVID-19 symptoms before coming to a campus. Stay at your residence if you have flu-like symptoms.
- 3) COVID-19 symptoms are as follows:
 - a. Primary symptoms of concern: **cough, fever or chills, shortness of breath, or difficulty breathing**
 - b. Note that muscle pain, headache, sore throat, new loss of taste or smell, diarrhea, nausea, vomiting, nasal congestion, and runny nose are also symptoms often associated with COVID- 19 but are non-specific.
 - c. Emergency signs and symptoms that require immediate medical attention:
 - i. Trouble breathing
 - ii. Persistent pain or pressure in the chest ♣ New confusion or inability to awaken
 - iii. Bluish lips or face
 - iv. Other severe symptoms
- 4) Faculty, staff, or students who have a chronic or baseline cough that has worsened or is not well-controlled with medication should stay at their place of residence. Those who have other symptoms that are chronic, or baseline symptoms should not be restricted.

Isolation Measures

If a student, staff, or faculty member develops or reports primary COVID-19 symptoms while on campus:

- The person should immediately return to their place of residence, or isolate in a designated isolation area, until they can safely return to their residence or be transported to a health care facility.
- The person should seek medical care and COVID-19 testing from their regular health care provider or through the local public health authority, following instructions from their local public health authority regarding isolation.
- If the person has a positive COVID-19 viral (PCR) test, they should remain at their place of residence for at least 10 days after illness onset and 24 hours after fever is gone, without use of fever reducing medicine, and other symptoms are improving.
- If the person has a negative viral test (and if they have multiple tests, all tests are negative), they should remain at their place of residence until 24 hours after fever is gone, without use of fever reducing medicine, and other symptoms are improving.
- If the person does not undergo COVID-19 testing, the person should remain at their place of residence until 24 hours after fever is gone, without use of fever reducing medicine, and other symptoms are improving. Recommended isolation is 10-14 days from OHA, CDC and WHO resources.
- **Any faculty, staff, or student known to have been exposed to COVID-19 (a “close contact” which is defined at longer than 15m sustained contact)** should quarantine in their place of residence and at least six feet away from everyone, including household members, for the 14 days after their last exposure to a person with COVID-19, and follow any other direction from their Local Public Health Authority. Local Public Health Authorities may consider ending quarantine early for close contacts who have not developed any symptoms or who receive a negative test result by an antigen or PCR test.

The general expectations for students for Pre-Licensing programs and CE classes, are to follow our guidelines and to note whether you have travelled 10 days or sooner before a given class.

Walk-Through of In-House practice expectations:

OFFICE

- 1) For everyone that enters the lobby
 - a. FILL OUT TEMPERATURE AND QUESTIONNAIRE/Tracking SHEET.
- 2) DOORS MAY BE PROPPED OPEN TO REDUCE HANDLING
- 3) Sanitizer should be available at every desk and countertop.
- 4) Disinfectant wipes, or warm soap and water should be used to clean surfaces. Using the industrial disinfectant, it is important to remember to allow the cleaner to set for at least 1 minutes prior to wiping dry.

REGARDING FOOD and Class Breaks:

- Students: most courses being offered on campus will not have a break or meal break. 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 and maintain maximum of three at time or eat in your vehicle. Maintain social distancing according to earlier detail (six feet).
- At any other time, when students are attending a class or on campus, they must wear a mask.
- You are responsible for cleaning the area where you eat your meal or snack. Please ask for supplies if you are unable to find them readily in the Lounge area.

CLASSROOMS

- 1) Class sizes have been reduced to ten and under.
- 2) You must wear your mask at all times.
 - a. When receiving massage, and prone, or face down on the table, there are two options. You may lay face down and remove a loop from behind one of your ears to ease tension on the mask and your face, allowing the cradle to keep the mask secure to your face, or
 - b. A pillowcase may be placed, like a tube, over the face cradle providing a masked space to reduce droplet spread. You may undo the loops of your mask at both ears but keep the mask 'on' while prone upon the face cradle.
- 3) The school will provide masks for in-class sessions, and a face shield may be worn in class. Students are responsible for maintaining the face shields during class, and for sanitization and disinfection prior to leaving for the day. It is recommended that you wear a mask along with a face shield for greater protection of those around you.
- 4) Wearing a mask DOES NOT mean that you can attend class while ill. Do not attend class if you feel unwell.
- 5) Students will bring their own linens and any change of clothing they wish to use, please also bring a bag large enough to contain used linens safely.

