

**Soma Institute of Structural Integration®**  
**Student & Faculty**  
**COVID-19 (SARS-CoV-2) Protocols & Safety Training**

### **Covid-19 General Information**

COVID-19 (SARS-CoV-2) has been declared a worldwide pandemic by the World Health Organization. COVID-19 is an extremely contagious respiratory and vascular disease that is believed to spread mainly from person-to-person in the form of aerosols and large droplets that are inhaled into the lungs. There is also the possibility of contracting COVID-19 through aerosol/droplet contact with the eyes and surface transmission is also considered a risk for transmission. COVID-19 is different from the flu and other common illnesses. This virus has a long incubation period and one may be asymptomatic and be contagious without knowing it.

#### **Anyone can have the virus, not have symptoms and yet still be highly contagious.**

Determining who is infected by COVID-19 is challenging and complicated. Challenges include virus testing, that infected individuals could be asymptomatic, or symptoms can be similar to other conditions people may experience. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have implemented sanitary and PPE (personal protective equipment) requirements.

Practicing bodywork is a medium-risk activity by default – distancing cannot be maintained and duration of contact is longer than recommended for low-risk of exposure. Please be aware that this activity can facilitate the spread of SARS-CoV-2.

### **Safety in the Classroom and Clinic**

To provide a safe environment for completion of the training, the Soma Institute will follow the guidelines and protocols put forth by several institutions: the WA State Department of Health, the WA State Massage Therapy Association (WSMTA), Occupational Safety and Health Administration (OSHA), the Center for Disease Control (CDC) and the Washington State Workforce Board.

To minimize risk to faculty, students and clinic models, this document details the protocols that will be implemented by all parties while attending the Soma Institute facility. A Covid-19 supervisor will be present at all times the facility is in operation and will be responsible for monitoring the health of all students, faculty and models. The supervisor will also be responsible for enforcing the safety protocols.

### **Health Screening:**

- **You must stay home if you do not feel well or have any symptoms (non-chronic/known).**
- Any symptoms that match those listed for Covid-19 should be acknowledged and reported to the Covid-19 supervisor.
- Self-monitoring of health and screening prior to attending class is advised -- report any symptoms BEFORE coming to school.
- Before admission to school a health disclosure must be completed to provide accurate and truthful COVID-19 related exposure risk and sign/symptom information.
  - Completion of the health disclosure will be required each day of attendance at the Institute prior to the beginning of class or clinic.
  - A temperature reading will also be conducted and the results recorded as part of the attendance log.
  - Any readings that are outside of the normal range will be noted and the student or faculty member will not be allowed to enter the facility.

## **Distancing and Mask/Face Covering Guidelines for Classroom and Clinic:**

- **Lectures/Classroom activities—**
  - A minimum distance of 6 feet will be maintained between all parties at all times with the exception of instructor/demo model interaction and limited close observation for lecture demonstrations.
  - All parties are required to wear face coverings. Based on current guidelines (12/21) masks must be respirator quality (N95/KN95).
- **Student Exchanges**
  - For student exchanges, students will wear N95 or KN95 face masks and an outer mask.
  - Faculty will maintain a minimum distance of 6 feet from students unless required for instructional purposes.
  - Faculty will wear a N95 or KN95 respirator and second layer mask.
- **Model Clinic**
  - A minimum distance of 6 feet will be maintained for all non-table interactions.
    - Faculty will observe from a minimum distance of six feet unless required for instructional purposes.
  - Clinic models are required to wear N95 or KN95 masks.
  - Students and Faculty will wear N95 or KN95 masks. A second mask worn over the respirator mask is required to keep the respirator mask clean.
  - Students will replace the secondary outer mask between sessions.
  - To limit model contact with the facility and items in the facility
    - Students will have a designated work area
    - Students will escort their model into and out of the building and limit passage between entrance/exit and designated work area.

## **Personal Protective Equipment (PPE)**

Due to the nature of instruction and the activities involved, safe distancing protocols cannot be strictly maintained at all times. Depending on the activity and interaction required, all personnel will be required to wear varying degrees of PPE while at the facility. PPE includes: gloves, goggles, face shields, face masks, and respiratory protection

### **PPE will be:**

- Selected based upon the activity and hazard to the instructor, student or clinic model.
- Properly fitted and periodically refitted, as applicable.
- Consistently and properly worn when required.
- Regularly inspected, maintained, and replaced, as necessary.
- Properly removed, cleaned, and stored or disposed of, as applicable, to avoid contamination of self, others, or the environment.

