



# 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 the risk of disease transmission 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 work in close-quarters situations allowing the potential transmission of infectious disease from person to person.

The purpose of this document is to communicate health and safety protocols and the expectations of all persons involved in the delivery of training at the DPSST. 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 all activities.**

## Section 1 – Infectious Disease Guidance:

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

This guidance includes:

- Knowing how microbes spread
- Frequent hand washing/sanitation
- Avoiding touching one's eyes, nose or mouth with un-washed/un-sanitized hands
- Avoiding close contact with other people
- 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

In addition, the CDC recommends an awareness of symptoms of infection and the constant self-monitoring for signs of illness. Symptoms may appear 2-14 days following exposure to an infectious disease and may vary from asymptomatic 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

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 - 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 OPSA campus between individuals.

#### Dormitory

Cleaning and sanitation of individual rooms remain the responsibility of the occupant. Cleaning and sanitation supplies will be made available by the DPSST.

#### Personal Protective Equipment

Personal protective equipment (PPE) will be made available during all close contact training events (training occurring within 6 feet of another person) upon request.

#### Nitrile Gloves

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.

#### Face Coverings

Face coverings are optional to students and staff who desire to wear them while on the OPSA campus. Students residing on campus who choose to wear a face covering 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.

#### Weapons Safety Checks

Safety checks for weapons, contraband, etc. will continue to be conducted prior to entry into any secured training venues.

### COVID-19 Infections

The 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:**

### Self-Monitoring

Self-monitoring for signs of illness is essential for the safe delivery of training. **Any individual displaying any symptoms of illness should report their status 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 doors, light switches and other frequent use areas.

To assist these efforts, the DPSST:

- 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 when not in close proximity to a sink or sanitizing station. *(Note: These will not be provided by the 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.

### Sanitation/Disinfection: Training Venues

While the Facilities staff will continue their normal custodial and sanitation duties, 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.

**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 the DPSST 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/disinfected prior to transfer and again upon its return.

#### Classrooms

Classroom training sessions will provide an environment conducive to learning and training. Students and instructors have the option to wear facemasks at all times while in the classroom.

#### Dormitories

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.

The use of the recreational lounges and entertainment equipment after hours, including pool tables, foosball tables and table tennis equipment is allowed. Students or staff who use this area or any equipment will be required to thoroughly clean and sanitize all areas and equipment used.

#### Meals & Refreshments

Meals will be prepared and served by the Aramark cafeteria. Entry to the Aramark Cafeteria will be limited to 20 occupants and will be monitored. Staggered meal times will be implemented as needed for fluid movement in and out of the cafeteria and dining hall with minimal congregating.

#### Hydration

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

#### COVID-19 High Level Infection Training

Due to the inherent dangers, speed, and nature of law enforcement training the State of Oregon has allowed some of our higher level training to be conducted with the option of wearing face coverings. Each of these physically intensive training venues have compiled a document (ADDENDUM A) outlining when face coverings are mandatory or optional for use. For further information, see Addendum A below.

#### **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>



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### 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 or 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.

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Signed

Date

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Printed

Class #

DPSST #