

State of Oregon

Department of Public Safety Standards and Training

HEALTH AND SAFETY PROTOCOLS

The Department of Public Safety Standards and Training (DPSST) has implemented Health and Safety Protocols in an effort to mitigate risk associated with public safety training. These protocols have been informed by the Center for Disease Control and Prevention (CDC) guidelines to help reduce the risk of students and staff contracting illnesses while on the Oregon Public Safety Academy (OPSA) campus.

The Governor of the State of Oregon and our public safety partners around the State recognize that the DPSST is the sole provider of basic-level training to public safety and first responders. The delivery of effective training will, at times, require participants to violate the Governor's Executive Orders and CDC best practices.

The purpose of this document is to communicate health and safety protocols and the expectations of all persons involved in the delivery of DPSST training. Adjustments to any or all of these plans or protocols will be made as necessary in order to comply with new or updated guidelines issued by the CDC, State of Oregon, or as deemed necessary by the DPSST.

IMPORTANT NOTE: While the implementation of the additional safety and health protocols explained in this document will help mitigate the risk of spreading or contracting illnesses, the DPSST cannot eliminate the risks associated with infectious diseases completely. **All students and staff retain personal responsibility for their individual health and safety. Any individual who feels unsafe or ill at any time during the delivery of this training, or any event associated with the delivery of this training is required to immediately notify a DPSST staff member and cease engagement in any or all activities.**

Section 1 – COVID-19 CDC Guidance:

The DPSST adopts the Center for Disease Control and Prevention (CDC) guidance on how to protect oneself and others from the COVID-19 and other infectious diseases.

This guidance includes:

- Knowing how viruses spreads
- Frequent hand washing/sanitation
- Avoiding touching one's eyes, nose or mouth with unwashed/unsanitized hands
- Avoiding close contact with other people
- Covering one's mouth and nose with a cloth or fabric cover when around others
- Covering coughs and sneezes using a tissue or the inside of one's elbow
- The frequent cleaning and disinfecting of regularly touched surfaces
- Monitor your health daily

Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

In addition, the CDC recommends an awareness of COVID-19 symptoms and the constant self-monitoring signs of illness. Symptoms may appear 2-14 days following exposure to the virus and may vary from mild to severe.

Symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Source: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

The following are **emergency warning signs** and symptoms of COVID-19 that may suggest the need for urgent medical attention:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Section 2: Changes to the Delivery of Training to Mitigate Infectious Disease Transmission Risks:

The DPSST has implemented the following protocols to mitigate the transmission of illness from person to person. This will not prevent the transmission or potential for infection but will aid in lessening the spread of illness on the OP&SA campus between persons.

- The DPSST will offer single-occupancy rooms for students or staff requiring lodging during training when space allows. However, due to the volume of training occurring onsite students and staff may be placed in a double-occupancy room, with access to a shared bathroom. Cleaning and sanitation of individual rooms remain the responsibility of the occupant. Cleaning and sanitation supplies will be made available by the DPSST.
- The students will be split into smaller groups during training events to facilitate physical distancing and minimize crowd size when possible.
- Training events will be transferred outdoors when possible and appropriate. Airflow to indoor spaces will be increased when possible.
- Additional personal protective equipment (PPE) will be made available, and breaks will be built into all close contact training events (training occurring within 6 feet of another person) to allow for the decontamination, cleaning and sanitation. Students will be assigned training partners to complete all close contact training to minimize cross-contamination, when possible.
- The wearing of nitrile gloves during any training event is optional. Nitrile or other safety gloves should be brought as part of an individual's supply of PPE. Nitrile or other safety gloves will be made available from the

DPSST on an as needed basis. Students are required to bring their own duty gloves to wear during close contact training events.

