

COVID-19 Guidelines
for TCIS Training

Expectations for attending the in-person sessions – PLEASE READ CAREFULLY:

We will be implementing COVID precautions during the in-person sessions. Please come prepared to do the following:

- 1) Participate in a health screening at the beginning of each session.
- 2) Practice social distancing by maintaining at least 3-6 feet of distance from others.
- 3) Avoid touching your face, mouth, or eyes.
- 4) Wash hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer with at least 60% alcohol if soap and water is not available.
- 5) If you become ill during the training, avoid others and go home.
- 6) Wear a face mask at all times during the training, **regardless of vaccination status**. Please bring your own mask. **Approved masks include masks with any of the following certifications: ASTM (procedure or surgical), KN95, FFP2, KF94 or NIOSH N95. Cloth masks are not approved unless worn in conjunction with an ASTM medical mask.**
- 7) Food may only be consumed during breaks and lunch. When mask is off to consume food, you must be seated. Maintain added distance when eating.
- 8) Do not attend the training if you are feeling unwell (e.g. have a dry cough, headache, sore throat, feel achy or congested, loss of taste or smell), or have a fever.
- 9) If you have been exposed to another person with COVID-19 or tested positive for COVID 19 in the past two week you must meet the following criteria to attend:
 - Symptom free for the past 72 hours and have been vaccinated
 - If not vaccinated but have had a negative COVID test at least 10 days post exposure and have been symptom free for the past 72 hours - wearing a mask and social distancing will be required during the training.
 - If not vaccinated and have had symptoms of or tested positive for COVID 19 then a minimum of 3 days (72 hours) must have passed since *recovery* defined as resolution of fever without using fever-reducing medications **and** improvement of respiratory symptoms (e.g. cough, shortness of breath), **and** at least 10 days must have passed since symptoms first appeared.
- 10) If you are certifying with physical techniques, you may choose to bring your own gloves and/or protective eye wear. The practice and testing of physical skills will be restricted, when possible, to participants who work together to avoid cross contamination.

Please also remember to read your TCIS Reference Guide in advance and bring it with you to the training.

By enrolling in this training, you are applying for TCIS trainer certification. In order to successfully complete this training, you will need to have complete attendance and pass the written knowledge test. For those certifying in the physical skills, you will also be assessed on the physical skills you would like to be certified with.

Thank you in advance for your cooperation and help in creating a safe training environment. We look forward to seeing you soon!