PHYSICAL DISTANCING GUIDELINES
FOR SOURCES OF STRENGTH TRAININGS

Changes and Adaptations for In-Person Trainings
Sources of Strength will be offering both virtual and physically distanced trainings beginning in fall 2020. While these trainings may look a little different, our values of spreading Hope, Help, and Strength through play, planning, and real human connection hold true now more than ever. With that in mind, we put together this guide of adaptations and accommodations for delivering physically distanced in-person trainings. These adaptations and accommodations were developed as per CDC considerations, but please connect with each school you train regarding their protocol in response to COVID-19 to deliver Sources of Strength trainings as safely as possible.

Sources of Strength will continue to update and adapt protocols for providing Sources of Strength training with physical distancing guidelines. Local trainers, schools, and primary coordinators are encouraged to visit www.sourcesofstrength.org for the most up-to-date information or to schedule a call with the National team.

THANK YOU FOR JOINING US
IN CHANGING YOUNG PEOPLE’S LIVES
BY SPREADING HOPE, HELP, AND STRENGTH
The following is a list of the adaptations and accommodations to be made before, during, and after Adult Advisor and Peer Leader trainings to deliver them in a safe, healthy, and fun way.

Pre-Training Communication with the School:
- Please consult the CDC Considerations for Events and Gatherings as you communicate with the school to ensure safe physical distancing measures.
- The Trainer is responsible for communicating with the school administration asking about specific physical distancing policies and how to comply with their guidelines. See the “Physical Distance Guidelines Checklist” for recommendations.
- Designate an Adult Advisor to track and document attendance for potential contact tracing in case of illness, and designate Adult Advisors or school custodial staff to regularly sanitize surfaces throughout the training.
- Peer Leader recruitment should be capped to account for safe physical distancing. In-person trainings should accommodate 25-30 Peer Leaders and 3-5 Adult Advisors. Year Two and Three schools with larger teams could be given the option of holding one training of 25-30 Peer Leaders and 3-5 Adult Advisors, two separate trainings of 25-30 Peer Leaders, and 3-5 Adult Advisors per group, or an online training to accommodate for all Peer Leaders and Adult Advisors.
- Recommend holding both Adult Advisor and Peer Leader trainings in large, well-ventilated spaces such as gyms and cafeterias to increase physical distancing.
- Recommend that all participants receive temperature screening and/or symptom checking by the school nurse or other medically trained staff as they arrive at Adult Advisor and Peer Leader Trainings. If participants are displaying symptoms of COVID-19 throughout the day, they will be asked to leave the training.
- As recommended by the CDC, schools should have, “signs posted in highly visible locations (i.e. at entrances, in restrooms) that promote everyday protective measures and describe how to stop the spread of germs by properly washing hands and properly wearing a cloth face covering.”

Essential Items Needed for Trainings:
Please communicate with the school to ensure that these items are provided at the trainings:
- Masks: Trainers must provide their own personal mask. Schools should have extra masks for Adult Advisors and/or Peer Leaders who have lost or forgotten their masks. Trainers who are training multiple days are advised to use a new mask each day or sanitize their reusable mask between trainings.
- Hand sanitizer
- Disinfectant wipes
- Small, individual posters or stacks of 8.5”x11” printer paper. Adult Advisors and Peer Leaders will no longer be sharing one large poster for the Poster Activity.
- Individual, sanitized sets of markers or crayons for each participant to keep throughout the training.
- Recommended: no-touch thermometer

Items to Refrain from Using in Trainings:
- Microphone (the Trainer may use a microphone, however, it should not be passed around)
- Parachutes
- Balls
Items to Use at Trainer’s Discretion in Trainings:

- Cups (for CUPS game): if they are unopened prior to the training and thrown away after use.
- Prizes (individually wrapped sunglasses, frisbees, and pop sockets): if they are sanitized properly according to CDC guidelines.