- It is required that all DPSST staff, tenants, students, and visitors wear masks or face coverings (which does not include face shields alone) at all times while inside any building on the Oregon Public Safety Academy campus. This includes classrooms, hallways, restrooms, elevators, break and recreation rooms, gymnasium, cafeteria and other common areas. The only exceptions to this expectation are while an individual is actively eating or drinking, while staff or tenants are at their individual work station, or during all or any part of a training function determined to be incompatible with the wearing of a face covering (as recognized by the Governor's Office).
- DPSST requests students bring their own PPE. Students residing on campus should bring more than one cloth mask to allow for daily sanitizing or an ample supply of disposable masks. Disposable masks will be available by the DPSST on an as needed basis.
- The temperature of all students and staff will be taken at the beginning of the each day. This process will be managed by the DPSST's Safety Coordinator, Class Coordinator or Lead Instructor using a non-contact thermometer. Students or staff with a temperature of 100.4° F (38° C) or above will be removed from training activities pending further medical evaluation. Once the external temperature has been obtained the individual will be given a colored wrist band to be placed on either wrist allowing it to be visible at all times.
- Safety checks for weapons, contraband, etc. will continue to be conducted prior to entry into secured training venues, but will be modified to meet current safety guidelines.
- The Academy gym is closed for use. Restrictions and increased scheduling and sanitation measures have been implemented surrounding use of the recreational equipment.
- DPSST will continue to provide meals in a manner coordinated by the class coordinator. Use of the DPSST cafeteria will be configured to allow for physical distancing and sanitation. Face coverings are required in the cafeteria while obtaining food and beverage, and the number of occupants will be monitored.
- DPSST will notify all individuals on the OPSA campus following a medically confirmed or presumptive positive case of COVID-19 infection. Notifications will be made to students, their employing agencies and DPSST staff.

Section 3 - DPSST Implementation of Best Practices/Safety Protocols:

The COVID-19 virus is thought to be spread mainly from person to person through respiratory droplets produced when a person coughs, sneezes or talks. Studies have suggested that the virus may be spread by people not showing any symptoms of illness (asymptomatic).

The DPSST recommends that all students and staff treat all interactions with others as a potential asymptomatic carrier of the virus and follow the CDC guidelines.

Self-Monitoring

Self-monitoring for signs of illness is essential for the safe delivery of training. **Any individual displaying any symptoms of illness must remove themselves from training and report their illness to a DPSST staff member immediately. Emergency personnel will be contacted in response to individuals displaying emergency warning signs or symptoms.**

Hand Washing/Sanitation

Hands should be washed with soap and water for at least 20 seconds. If handwashing is unavailable, a hand sanitizer that contains a concentration of alcohol of 60% or greater should be used, followed by rubbing ones hands together until dry.

Students and staff will be encouraged to wash or sanitize their hands frequently throughout the day, especially after touching any exposed hard surface, such as door knobs, light switches and other frequent use areas.

To assist these efforts, the DPSST:

- Has incorporated extra time for hand sanitation into each portion of the training schedule;
- Has placed touchless hand sanitizing stations strategically throughout the campus; and
- Is recommending that students and staff have on their person a small bottle of hand sanitizer with an alcohol content of 60% or greater in order to be sure protocols are followed when not in close proximity to a sink or sanitizing station. (Note: These will not be provided by DPSST.)

The increase of hand washing and additional use of alcohol based sanitizers can result in lost moisture of the skin. It is recommended that students and staff use a skin moisturizing ointment or cream to combat dry or cracked skin.

Physical Distancing

The DPSST will encourage physical distancing of at least six feet in accordance with state and federal guidance when possible. Mealtimes, lodging accommodations and most training events have been coordinated to allow for physical distancing whenever possible. Additional PPE will be made available by the DPSST and extra precautions observed when training or social events require contact closer than six feet.

Students and staff will be required to practice self-discipline and awareness at all times to avoid personal contact and maintain the required physical distancing.

All students and staff are strongly advised to maintain physical distancing practices when not present on the OPSA campus to further prevent contamination.