### **For the purpose of session work where 6 feet of distance cannot be maintained:**

- All students and faculty will be provided with N95 or KN95 respirators/masks. The Institute will provide faculty and students with PPE needed to keep them safe while performing their duties.
- Face shields may also be worn in addition to a respirator/mask.
- Students may choose to wear a gown, apron or other form of protective clothing that can be changed or disinfected between models.
- Students will be instructed on the use of protective eyewear.

*Proper hand hygiene will always be used when handling PPE and Damaged PPE will be immediately replaced.*

## **Face Masks Specifics:**

Face masks or coverings will be provided to all persons at the facility and required whenever in the facility. **This is non-negotiable.** Any parties that cannot comply with the mask/face covering requirement will not be allowed entrance to the facility and cannot participate in the training.

- All students and faculty will wear N95 or KN95 masks.
- KN95 or N95 masks will be used by faculty and students for all hands-on interactions (model sessions or student trades) and inside lectures.

## **Extended Use and Reuse of PPE/Equipment – Disinfecting, Storage and Disposal:**

- **Face masks:**
  - **Respirator face masks (KN95/N95):** wear one respirator each day and store it in a clean sealable paper or plastic bag at the end of each shift. The order of use should be repeated with a minimum of one days between each use.
    - Bags will be labeled with the user's name and day of use.
    - Record the number of uses. Masks are to be replaced after 5 uses.
    - Paper bags are recommended for clean but used masks. Plastic bags are recommended for wet/soiled masks.
  - **Surgical face masks:** Surgical masks may be used as an outer mask and will be disposed of after use.
  - **Fabric face masks:** Fabric face masks may be used as an outer/secondary mask.
    - Fabric face masks will be changed between models, using appropriate hand hygiene.
    - Should be washed after use with every client visit and thrown away if damaged.
  - KN95 and N95 respirators, surgical face masks and protective eyewear may be removed on breaks or for larger gaps in schedule (if appropriate for the situation) and appropriately stored, followed with appropriate hand hygiene.
  - At this time, the CDC recommends not to disinfect face masks (surgical masks and respirators) as it will degrade them and potentially allow germs to the inside of the mask.
- **Clothing items (aprons/smocks) that can be surface disinfected:**
  - Disinfect apron/smock while wearing gloves, wipe down or spray with EPA-registered hospital disinfectant solution.
  - Fully air dry before next use.
  - Remove gloves and perform hand hygiene.
- **Protective Eyewear:**
  - While wearing gloves, carefully wipe the inside, followed by the outside of the face shield and/or glasses using a clean cloth saturated with neutral detergent solution, EPA-registered hospital disinfectant solution or cleaner wipe.
  - Wipe the outside of the face shield or glasses with clean water or alcohol to remove residue.
  - Fully dry (air dry or use clean absorbent towels).
  - Remove gloves and perform hand hygiene.
- **Washing PPE:** All fabric face masks and/or washable PPE clothing items and linens need to be washed with detergent and with the hottest water possible and dried on the hottest drying setting possible.
  - CDC recommends using "a temperature of at least 160°F (71°C) for a minimum of 25 minutes is commonly recommended for hot-water washing" and using bleach when possible. Use proper hand hygiene when done handling dirty laundry and disinfect around the openings of the washer and dryer before using.
  - Use caution when drying face masks with nose pieces, they can break in the dryer.

