

Soma Institute of Structural Integration®
General Operations
Covid-19 (SARS-CoV-2) Protocols & Procedures

Basic Prevention Measures

- All visitors to the Soma Institute will be instructed to stay home if sick or experiencing symptoms.
- Clinic models that are high risk or with underlying conditions that lead to a suppressed immune system may not receive treatment until further notice.
- Respiratory etiquette will be practiced, including wearing face masks at all times while in the facility and covering coughs and sneezes.
- Frequent and thorough hand washing will be promoted by providing instructors, students, and clinic models with a place to wash their hands.
 - If soap and running water are not immediately available, alcohol-based hand rubs or sprays containing at least 60% alcohol will be provided/utilized.
- Tissue and trash receptacles will be provided.
- The Institute will adhere to the guidelines presented by the WA State Department of Health, WSMTA, OSHA and CDC regarding physical distancing and mask wearing and size of gathering.
- A minimum 6-foot distance will be maintained between all persons unless required for bodywork demonstration/instruction or practical training
- Masks/face coverings will be worn at all times in the facility unless removal by the clinic model or bodywork recipient is required for the purpose of receiving bodywork.
- Instructors, students and clinic models that cannot wear a mask or face covering cannot participate in the training.
- Appropriate personal protective equipment will be provided to and required of all students and instructors.
- Personal equipment at the facility will be kept to a minimum and there will be no sharing of equipment unless thoroughly sanitized before and after use.
- Regular housekeeping practices will be maintained, including routine cleaning and disinfecting of surfaces, equipment, and other elements of the teaching environment.
 - All chemicals and methodology will follow EPA approved guidelines.
- The Soma Institute will follow any Guidelines/Proclamations with respect to operational feasibility. Students, clinic models and staff will be notified of closures and reopening timelines as needed.

Implementation of Safety Controls:

Safety controls allow for systematic removal of hazards and remove reliance on people to reduce their exposure. The Soma Institute will implement both engineering/environmental controls and administrative controls.

Engineering/Environmental Controls:

The following controls will be implemented to reduce or minimize exposure to Covid-19:

- High-efficiency air filters will be used to reduce exposure in the teaching/clinic areas.
- Fans will be used to increase ventilation rates – they will be placed to move air but not increase exposure to people on site.
- Physical containment will be used to isolate all materials used by students for clinic purposes:
 - All sheets and fabric items will be placed in sealed containers and removed from the clinic area after use
 - Masks will be placed in sealed or closed containers or discarded once used.
 - Disposable equipment will be placed in covered trash receptacles that are removed as part of the sanitation protocols.

Administrative Controls:

The following controls will be implemented to modify behavior in order to reduce or minimize exposure to Covid-19:

- Sick instructors, students or models will be required to stay home.
- Contact amongst all visitors will be minimized:
 - Teaching groups will follow required social distancing guidelines.
 - Instructors will limit the number of groups being supervised at once.
- A Covid-19 Site Supervisor will be present and available at the Institute during all training hours.
 - The supervisor will monitor the health and safety of instructors and students.
 - The supervisor will enforce the Covid-19 safety protocols and will keep the plan current with respect to Covid-19 guidelines.
- Protective behaviors and systems will be put in place to support a safe training environment.
- All students and instructors will be given up-to-date education and training on COVID-19 risk factors.
 - Students and instructors will be trained in the use of PPE – how to put it on, use/wear it, and take it off correctly, including in the context of their duties.
 - Students and instructors will be trained how to clean, disinfect and maintain reusable PPE.
 - Students and instructors will be trained on sanitation/sanitization protocols for practice in the clinic.
 - Students will be provided with documentation to support safety training and will be required to practice prior to beginning work with models.
 - Safety training will occur on the first day of instruction.

Safe Operating Practices

The following procedures will be implemented for safe and proper work used to reduce the duration, frequency, or intensity of exposure to Covid-19 (SARS-CoV-2):

- To promote personal hygiene, the following will be provided: tissues, no-touch trash cans, hand soap, alcohol-based hand rubs containing at least 60 percent alcohol, disinfectants, and disposable towels.
- Regular hand washing and use of alcohol-based hand rubs will be required.
- Hand washing will be required before and after student/clinic model interactions/sessions.