- 6) Options to wear a smock, or apron while working on your client will help to reduce secondary contact with your client/guest. This should be removed, while wearing gloves, and folded into your sheet bundle when taking down your table. Your clothing and gear should then be placed in a sealable receptacle that closes, and then you should wash your hands prior to your next task or interaction.
- 7) While in lecture set up, students will sit at opposite ends of the massage tables, or at least six (6') feet apart.
- 8) Sanitation and disinfection product will be available at each table.
- 9) **Working in pairs for bodywork:**
 - a. Students receiving work will set up and then clean/sanitize the massage table
 - b. Wear gloves to break-down table set-up
 - c. When removing linens from table, pull from the foot of the table, using less used linen to grab and bundle the rest of the table setting.
 - d. Place bundle into the transport bag you brought with you.
 - e. Use sanitation wipe to clean table.
 - f. Spray table and bolster with disinfectant.
 - g. While you wait for disinfectant to dry,
 - h. Remove your gloves by pulling from the inner wrist of one hand and use the removed glove for removal of the second.
 - i. Wash hands with warm soap and water.
 - j. Next student will set table for their session, repeating steps 1 – 5i
- 10) Breakdown room if needed or help to ensure everything is prepped and cleaned for next class.

EXPECTATIONS FOR Students and Faculty

As we continue to 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 without proper ability to distance according to recommendations), until further guidelines are set. We are social beings, and we need the connection to others in order to grow and flourish but remember that even with friends you have not seen in a while, wear your mask. It protects everyone else and may reduce your risk of exposure and will reduce the likelihood of exposing others.
- 2) Change your mask daily. Wash it, reuse it, but change your mask daily. Multi layered masks have proven most effective along with those containing a filter – NOT those with valves. Masks with valves have been proven ineffective at protecting exposure to others.
- 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.

GENERAL INFORMATION and Links:

The following pages are from the CDC website. For a complete review of their recommendations and more links, go to the following link:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

Considerations for Wearing Masks

Help Slow the Spread of COVID-19

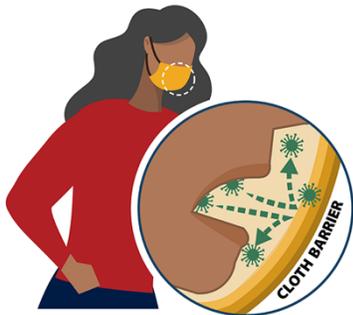
Updated Dec. 18, 2020

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What you need to know

- People age 2 and older should wear masks in public settings and when around people who don't live in their household.
- When you wear a mask, you protect others as well as yourself. [Masks work best when everyone wears one.](#)
- A mask is NOT a substitute for [social distancing](#). Masks should still be worn in addition to staying at least 6 feet apart, especially when indoors around people who don't live in your household.
- Wash your hands with soap and water for at least 20 seconds or use [hand sanitizer](#) with at least 60% alcohol after touching or removing your mask.
- Masks may not be necessary when you are outside by yourself away from others, or with other people who live in your household. However, some localities may have mask mandates while out in public, please check for the rules in your locality.
- CDC continues to study the effectiveness of different types of masks and update our recommendations as new scientific evidence becomes available. The most recent scientific brief is available here: [Scientific Brief: Community Use of Cloth Masks to Control the Spread of SARS-CoV-2 | CDC](#)

Evidence for Effectiveness of Masks



Your mask helps protect those around you

COVID-19 spreads mainly from person to person through respiratory droplets. Respiratory droplets travel into the air when you cough, sneeze, talk, shout, or sing. These droplets can then land in the mouths or noses of people who are near you or they may breathe these droplets in.

Masks are a simple barrier to help prevent your respiratory droplets from reaching others. Studies show that masks reduce the spray of droplets when worn over the nose and mouth.