Training Space and Materials:

- Schools should disinfect chairs and place them six feet apart in a circle prior to the training. Students will keep the chair they choose when they arrive and create a second name tag to mark their chairs.
- Games will be accommodated to meet physical distancing requirements. See the “Games” section for details.
- The school and/or Adult Advisors will be responsible for regularly disinfecting surfaces throughout the trainings including tables, chairs, door handles, bathrooms, and other high-touch surfaces.
- Sets of sanitized markers or crayons should be provided individually to Peer Leaders and Adult Advisors to keep throughout the training to prevent contact spread. Trainers or the school are responsible for providing these markers or crayons to distribute to Peer Leaders and Advisors. Adult Advisors and Peer Leaders will be responsible for keeping track of their own crayons or markers throughout the training. After the training, Trainers can disinfect crayons or markers or allow participants to keep them after the training.
- Individual posters or sheets of printer paper should be distributed to students for the Poster Activity to maintain physical distancing.
- Peer Leader Guides should be distributed individually and participants will be asked to keep their own Peer Leader guide throughout the day. Each individual should write their name on their Peer Leader Guide. If an Adult Advisor or Peer Leader loses their guide, they will receive a new one.
- If prizes are distributed, they should be sanitized and transferred to the school with little to no contact. The Trainer should wear gloves to line the prizes on a sanitized table and send participants to pick out a prize throughout the training.

Health and Safety Precautions throughout the Training:

- We are joining public health officials in reminding people to engage in the following behaviors to promote mitigation and containment efforts as promoted by the CDC.
- All participants will be required to wear a mask throughout the duration of the Adult Advisor and Peer Leader trainings, the school should have additional masks available if a participant loses, damages, or forgets their mask.
- Additional breaks will be scheduled for frequent hand-washing and sanitization of the training space. It is recommended that the school provides handwashing and hand sanitizer stations.
- Participants should maintain a distance of at least six feet from other participants at all times during the training.

Lunch and Break Precautions and Recommendations:

- Follow CDC precautions around food and breaks. Teams have the option of participants bringing their own packed lunches or having all lunch and snack items individually packaged. If providing meals, servers should wear gloves and prepare individual plates and utensils.
- Students should maintain physical distancing precautions during lunch as masks will be removed.
- If food is provided, it is recommended that schools place physical markers, such as tape on the ground or signs on the walls, to guarantee that participants are standing six feet apart.
- During lunch and breaks, participants will divide into three groups to minimize crowding (i.e., Group 1 will use the restroom, Group 2 will wash their hands, and Group 3 will grab a snack, then switch).
The Adult Advisor training will undergo the following adaptations and accommodations:

Pre-Training Considerations:
- Review the “Training Logistics” section for recommendations and adaptations.
- See the “Games” section for changes to games.
- Trainers should pack campaign materials, sets of markers/crayons, and any additional training materials in a clean, disinfected environment, making sure to wash their hands thoroughly before and after packing materials. Transferring materials to the school should include limited physical contact.

Training Set-Up:
- Ensure chairs are in a circle six feet apart and disinfected.
- Remind all participants to wear a mask throughout the training.
- Provide each Adult Advisor with a sanitized set of markers or crayons and a sheet of printer paper. Adult Advisors will keep the same set of markers for the duration of the training. If reusing markers/crayons, sanitize them after the training.

<table>
<thead>
<tr>
<th>MODULES</th>
<th>ADAPTATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>Review Physical Distancing guidelines for training.</td>
</tr>
<tr>
<td>Chair Game</td>
<td>Replace with Modified Chair Game or Wheel House Connection. See the “Games” section for adaptations.</td>
</tr>
<tr>
<td>Brief Overview of History and Philosophy</td>
<td>No changes to content.</td>
</tr>
<tr>
<td>Upstream Parable</td>
<td>No changes to content.</td>
</tr>
<tr>
<td>Bridging the Gaps</td>
<td>No changes to content.</td>
</tr>
<tr>
<td>Sources of Strength Model</td>
<td>No changes to content.</td>
</tr>
<tr>
<td>Intro Game</td>
<td>See the “Games” section for intro game adaptations.</td>
</tr>
<tr>
<td>Social Network Theory</td>
<td>No changes, but use discretion when discussing “spread of a disease”</td>
</tr>
<tr>
<td>Research</td>
<td>No changes to content.</td>
</tr>
<tr>
<td>Interconnected Risk &amp; Protective Factors</td>
<td>No changes to content.</td>
</tr>
<tr>
<td>Talking Circle</td>
<td>No changes to content.</td>
</tr>
</tbody>
</table>

