

Truth Academy Covid-19 Wellness Goals

Updated, approved by Truth Academy and Calvary staff, and distributed on: 8/3/20

This fall, we will work to minimize the Covid risk so that our doors can stay open. We cannot eliminate risk, but we can be mindful and respectful of each other and the space that we are in. If recommendations change, we will continue to reassess with Calvary Memorial and this document will be updated and sent out. These wellness goals have been approved by Calvary Memorial and its staff and elders. We will do our best to maintain a healthy and safe environment by following these guidelines whenever possible:

- **Health assessments**
 - Parents are asked to assess all students at home, within 1 hour of departing for TA. A symptom and procedure chart is included.
 - Please stay home if your family is experiencing symptoms.
- **Maintaining 6 feet of social distancing when possible**
 - Siblings will not need to distance.
 - A small number of classes will not allow for this level of spacing at this time, but we will continue to evaluate room assignments.
 - Upstairs hallways will have a traffic flow to minimize face to face contact.
 - Wherever possible, tables will face the same direction and instructors will be 6+ feet away when facing students.
 - Gym will be open, but games may be adapted for a reduced level of contact.
- **Frequent hand-washing**
 - In rooms with sinks, students are asked to wash hands upon entering and prior to leaving the room.
 - We ask that hands are washed for 20 seconds or more.
 - Hand sanitizer will be provided in each classroom that does not have a sink.
 - Families may consider packing personal hand sanitizer/wipes for students to use, if there is a concern for what may be in soaps/sanitizers. Administrators and instructors will use safer alternatives when possible.
 - Please talk with children about washing/sanitizing after they use the restroom, eat, after touching surfaces, etc.
- **Cleaning**
 - Instructors will manage wiping down of tables, tops of chairs, knobs, and switches, in between every hour of classroom time. As much as possible, TA will use non-toxic methods.
 - Administrators and volunteers will wipe all common area knobs and surfaces, multiple times during the day.
- **Eating**
 - Students are asked to eat in common areas as much as possible, while maintaining 6 feet of distancing.
- **Masking**
 - Per MN Gov. Walz Executive Order 20-81, please wear a covering over your nose and mouth. Exceptions exist for the following:
 - Medical exemptions do exist and can be found in the Governor's mandate.
 - Not required in the gym for Tae Kwon Do or for physical games.
 - Masks may be removed for periods of time at instructor's request in certain classes, where more than 6 feet of distancing can be accomplished, and where the full facial expression is needed.

- Masks may be removed for eating and drinking.
- Masks may be removed when outside, but distance must be maintained.
- Face shields will be accepted as an alternative. (From the state): "It is not known whether face shields (a clear plastic barrier that covers the face) provide the same source control for droplets as face masks, but they should extend below the chin and to the ears, and there should be no exposed gap between the forehead and the shield's headpiece."