- Handwashing signs will be posted in restrooms.
- Signs promoting safe and healthy behaviors will be posted in prominent areas of the teaching facility:
 - Stay home if sick or with symptoms.
 - Maintain physical distance.
 - Wash or disinfect hands frequently.
 - Masks are required and guidelines for safe usage.
- Students and instructors will be provided with a system for maintaining/differentiating “clean” vs “dirty” areas for activity.

Policies and Procedures for Prompt Identification and Isolation of Sick People, if Appropriate

- Prompt identification and isolation of potentially infectious individuals will be employed to protect all visitors to the teaching site.
- All visitors will be encouraged to self-monitor for signs and symptoms of COVID-19 if they suspect possible exposure.
- All persons entering the facility will complete a screening questionnaire regarding symptoms and lifestyle/activity prior to each visit to the facility.
- All instructors and students will report when they are sick or experiencing symptoms of COVID-19 to the Institute as soon as possible.
- All clinic models will be requested to report when they are sick or experiencing symptoms of COVID-19 to the Institute as soon as possible.
- People exhibiting signs and/or symptoms of COVID-19 on site will be instructed to leave the teaching site and to self-quarantine. A COVID-19 test will also be recommended and a negative PCR test result will be required before re-admittance to the facility.

Accommodations and Protections in the Case of Infection

- Sick instructors, students or models will be told to stay home.
- Students that are sick will be assisted in determining a schedule to complete missed instruction/activities.
- Students that need to miss school to assist with sick family members will be assisted in determining a schedule to complete missed instruction/activities.

Response Protocol and Recovery Plan in the Event of Exposure to Covid-19:

Response protocols will vary depending on who has been exposed (model, student, or instructor) and timing of notification of exposure (teaching weekend vs clinic weekend and day of exposure).

To support response protocols and notification, a log will be kept of all people in attendance at the institute on a given day. For any given day the following will be recorded:

- Date
- Name
- Temperature

For all people who attend the institute, a record of telephone number and email address will also be kept to allow for notification. Additional information will also be collected to support contact tracing requirements such as, Address, Race, Gender, Age.

The institute will use the following protocol in the event of exposure to a person who has been confirmed or suspected as positive for Covid-19:

If You Test Positive for COVID-19:	
<p>Everyone, regardless of vaccination status should:</p>	<ul style="list-style-type: none"> ● Isolate ● Stay home for 5 days. ● If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house. <ul style="list-style-type: none"> ○ Must have a negative test to return to the Soma Institute. ● Continue to wear a mask around others for 5 additional days. <p><i>If you have a fever, continue to stay home until your fever resolves.</i></p>
If You Were Exposed to Someone with COVID-19:	
<p><i>If you:</i></p> <p>Have been boosted OR Completed the primary series of Pfizer or Moderna vaccine within the last 6 months OR Completed the primary series of J&J vaccine within the last 2 months</p>	<ul style="list-style-type: none"> ● Wear a mask around others for 10 days. ● Test on day 5, if possible. <p><i>If you develop symptoms, get a test and stay home until test results indicate status.</i></p>
<p><i>If you:</i></p> <p>Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted OR Completed the primary series of J&J over 2 months ago and are not boosted OR Are unvaccinated</p>	<ul style="list-style-type: none"> ● Stay home for 5 days. After that continue to wear a mask around others for 5 additional days. ● If you can't quarantine you must wear a mask for 10 days. ● Test on day 5 if possible. <p><i>If you develop symptoms, get a test and stay home until test results indicate status.</i></p>

Additional Considerations in the Event of Exposure to Covid-19

- In all situations of confirmed or suspected Covid-19 infection, the Institute will duly notify health authorities -- state of WA Health Department and King County Health
- If health authorities request model or student contact information, it will be provided (as allowed by HIPAA relative to medical emergency situations). If a model does not wish their information to be included they are to notify the Institute at the time exposure notice is delivered and prior to the Institute reporting to health authorities.
- The Institute will provide clinic models instructions/guidance of what to do. In addition the student and Institute will implement appropriate sanitation guidelines.
- Depending on the severity of exposure or number of parties infected, the Institute may halt operations. Return protocols listed above will be utilized to determine when the Institute can safely re-open.
- Routine cleaning and disinfection will continue, including everyday practices the facility normally uses to maintain a healthy environment.