Setlist Adaptations for Adult Advisor Training
<table>
<thead>
<tr>
<th>MODULES</th>
<th>ADAPTATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poster Activity</td>
<td>• Use unopened markers, disinfected markers, or individually wrapped crayons. Ask participants to only use the marker distributed to them.</td>
</tr>
<tr>
<td></td>
<td>• Use individual posters or printer paper sheets instead of large poster pads.</td>
</tr>
<tr>
<td></td>
<td>• Individual posters will create a collage or mural on the wall.</td>
</tr>
<tr>
<td>Lap 1</td>
<td>No changes to content.</td>
</tr>
<tr>
<td>Lap 2 &amp; 3 Summary</td>
<td>No changes to content.</td>
</tr>
<tr>
<td>Leading Small Group Discussions</td>
<td>No changes to content.</td>
</tr>
<tr>
<td>Quick Change/Line Up</td>
<td>Keep lines six feet apart on all sides.</td>
</tr>
<tr>
<td>Discuss Recent Concerns/Protocol Review</td>
<td>No changes to content.</td>
</tr>
<tr>
<td>Adult Advisor Expectations</td>
<td>Content will be added to address COVID-19 recommendations for the Peer Leader training. Sources of Strength's response to COVID-19, and Sources of Strength's work during this time.</td>
</tr>
<tr>
<td>Peer Leader Mission and Messaging Campaigns</td>
<td>Content will be added to discuss how to maintain physical distancing during meetings and campaigns.</td>
</tr>
<tr>
<td>Culture Change and 3 Leadership Styles</td>
<td>No changes to content.</td>
</tr>
<tr>
<td>Messaging Philosophy</td>
<td>No changes to content.</td>
</tr>
<tr>
<td>Brainstorm/Planning Meeting &amp; Schedule</td>
<td>Review physical distancing guidelines for meetings and campaigns.</td>
</tr>
<tr>
<td>Adult Advisor Field Guide/ Website Sign-up</td>
<td>Provide Field Guides and campaign materials following CDC recommendations. Review COVID-19 response resources.</td>
</tr>
</tbody>
</table>
The Peer Leader training will undergo the following adaptations and accommodations

Pre-Training Considerations:
• Year One Peer Leader recruitment should be capped to account for safe physical distancing. In-person trainings should accommodate 25-30 Peer Leaders and 3-5 Adult Advisors.
• Year Two and Three schools with larger teams could be given the option of holding one training of 25-30 Peer Leaders and 3-5 Adult Advisors, two separate trainings of 25-30 Peer Leaders, and 3-5 Adult Advisors per group, or an online training to accommodate for all Peer Leaders and Adult Advisors.
• Trainers should pack campaign materials, sets of markers/crayons, and any additional training materials in a clean, disinfected environment, making sure to wash their hands thoroughly before and after packing materials. Transferring materials to the school should include limited physical contact.

Training Set-Up:
• Recommend holding Peer Leader trainings in large, well-ventilated spaces such as gyms and cafeterias to increase physical distancing.
• If there is no space available at the school, teams can consider training at a local community center, faith center, local business, etc.
• Ensure chairs are in a circle six feet apart and disinfected.
• Remind all participants to wear a mask throughout the training.
• Provide each participant with a sanitized set of markers or crayons, a sheet of printer paper, and one Peer Leader Guide. Adult Advisors will keep the same set of markers for the duration of the training. If reusing markers/crayons, sanitize them after the training.
• Ensure surfaces are regularly disinfected throughout the training, including tables, chairs, door handles, bathrooms, and other high-touch surfaces.