You should wear a mask, even if you do not feel sick. This is because several studies have found that people with COVID-19 who never develop symptoms (asymptomatic) and those who are not yet showing symptoms (pre-symptomatic) can still spread the virus to other people. Wearing a mask helps protect those around you, in case you are infected but not showing symptoms.

It is especially important to wear a mask when you are indoors with people you do not live with and when you are unable to stay at least 6 feet apart since COVID-19 spreads mainly among people who are in [close contact](#) with one another.

Your mask offers some protection to you

[A cloth mask also offers some protection to you](#) too. How well it protects you from breathing in the virus likely depends on the fabrics used and how your mask is made (e.g. the type of fabric, the number of layers of fabric, how well the mask fits). CDC is currently studying these factors.

Types of masks

[Some masks work better than others](#) to help stop the spread of COVID-19 outside of healthcare settings. Medical masks and N-95 respirators should not be used because they should be conserved for healthcare personnel.

Recommended



Non-medical disposable masks



Masks that fit properly (snugly around the nose and chin with no large gaps around the sides of the face)



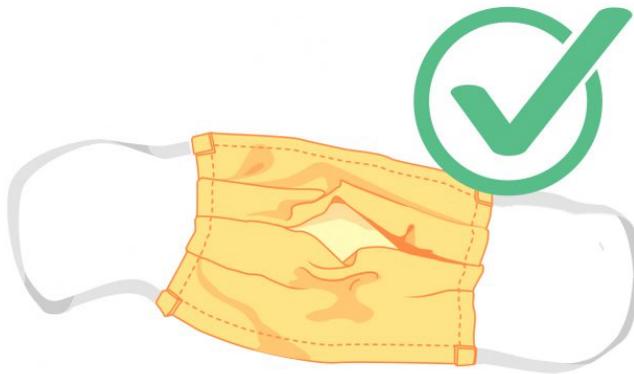
Masks made with breathable fabric (such as cotton)



Masks made with tightly woven fabric (i.e., fabrics that do not let light pass through when held up to a light source)



Masks with two or three layers



Masks with inner filter pockets

Not Recommended



Masks that do not fit properly (large gaps, too loose or too tight)



Masks made from materials that are hard to breathe through (such as plastic or leather)



Masks made from loosely woven fabric or that are knitted, i.e., fabrics that let light pass through



Masks with one layer



Masks with exhalation valves or vents



Wearing a scarf/ski mask as a mask

Cloth masks

The most effective fabrics for cloth masks are

- Tightly woven fabrics, such as cotton and cotton blends
- Breathable
- Two or three fabric layers

Less effective fabrics for cloth masks are

- Loosely woven fabrics, such as loose knit fabrics
- Difficult to breathe through (like plastic or leather)
- Single layer

CDC is currently studying the effectiveness of various cloth mask materials. Refer to our [Scientific Brief: Community Use of Cloth Masks to Control the Spread of SARS-CoV-2 | CDC](#) for more information.

Other Types of Face Protection

CDC does not recommend using face shields or goggles as a substitute for masks. Do NOT put a plastic face shield (or a mask) on newborns or infants.

Face shields and goggles are primarily used to protect the eyes of the person wearing it. Goggles do not cover the nose and mouth. Face shields have large gaps below and alongside the face, where your respiratory droplets may escape and reach others around you. At this time, we do not know how much protection a face shield provides to people around you. However, wearing a mask may not be feasible in every situation for some people.



Face shields and goggles

For example, people who interact with those who are deaf or hearing impaired may find that a face shield is better than a mask when communicating. If you must wear a face shield instead of a mask:

- Choose a face shield that wraps around the sides of your face and extends below your chin or a hooded face shield. This is based on the limited available data that suggest these types of face shields are better at preventing spray of respiratory droplets.

- [Wash your hands](#) after removing the face shield. Avoid touching your eyes, nose, and mouth when removing it.
- Clean and disinfect reusable face shields according to the manufacturer's instructions or by following [CDC face shield cleaning instructions](#). If you use a disposable face shield, wear it once and throw it away according to the manufacturer's instructions.