## Protocols for Maintaining a Clean & Safe Environment

- **Food and Beverages:**
  - No beverage or food services will be available.
  - Students may bring lunch in their car in a cooler bag, or store it in the refrigerator. However, they will not be allowed to eat inside but may use the kitchen facilities.
  - Filtered water will be available from a dispenser for students and faculty.
    - Water breaks are permitted outside. Please bring your own water container.
    - Hand washing/sanitization will be required prior to contact with the dispenser.
- **Thermometers:**
  - Two thermometers will be stored in separate closed containers in the foyer.
  - Thermometer will be accessed by Covid-19 Supervisor or student for the purpose of temperature screening.
- **Disposable gloves and face masks:**
  - Separate sealed containers with gloves and face masks will be stored in the foyer.
  - Containers will be wiped down with a disinfectant cloth after access.
- **Linens:**
  - Transport of linens will be in a sealed container or closable plastic bag
  - Students will be instructed in protocols for proper use of linens with face cradles
  - Students will be instructed in protocols for removing linens from the table
    - Cloth coverings for bolster and bodyCushions will remain on bolster/cushion until the end of the session.
    - To minimize the possibility of dispersing virus through the air, items should be carefully folded in on themselves during removal.
    - Once removed from the table, linens will be immediately placed in a sealed container or closeable plastic bag.
  - Used linens must be placed in a closed container, separate from clean linens, and will be removed from the workspace after the session and removed from the facility daily.
- **Massage tables, bolsters and face cradles:**
  - Tables, bolsters and face cradles will be sprayed with disinfectant solution or wiped down with disinfectant cloths immediately after use.
  - Protocols (ie. time dependent surface contact) for disinfectant use will be followed.
  - Bolsters/bodyCushion will be stored on shelves when not in use for a session
    - Once used in session, bolsters/bodyCushion will be stored under the table until sanitized and replaced on shelves once sanitized.
    - Bolster/bodyCushion coverings will not be removed from bolster/cushion until the area is cleaned post-session.
    - Upon completion of the session, coverings will be removed gently, rolled in upon themselves and placed with other linens in a closed container or bag that can be closed. Linens will be removed from the workspace.
  - When needed during a session, face cradles will be stored at the end of the table in the standard slots when not in use.
    - The cradle can be placed at the foot end of the table and folded down to not intrude on the workspace
    - Once used in session, face cradles will be stored under the table until sanitized and replaced at the end of the table in the down position.
    - Face cradle coverings will not be removed until the area is cleaned post-session.
    - Coverings will be removed gently, rolled in upon themselves and placed with other linens in a closed container or bag that can be closed.
- Additional session specific protocols for keeping equipment clean will be covered and documented as part of the session technique.

- **Student Personal Items:**
  - During sessions, students should limit belongings to those needed for the session or to prevent theft (ie. phones, keys). All other items should be stored off site.
  - Students will be required to keep all belongings needed for the session in their workspace in an organized and tidy fashion.
- **Student Personal PPE:**
  - Unused and used PPE should be kept in separate sealed containers.
  - Used PPE should be disposed of off-site if not being cleaned/disinfected for reuse.
  - Exposed PPE will be cleaned/disinfected or changed between model sessions.
  - Only PPE necessary for immediate work at hand should be in the workspace.
  - Clean/unused PPE will be donned in the clean/sanitized workspace after hands have been disinfected/cleaned.

### **Session Sanitation Protocols**

- **Upon Entry (everyday):**
  - Sign in and note Temperature on Attendance sheet
  - Wash or sanitize hands
- **Before starting a session:**
  - Disinfect Hands
  - Gather/bring supplies to work space
  - Prepare Table, Supplies, Model File etc.
  - Disinfect Hands
  - Welcome Model in Waiting room
  - Ensure Screening form is completed and there are no changes to their health
  - Ensure Model Temperature on Attendance sheet
  - Have Client Model dress down, etc.
  - Disinfect Hands before starting Session
- **Upon completion of a session:**
  - Complete session, see model out
  - Clean work space (remove sheets and put in "Dirty" bin)
  - Disinfect work space, supplies and cocoa butter
  - Remove outer mask
  - Disinfect hands
  - Replace outer mask with clean one
  - Disinfect hands
- **Facility Sanitation:**
  - All high-touch surfaces will be disinfected at the end of each teaching day and clinic day.
  - Hand sanitization will be available at entrance and prior to exit of the facility and signage will be posted to promote usage.

### **Personal Hygiene Protocols**

- To promote personal hygiene, the following will be provided: tissues, no-touch trash cans, hand soap, alcohol-based hand rubs or sprays containing at least 60 percent alcohol, disinfectants, and disposable towels.
- Regular hand washing and use of alcohol-based hand rubs or sprays will be required.
  - Session specific protocols for keeping hands clean will be covered and documented as part of the session technique.
- Hand washing will be required before and after all student/model interactions and all student exchanges.
- Handwashing signs will be posted in restrooms.