SETLIST ADAPTATIONS FOR PEER LEADER TRAINING

<table>
<thead>
<tr>
<th>MODULES</th>
<th>ADAPTATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome and Introduction</td>
<td>Do not have participants turn to a neighbor and give them a high five or fist bump. Consider having participants wave at someone across the circle instead.</td>
</tr>
<tr>
<td>Chair Game</td>
<td>Replace with Modified Chair Game or Wheel House Connection. See the “Games” section for adaptations.</td>
</tr>
<tr>
<td>Intro Game</td>
<td>See the “Games” section for intro game adaptations.</td>
</tr>
<tr>
<td>Talking Circle</td>
<td>No changes</td>
</tr>
<tr>
<td>Poster Activity</td>
<td>• Provide participants with a sanitized set of markers or crayons and one sheet of printer paper sheets, do not use groups or large poster pads.</td>
</tr>
<tr>
<td>MODULES</td>
<td>ADAPTATIONS</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>(Poster Activity Continued)</td>
<td>• Tape individual posters on the wall to create a collage or mural.</td>
</tr>
<tr>
<td>High-Energy Game</td>
<td>See the &quot;Games&quot; section for adaptations.</td>
</tr>
<tr>
<td>Lap One</td>
<td>• No changes to content.</td>
</tr>
<tr>
<td></td>
<td>• Do not pull participants close together for sharing.</td>
</tr>
<tr>
<td></td>
<td>• Peer Leaders will write their names on their individual Peer Leader Guides and keep their guide for the duration of the training.</td>
</tr>
<tr>
<td>Lap Two</td>
<td>• No changes to content.</td>
</tr>
<tr>
<td></td>
<td>• Do not use a parachute.</td>
</tr>
<tr>
<td>Lap Three</td>
<td>No changes to content.</td>
</tr>
<tr>
<td>Small Groups</td>
<td>Keep groups six feet apart on all sides.</td>
</tr>
<tr>
<td>Rock Paper Scissors</td>
<td>Keep groups/teams six feet apart on all sides.</td>
</tr>
<tr>
<td>Quick Change/Line Up</td>
<td>Keep lines six feet apart on all sides.</td>
</tr>
<tr>
<td>Risk Factors and Warning Signs</td>
<td>No changes to content.</td>
</tr>
<tr>
<td>Peer Leader Mission</td>
<td>No changes to content.</td>
</tr>
<tr>
<td>Brainstorming</td>
<td>• Designate one person to touch the paper as a scribe for the whole group.</td>
</tr>
<tr>
<td></td>
<td>• Peer Leaders can also write ideas on post-it notes and individually place them on the poster.</td>
</tr>
<tr>
<td>Favorite Part/Naming Trusted Adult</td>
<td>If writing Thank You cards, have participants use a sanitized set of markers or crayons.</td>
</tr>
<tr>
<td>Group Photo, Closing Story, and Goodbye</td>
<td>• Do not take a photo with students standing less than six feet apart from each other.</td>
</tr>
<tr>
<td></td>
<td>• Consider making a physically distant group video with a cheer.</td>
</tr>
</tbody>
</table>
Games are just as important, even when played at a physical distance! Here are the accommodations for our games. Participants should stay six feet apart during games. You can make markers using tape, dots, or sticky notes to easily maintain physical distance.

### Do Play these Games!
- Modified Chair Game
- Modified CUPS
- Modified Gotcha
- Puzzle Piece Match-Up
- Modified Group Charades
- Modified Jump In Jump Out
- Modified Rock Paper Scissors
- Yeehaw
- Gorilla
- Modified Human Bingo
- Wheel House Connection
- Maze
- Quick Change/Line Up
- Dance Master
- Dancing Pass
- 123 Look
- "Nine Dots" Brain Teaser for Adult Advisor trainings

### Stop Playing these Games!
- Thumper
- Walk Around Cool
- Blizzard
- Hog Call
- Chair Game
- Ninja

### Maybe Play these Games!
- Modified Shoe Kick
- Invisible Ball Toss

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### GAMES VARIATIONS

**MODIFIED CHAIR GAME**

With participants sitting in their chairs, ask several leading prompts, one at a time:
- "If you have a dog ... stand up behind your chair and make a barking noise."
- "If you have a cat ... stand up and do your favorite TikTok dance."
- "If you have a turtle ... sit down in front of your chair and make a turtle sound."
- "If you don't have any pets ... do something funny with your arms."
- "If you are an only child ... turn around in your chair."