Face Coverings

Students should bring their own PPE. Face coverings may be provided by the DPSST on an as needed basis for use by students and staff. It is recommended that cloth masks are washed each evening and allowed to air dry overnight. NOTE: Face shields alone are no longer acceptable face coverings except under the provisions of the American Disabilities Act (ADA).

Sanitation/Disinfection: Training Venues

The DPSST Facilities staff are ensuring all areas of the OPSA campus remain safe through the implementation of rigorous daily cleaning, sanitizing and disinfecting schedules.

While the Facilities staff will continue their diligent efforts, students and staff will be required to assist in these efforts by individually ensuring the routine cleaning and sanitation of various areas and equipment. Cleaning and sanitation supplies will be made available by the DPSST at all training venues. Students and staff will be required to wipe down desks, tables and other equipment before and after each training event.

Temperature Monitoring:

No student will be allowed to attend any training with a temperature of 100.4° F (38° C) or greater. Temperatures will be checked using a temporal scanning hand-held instant infrared thermometer. Students and training staff will be scanned at the beginning of their shift to confirm they are not currently experiencing a fever. This also includes early morning Physical Training where scans are conducted prior to any strenuous activity. If a staff member or student has

an external temperature at or higher than 100.4° F (38° C) they will be removed from training and either restricted to their dormitory room or sent home pending further medical evaluation.

Once a staff member or student indicates a temperature is below 100.4° F (38° C), they will be given a colored wristband to be visibly displayed on either wrist (preferably opposite of watches or bracelets) indicating they are free of fever. The indicator will be uniform throughout the OPSA campus. The wrist bands provide two functions:

- To indicate the person was within the guidelines of the Safety and Health Protocols at the time of the temperature scan.
- The bracelet is displayed on the person to allow for a quick visual indication of all persons in the training environment have or have not been temperature checked. If someone does not display the appropriately colored bracelet, they are to be immediately removed from training until it can be determined they are free of fever.

External instant infrared thermometers and wrist bands will be made available to Class Coordinators and Venue Coordinators where needed for the day's activities. The Class Coordinator or Safety Coordinator will notify all involved in the temporal scanning of what color of visual indicator will be used for the day.

Student Illness Response: If a staff member or student is demonstrating symptoms of COVID-19 that can't be otherwise explained, or they have had close contact with an individual confirmed to have COVID-19, the staff or student is not to return to the DPSST without providing proof that they have been tested and are negative for COVID-19, or absent testing, they have been symptom-free for 10 days or 10 days have passed since they last had contact with the infected individual.

To satisfy this requirement if the student or staff has had close contact with a person who has tested positive for COVID but remains asymptomatic, their COVID-19 test must occur no sooner than the 5th day following the last known exposure to the person who tested positive for COVID.

"Close contact" has been defined by the CDC as follows:

- You were within 6 feet of someone who has COVID-19 for 15 minutes or longer (cumulative).
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with the person (hugged or kissed them).
- You shared eating or drinking utensils.
- They sneezed, coughed, or somehow got respiratory droplets on you.

Any student presumed to be positive or tested positive for COVID-19 will not be allowed to return to the Academy until a full medical release is provided, in writing, from a licensed medical professional indicating that the student is no longer able to spread the COVID-19 virus to others.

Remediation: Class Coordinators will coordinate and deliver/remediate any missed mandated content needed to be completed/remediated in order for a student to graduate from a Basic Academy. Remediation may or may not be practical within the span of the class based on the length of absence from academy and the content/training missed.

Sanitation/Disinfection - Equipment

Students and staff who have been issued or have purchased equipment for training (i.e. restraints, cuff keys, pens, cellular phones, etc.) will be required to keep their equipment sanitized after each use. Cleaning and sanitation supplies will be made available by the DPSST at all training venues, as well as in the dormitories.

Students or staff should not borrow or loan equipment to or from another person unless absolutely necessary, to include pens, safety gear, etc. If it is necessary to share equipment, the equipment should be thoroughly sanitized and disinfected prior to transfer and again upon its return.