- **When weather is good, we will use the outdoors!**

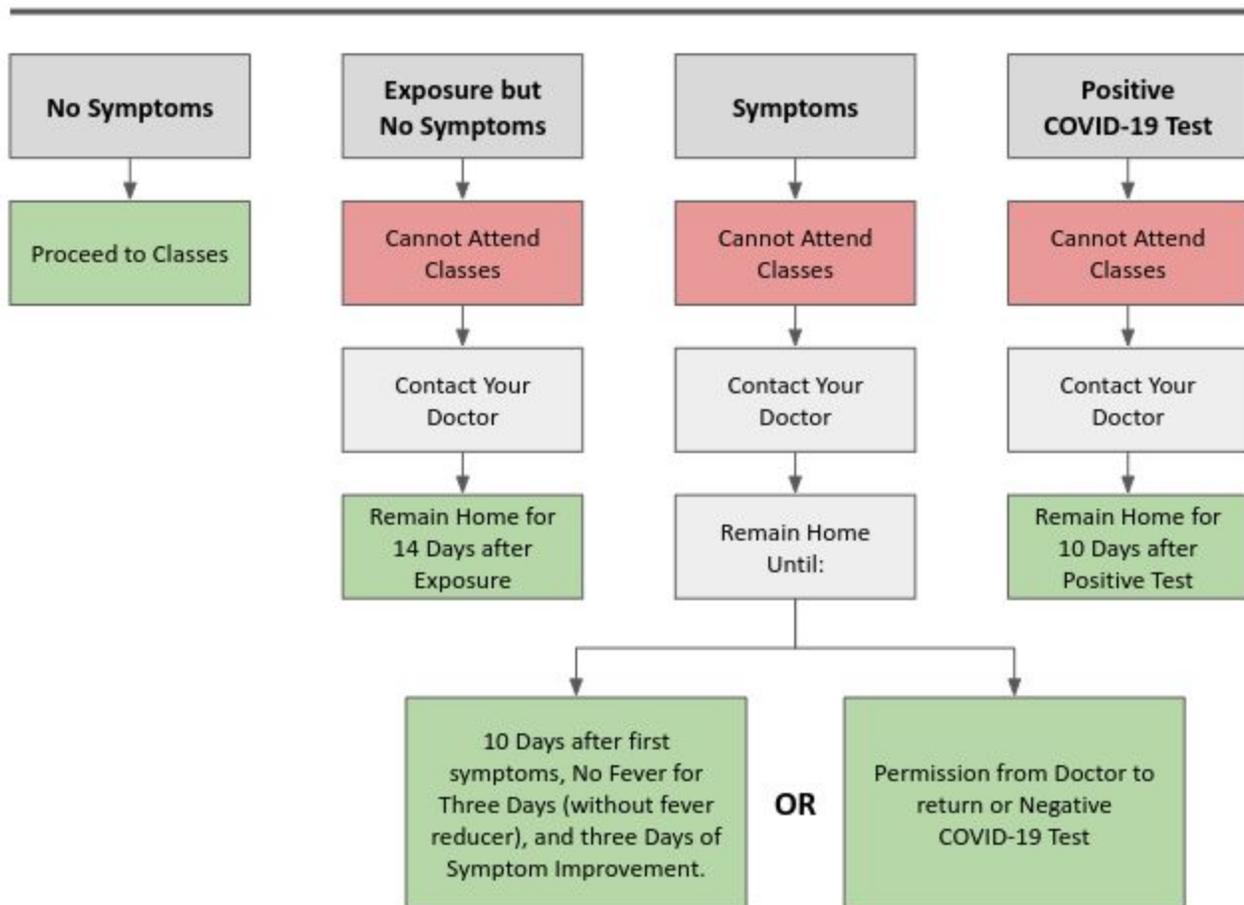
- Parents can bring lawn chairs to chat outdoors and can meet students at the door for breaks in the schedule.
- Some classes can be held outside when appropriate.
- Windows will be open in classrooms when temperature is conducive to doing so. (So pack layers for cooler days!)
- Areas in the front and back of the building may be available, will be monitored by adults, and available for children to step outside in between classes. (Signs will be posted if these areas are available.)

- **Other notes:**

- Please avoid touching your face.
- Please cover all sneezes and coughs.
- Please be respectful of differences in opinion on Covid. Shaming of any kind will be addressed.
- Because we are not a school, our independent contractors (instructors) will need to decide what they will be doing with their classes. You will hear directly from them by no later than 8/11, so you can make any changes to your classes, if needed.
- Plan on using TA snow days as make-up days for some classes.

Covid Symptom Assessment

- Has there been exposure? Exposure is when a student was within 6 feet of an individual who has tested positive, for at least 15 minutes, while the individual was contagious. (An individual is contagious 48 prior to symptoms appearing and until cleared as indicated in chart below)
- If 1 of the following is present:
 - Fever of 100.4 or higher
 - A new cough
 - Shortness of breath
- Or 2 of the following:
 - Nausea, vomiting, or diarrhea
 - A new, sore throat
 - New muscle aches
 - New loss of smell and taste
 - Congestion or runny nose



*We ask that you notify an administrator if you have a positive diagnosis of COVID-19. **All personal information will remain confidential** and we will assess any further action needed with Calvary Memorial.