After each round, have the "winners" introduce their names and pronouns, their grade, and either something fun they have done recently or their favorite food.

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**MODIFIED CUPS**

Everyone will be given their own cup from an unopened package. Participants will still match up with one other opponent, but they will stand six feet apart with a third party referee as judge. Whoever grabs their own cup first wins the round and advances.

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**MODIFIED GOTCHA**

Participants will use their own markers and will be asked to try to catch them at different heights.
- "Hold your marker at your chest. Drop it six inches and catch it at your belly button."

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• “Hold your marker at your chest. Drop it and catch it at your knees.”
• “Hold your marker at your head height. Drop it and catch it at your feet.”
• “Throw your marker above your head and catch it standing on one foot!”
• “Throw your marker above your head and catch it while squatting!”
• “Catch your marker with your eyes closed!”

**PUZZLE PIECE MATCH-UP**

Participants will each be given a word that pairs with another word given to another participant in the circle. Once participants find the person whose word pairs with theirs, they will introduce themselves and each tell one truth and one lie. Word pair examples:

- Peanut butter / Jelly
- Thunder / Storm
- Cuppa / Tea

**MODIFIED GROUP CHARADES**

**Variation:** The two guessers will stand in the middle of the circle and all the other students will be at their chairs.

**Rule:** You must be touching your chair at all times!

**Variation:** Split Peer Leaders into at least four teams. Use dots, sticky notes, or markers to position each student. You cannot leave your dot!

**MODIFIED JUMP IN JUMP OUT**

Peer Leaders will form multiple circles of about 10 people. Stand six feet apart, make smaller jumps, and don't hold hands!

**MODIFIED ROCK PAPER SCISSORS**

**Variation:** Set up like Quick Change. Ask Peer Leaders to form two lines across from each other (six feet apart on all sides). Peer Leaders will compete with the person across from them and go back to their chair to cheer.

**Variation:** Full body Rock Paper Scissors from six feet apart!

**MODIFIED HUMAN BINGO**

Stay six feet apart as you ask questions about each other! Sign your own card with other people’s names when they answer a question for your card.

**MAZE**

Peer Leaders will find a partner. One partner will close their eyes and stand at the beginning of an obstacle course of objects strewn about. The other partner will guide them through the maze using only their voice.

**QUICK CHANGE/LINE UP**

Stay six feet apart! Don’t have participants form a tunnel or give high fives or fist bumps. If required to keep masks on for the whole training, specify that participants can’t take off their masks.
**DANCE MASTER:**
Make your circle HUGE! Stay six feet apart!

**DANCE PASS:**
One person will start with a dance move. The person to their left has to repeat the first dance move then add a second. The next person has to repeat the first two dance moves then add a third. Go all the way around the circle until everyone has danced. Stay six feet apart!

**123 LOOK**
Only play this game with groups of less than 10, each standing six feet apart.

**“NINE DOT” BRAIN TEASER FOR ADULT ADVISOR TRAININGS**
Have Adult Advisors use their own paper and marker. The object of the game is to connect all nine dots without overlapping your lines!

**MODIFIED SHOE KICK**
Participants will throw their shoes outside the circle instead of into the middle (to minimize physical contact). Participants will grab their own shoes instead of someone else’s. The teaching point still holds!
**Variation:** participants can still tell one truth and one lie to another participant while they are up and moving around.

**INVISIBLE BALL TOSS**
Participants stand six feet apart in a circle. Each participant will come up with a dance move for themselves. Each participant will say their name and do their own dance move, then “pass the ball” by saying the name of another participant and doing their dance move.
The purpose of the game is to see how quickly you can “pass the ball” in the same order!
**Variation:** participants stop saying names but just memorize dance moves to “pass the ball.”
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.