



Customer Exposure

Customers who have symptoms (i.e., fever, cough, sore throat, shortness of breath, lost sense of smell or taste, chills, etc.) should not attend classes or team practice. Any customer who appears to have symptoms upon arrival to Iron Cross or who becomes sick during the day will be immediately separated from other customers and Iron Cross Staff and be sent home.

If a customer is confirmed to have the COVID-19 infection, management staff will do a Risk of Exposure Assessment to determine the level of risk to other customers and staff. When determining the level of risk, management will:

- Determine a timeline of exposure.
- Determine the last time the person who is confirmed to have COVID-19 was in the facility.
- Determine individuals who came in **direct** contact with the person confirmed to have COVID-19.
- Determine what spaces and equipment were used by the person infected with COVID-19 and follow all CDC recommendations for cleaning and sanitizing.
- Determine if the exposure was a direct contact exposure or a secondary exposure (ex. did they come in direct contact with the sick person, or someone who was in contact with a sick person).

Based on findings from the Risk of Exposure Assessment, management will notify all parties deemed necessary of their possible exposure to COVID-19 while at Iron Cross. Iron Cross will maintain confidentiality as required by the Americans with Disabilities Act. All individuals at risk will be asked to self-monitor for symptoms. If a sick customer or employee is suspected or confirmed to have COVID-19, all CDC cleaning and disinfection recommendations will be followed.

Employee Exposure

Employees who have symptoms (i.e., fever, cough, sore throat, shortness of breath, lost sense of smell or taste, chills, etc.) should notify their supervisor and stay home. Employees who appear to have symptoms upon arrival at work or who become sick during the day should immediately be separated from other employees, customers and visitors and sent home.

If an employee is confirmed to have the COVID-19 infection, the management team will do a Risk of Exposure Assessment to determine the level of risk to other employees and customers. When determining the level of risk, management will look at:

- Determine a timeline of exposure.
- Determine the last time the person who is confirmed to have COVID-19 was in the facility.
- Determine individuals who came in **direct** contact with the person confirmed to have COVID-19.
- Determine what spaces and equipment were used by the person infected with COVID-19 and follow all CDC recommendations for cleaning and sanitizing.
- Determine if the exposure was a direct contact exposure or a secondary exposure (ex. did they come in direct contact with the sick person, or someone who was in contact with a sick person).

Based on findings from the Risk of Exposure Assessment, management will notify all parties deemed necessary of their possible exposure to COVID-19 while at Iron Cross. Iron Cross will maintain confidentiality as required by the Americans with Disabilities Act. All individuals at risk will be asked to self-monitor for symptoms. If a sick customer or employee is suspected or confirmed to have COVID-19, all CDC cleaning and disinfection recommendations will be followed.

What to Do if you have been exposed to COVID-19

If No Symptoms... It can take between 1-14 days for COVID symptoms to show up, and in some instances people with COVID do not show any obvious symptoms, but they can still spread the virus. Since we are unable to determine if an individual will develop COVID-19 after being directly exposed to a confirmed case of COVID-19, we do require individuals to self-quarantine for 14-days from the date of exposure to the virus. While in quarantine, individuals should stay home, they should not go to work or out in the community to run errands or attend events.

If an individual states that they would like to return to work/play before the 14-quarantine is over, they must provide a note from a doctor or family practitioner indicating a negative test result for COVID-19 and a date they are cleared to return to work/play. Based on the level of exposure and risk to others, management may still require individuals to quarantine for the entire 14-day time period.

Quarantine vs. Isolation

- Quarantine is used to **keep someone who might have been exposed to COVID-19 away from others**. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.
- Isolation is used to **separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected**. People who are in isolation should stay home until it is safe to be with others. In the home, anyone sick or infected should separate themselves from others by staying in a specific “sick room” or area and using a separate bathroom (if available).

Iron Cross Policies for Return to work/play after having COVID-19

Customers and staff who have had a confirmed case of COVID-19 can return to Iron Cross after all criteria have been met:

- 3 days with no fever **and**
- Symptoms have improved **and**
- 10 days since symptoms first appeared
- Iron Cross will require a Doctor’s note indicating the date you are approved to return to work/play.

Depending on your healthcare provider’s advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

Steps to help prevent the spread of COVID-19 if you are sick

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community. Stay home except to get medical care!

- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation, ridesharing, or taxis.**

- **Separate yourself from other people.** As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
- **Wear a cloth face covering, over your nose and mouth** if you must be around other people or animals, including pets.
- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw away used tissues** in a lined trash can.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.
- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. Wash these items thoroughly after using them with soap and water or put in the dishwasher.
- **Clean and disinfect** high-touch surfaces in your “sick room” and bathroom; wear disposable gloves. Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.
- **If a caregiver or other person needs to clean and disinfect** a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and disposable gloves prior to cleaning. They should wait as long as possible after the person who is sick has used the bathroom before coming in to clean and use the bathroom. **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

Cleaning and Disinfecting after exposure to COVID-19 (CDC Recommendations)

- Close off areas used by the person who is sick.
 - Companies do not necessarily need to close operations if they can close off affected areas.
- Open outside doors and windows to increase air circulation in the area.
- Wait 24 hours before you clean or disinfect. If 24 hours is not feasible, wait as long as possible.
- Clean and disinfect all areas used by the person who is sick, such as offices, bathrooms, common areas, shared electronic equipment like tablets, touch screens, keyboards, remote controls, and ATM machines.
- Vacuum space if needed. Use vacuum equipped with high-efficiency particulate air (HEPA) filter, if available.
 - Do not vacuum a room or space that has people in it. Wait until the room or space is empty to vacuum, such as at night, for common spaces, or during the day for private rooms.
 - Consider temporarily turning off room fans and the central HVAC system that services the room or space, so that particles that escape from vacuuming will not circulate throughout the facility.
- Once area has been appropriately disinfected, it can be opened for use.
 - Workers without close contact with the person who is sick can return to work immediately after disinfection.
 - If more than 7 days since the person who is sick visited or used the facility, additional cleaning and disinfection is not necessary. Continue routine cleaning and disinfection. This includes everyday practices that businesses and communities normally use to maintain a healthy environment.

These protocols have been put into place by Iron Cross owners and management to help in minimizing the risk of any potential spread in the event that a staff member, student, or customer might come in contact with the coronavirus. These protocols will be strictly enforced for the protection of our families and our community!