



## Communicable Disease and Wilderness Medicine Courses

Longleaf Wilderness Medicine's priority has always been the health and safety of our staff, students, and the communities that we belong to and teach in. While our curricula and practice standards have always maintained the importance of infection control standards, in light of COVID-19, LWM has implemented several additional measures to limit the potential spread of communicable diseases in our classes.

This class is running as planned within the guidelines and directions of local and state health authorities and with the most up-to-date information from the Center for Disease Control.

### **General Course Practices**

To help maintain health and wellness throughout the course, all class participants, including students and instructors, will be held to the following standards *regardless of a recent negative COVID test, history of COVID diagnosis, or proof of coronavirus vaccination*.

Please alert LWM as soon as possible if you are unable to attend due to recent exposure to or symptoms of coronavirus by calling the office at 208.274.3596. In this scenario, please do **NOT** come to class.

### **Entry to Course:**

By entering the course location and classroom each day, participants are acknowledging they do not have any of the following:

- Confirmed or suspected as having COVID-19
- Exposure in the previous 10 days to someone suspected or diagnosed as having COVID-19
- Cough
- Shortness of breath or breathing difficulties
- Fever of 100.4° F or higher
- Chills
- Muscle pain
- Sore throat
- Loss of taste or smell

If you have been ill, have had any signs of the signs/symptoms listed above within 24 hours of the start of class, or if anyone in your home has these symptoms, do not attend class. Longleaf Wilderness Medicine staff and course hosts reserve the right to not allow participation in the course if signs and symptoms of illness are present. In these instances our instructors will ask you to leave the classroom.



### **During Course:**

- A clean face mask is brought to class each day; masks should not be reused for two class days in a row without washing.
- Masks are worn both in and outside of class when participants are within 6' of each other.
- Masks and gloves will be available during all patient contact and in circumstances where physical distancing is not possible.
- Hand washing or hand sanitizer use should occur pre and post glove use (i.e., prior to simulated patient contact).
- Hand washing or hand sanitizer use should occur at major course transition points (i.e., morning, lunch, end of day).

### **Non-Compliance**

Refusal to comply with hygiene practices may result in expulsion from course with no refund.

### **Longleaf Wilderness Medicine Responsibilities**

Longleaf Wilderness Medicine staff are focused on providing skills based education while limiting unnecessary contact. We find that this is an opportunity for practice for additional awareness for responders and appropriate use of universal precautions when responding in an actual emergency. In addition to high-quality education, LWM will ensure the following:

- Course registration is limited according to the classroom size available.
- Indoor classroom space is well-ventilated and that outdoor space is utilized when possible.
- All course equipment has been disinfected prior to the start of class.
- That anyone who arrives to class showing signs of illness will be required to leave.
- The availability of hand washing supplies and education, hand sanitizer, masks, and gloves.
- The schedule course schedule to allow time to wash hands before and after student contact.
- The availability of a bleach based spray or similar for disinfecting communal surfaces.
- The classroom will be set up with emphasis on distancing individuals while in lecture.
- The course instructor will brief the class at the start of day 1 regarding up-to-date information about best practices.
- Masks are available to be worn by any participant in a scenario.

In addition to the standards precautions already taken by our instructors, time will be spent communicating and supporting community standards for hygiene throughout class, including the storage of used masks and providing adequate time for hand washing.

### **Refunds**

We are currently suspending our 30 day notification for cancellation requirement. If you have symptoms of COVID-19 or have recent exposures to someone with COVID-19, please do not attend class. Please contact the LWM office at [info@longleafmedical.com](mailto:info@longleafmedical.com) or 208.274.3596 to discuss refund or alternate class options.



### **Course Cancellation**

Longleaf Wilderness Medicine has the right to cancel any scheduled course at any time based on new information or restrictions that impact our ability or willingness to operate in a specific location. If cancellation is necessary, LWM will notify students as soon as possible in order to facilitate transfer to a different course or a tuition refund.

### **General Course Recommendations:**

- Avoid travel to areas with known community spread prior to the start of class.
- Vaccination against the coronavirus is recommended, but not required for course participation.

### **FAQ**

#### ***What if I have a medical exemption for masking requirements?***

Mask usage is a significant part of our strategy for limiting the risk of disease transmission during course. We acknowledge that wearing a mask for an extended period of time is not a possibility for everyone. If you are unable to wear a mask for up to four hours at a time, we request that you delay your participation in course until masking is no longer required or that your ability to wear a mask changes.

#### ***Does my mask meet course standards?***

Masks or face coverings should be secured to the head with ties or ear loops and should fit snugly but comfortably against the side of the face to ensure proper fit.

#### **Permitted Masks:**

- Disposable surgical or medical masks
- Cloth masks with tightly woven fabric (2 or 3 ply masks are recommended)
- Valve-free respirator masks (N95 or KN95)
- Fabric masks with a clear plastic window
- Gaiters with two layers (single layer gaiters should be doubled over)
- Plastic face shields or goggles may be worn in addition to a mask but are not approved mask replacements

#### **Masks Not Permitted:**

- Any mask with an exhaust valve
- Masks with slits, punctures or holes
- Bandanas, scarves, ski masks, and balaclavas
- Novel and battery-operated masks that do not meet the specifications of the permitted masks listed above