Hallways/Stairways

Students and staff should avoid close contact in hallways. Congregation in hallways or otherwise hindering the free flow of persons and equipment is prohibited.

Students and staff should walk next to (hug) the walls to their right when moving about to provide the appropriate amount of distance when meeting others.

It is expected and required that all DPSST staff, tenants, students, and visitors wear masks or face coverings (which does not include face shields alone) at all times while inside any building on the Oregon Public Safety Academy campus.

Classrooms

Classroom training sessions will accommodate proper physical distancing guidelines when possible while continuing to provide an environment conducive to learning and training. Students and instructors are expected to wear facemasks at all times while in the classroom.

Training Venue Protocols

When possible students will be assigned a partner for the duration of training to avoid mass contamination. Handcuffs and other implements will be sanitized prior to, and after each use.

Training scenarios will be conducted in open air, and maintain physical distancing when possible. If applicable, scenarios will be halted at the time of potential contact between students and role players.

All vehicles will follow the established vehicle sanitation guideline / checklist.

Training Start/End Times

To comply with physical distancing start and end times of classes, venue training and other activities will be staggered whenever possible. This will allow for safer passage of all persons on campus through our hallways, corridors, cafeteria, and other areas of gathering. Class coordinators, venue coordinators, and supplemental staff will work together to accomplish a smooth flow of patrons through the facility with minimal potential crowding to allow for safe and proper physical distancing.

Dormitories

Dormitory rooms may be double occupancy, with a shared bathroom. Students and staff will be responsible for the daily cleaning and sanitation of their living space and common bathroom. Cleaning and sanitation supplies will be provided by the DPSST.

Students and staff should refrain from visiting/socializing in dorm rooms not assigned to them. The use of the recreational lounges and entertainment equipment after hours, including pool tables, foosball tables and table tennis equipment is allowable only when its use can be done while respecting physical distancing protocols. Students or staff who use this area or any equipment will be required to thoroughly clean and sanitize all areas and equipment used.

Additionally, to ensure the proper physical distancing only one person at a time will be permitted at the reception desk.

Gym Use

Use of the Academy gym has been suspended.

Meals & Refreshments

Meals will be prepared and served by the Aramark cafeteria. Tables and chairs will be arranged to allow for social distancing during mealtimes. Face coverings will be required traveling to and in the Aramark cafeteria while obtaining meals, but not in the seating/dining area while consuming meals. Entry to the Aramark Cafeteria will be limited and number of occupants monitored based on current limitations and requirements of this document. Staggered meal times will be implemented as needed for fluid movement in and out of the cafeteria and dining hall with minimal congregating.

Water fill stations are available around the OPSA campus and watering barrel stations will be provided during inclement weather during the summer months in Scenario Village.

References:

CDC Symptoms for Coronavirus:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

CDC Protect Yourself and Others:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

CDC Cloth Face Coverings:

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

CDC Cleaning and Disinfecting:

<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

CDC Cleaning Vehicles:

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/disinfecting-transport-vehicles.html>

Community-Related Exposures:

<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

State of Oregon
Department of Public Safety Standards and Training
Acknowledgement of Health and Safety Protocols

I, _____, hereby affirm I have read, understand and will abide by the health and safety protocols as outlined in the attached documents.

I understand these health and safety protocols may change in order to continue to ensure the validity of the training provided and the health and welfare of all is taken into consideration.

I understand my health and safety is the DPSST's first priority, but risk of physical injury or exposure to illness cannot be completely mitigated during the delivery of and participation in this training. I understand my individual health and safety remains my personal responsibility and I will immediately notify a DPSST staff member if I feel at all unsafe at any time before/during any training event, or in any environment associated with this training.

I affirm I am not sick at this time and will continue to self-monitor for symptoms of illness throughout my participation in this training program, and my stay on the Oregon Public Safety Academy campus. If I feel at all ill, I will immediately report my condition to a DPSST staff member.

Signed

Date

Printed Name

Class #

DPSST #