

# PHYSICAL DISTANCE GUIDELINES CHECKLIST

This year's Sources of Strength Adult Advisor and Peer Leader Trainings will be held following physical distance guidelines. The following checklist was created by the Sources of Strength National Team based on CDC considerations. It is recommended that the Sources of Strength Trainer and the local school/team administrator and primary coordinators work in collaboration with state and local health officials on how to implement these recommendations to best fit their circumstances, rules, and regulations. Leading up to the training, Trainers and the local team should continue to assess if the training should be postponed or moved to a virtual setting.

Sources of Strength Trainers and school/team administrators and primary coordinators should consult the CDC Considerations for Events and Gatherings and confirm guidelines with Trainer and school/team for:

## Attendance

- Cap recruitment and training attendance to 25-30 Peer Leaders and 3-5 Adult Advisors.
- Assign an adult to track and document attendance for potential contact tracing in case of illness.
- Prepare for all attendees to receive symptom checks and temperature screening upon arrival. Adult Advisors or Peer Leaders with symptoms cannot attend the training.

## Room setup

- Find a large, well-ventilated space (i.e. gym, cafeteria, library) for trainings.
- Disinfecting chairs and setting them up in a circle six feet apart.
- Ensure space is large enough for all participants to maintain a distance of at least six feet from others at all points during the training.
- Prepare/post signage in high traffic areas to promote protective measures, hand washing, and wearing masks (Using CDC signs in several languages is recommended).

## Handwashing

- School should provide soap, water, hand sanitizer containing at least 60 percent alcohol, and disposable towels.
- Schedule additional breaks for frequent hand-washing.

## Wearing of masks

- Participants should be encouraged to bring their own personal mask, but extra disposable masks should be provided in case a mask is lost, damaged, or forgotten.
- Participants should wear masks throughout the training.

## Food

- Discuss if participants should bring their own packed lunches and snacks or if all lunch and snack items will be individually packaged, sanitized, and served by trained school staff.
- Prepare sanitized stations for snacks/lunch with individual plates, utensils, and no-touch trash cans (if needed).
- Ensure space for students to maintain physical distancing precautions during lunch as masks will be removed.

## Sanitization

- Create a designated schedule for adult(s) to regularly sanitize surfaces during the training.
- Provide disinfectant wipes for all participants to use throughout the training.
- Sanitize sets of crayons/makers, sheets of paper, and other materials prior to training.