

# Idaho Peace Officer Standards and Training

## SAFETY AND HEALTH PROTOCOLS

As a result of the current COVID-19 pandemic situation, Idaho POST has implemented increased safety and sanitation protocols to help protect the safety and health of all students and staff on the POST campus.

The purpose of this document is to communicate those protocols and to convey expectations of all persons involved in the delivery of training. Adjustments to any or all of these plans or protocols will be made as necessary in order to comply with new or updated guidelines issued by the CDC or State of Idaho, or as deemed necessary by POST.

**IMPORTANT NOTE:** While the implementation of the additional safety and health protocols explained in this document are intended to mitigate the risk of spreading or contracting the COVID-19 virus, POST cannot eliminate these risks. Individuals may carry the virus with no signs or symptoms and be contagious for 2 to 14 days. **All students and staff retain personal responsibility for their individual health and safety. Any individual who feels unsafe or experiences any symptoms of illness at any time during the delivery of this training, or any event associated with training is required to cease engagement in any or all activities and to immediately notify a POST staff member of his/her concerns.**

### Section 1 - CDC Guidance:

POST adopts guidance from the Center for Disease Control and Prevention (CDC), the Idaho Rebounds Plan and the Idaho Division of Human Resources (DHR) on how to protect oneself and others from the COVID-19 virus.

This guidance includes:

- Knowing how the virus spreads
- Frequent hand washing/sanitation
- Avoiding touching one's eyes, nose or mouth with unwashed/unsanitized hands
- Avoiding close contact with other people by maintaining a 6 foot distance
- Covering one's mouth and nose with a cloth cover when around others
- Covering coughs and sneezes using a tissue or the inside of one's elbow
- The frequent cleaning and disinfecting of regularly touched surfaces including regularly washing masks

In addition, the CDC recommends an awareness of COVID-19 symptoms and the constant self-monitoring signs of illness. Symptoms may appear 2-14 days following exposure to the virus and may vary from mild to severe.

Symptoms include:

- Cough
- Shortness of breath
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Source: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>

The following are **emergency warning signs** and symptoms of COVID-19 that may suggest the need for urgent medical attention:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to be awakened
- Bluish lips or face

## **Section 2: Changes to the Delivery of the Basic Academy Courses to Mitigate COVID-19**

### **Risks:**

- Upon arrival at the academy, students, instructors, role players and graders must submit to a screening questionnaire.
- All students and staff requiring lodging during the training will be placed in a single-occupancy room, with access to a bathroom. Cleaning/sanitation of individual rooms remain the responsibility of the occupant. EPA-approved cleaning and sanitation supplies will be made available by POST.
- Effectively immediately and until further notice, ALL basic academy sessions will be limited to a maximum of 32 students to facilitate social distancing in classrooms and the cafeteria, and to minimize crowd size during most training events.
- Airflow will be increased by opening doors when possible and transferring training events outdoors when appropriate.
- Personal protective equipment (PPE) will be the responsibility of each student, instructor, actor and grader. Hourly breaks will be built into all close contact training events (training occurring within six feet of another person) to allow for the decontamination, cleaning and sanitation. Students will be assigned training partners to complete all close contact training to minimize cross-contamination.
- The wearing of nitrile gloves and face masks will be at the discretion of the academy coordinators as appropriate for specific training events. Leather duty gloves cannot be substituted for nitrile gloves. POST requires each agency to provide their officers with a minimum of two reusable masks and a supply of nitrile gloves to bring with them to their academy training. If you cannot wear a mask for medical reasons, contact a POST staff member. Students will be directed to contact their agency's human resources department to request an accommodation under the Americans with Disabilities Act ("ADA").
- The temperature of all students and staff will be taken at the beginning of the each day, and again after lunch using a non-contact thermometer. This can be done by student squad leaders, who will report back to the Class Officer in Charge (OIC). The OIC will then report back to POST staff. Students or staff with a temperature of 100.4 F or above will be removed from training activities pending further medical evaluation.
- Restrictions and increased scheduling and sanitation measures have been implemented for use of the Academy gym or recreational equipment.

- The POST cafeteria will prepare meals. Meal times will be staggered to limit cross-contamination and to allow for appropriate social distancing. It is recommended students eat outdoors or in their dorm rooms.
- Students or staff members who report or demonstrate signs of illness will be sent home until further medical evaluation can be conducted. A written release from a medical doctor may be required prior to allowing a student or staff member to reengage in training.
- Notification will be made by POST staff to students and their employing agencies following the demonstration of signs of illness or elevated temperature in a student, staff member or campus visitor. Individuals identified as close contact with a positive COVID-19 individual will be separately notified by public health.

### **Section 3 - POST Implementation of Best Practices/Safety Protocols:**

The COVID-19 virus is thought to be spread mainly from person to person through respiratory droplets produced when a person coughs, sneezes or talks. Recent studies have suggested the virus may be spread by people not showing any symptoms of illness.

POST recommends all students and staff treat all interactions with others as a potential asymptomatic carrier of the virus and follow the CDC guidelines.

#### Self-Monitoring

Self-monitoring for signs of illness is essential for the safe delivery of any training. **Any individual experiencing any symptoms of illness must remove themselves from training and report their symptoms to a POST staff member immediately. Emergency personnel will be contacted in response to individuals displaying emergency warning signs or symptoms.**

#### Hand Washing/Sanitization

Hands should be washed with soap and water for at least 20 seconds. If handwashing is unavailable, a hand sanitizer that contains a concentration of alcohol of 60% or greater should be used, rubbing hands until dry.

Students and staff will be encouraged to wash or sanitize their hands frequently throughout the day, especially after touching any exposed hard surface, such as door knobs and light switches.

To assist these efforts, POST:

- Has incorporated extra time for hand sanitation into each portion of the training schedule;
- Has placed hand sanitizing stations strategically throughout the campus; and
- Is recommending students and staff also have on their person a small bottle of hand sanitizer to be sure protocols are followed when not in close proximity to a sink or sanitizing station. (Note: Due to supply shortages, these cannot be provided by POST.)

The increase of hand washing and additional use of alcohol based sanitizers can result in lost moisture of the skin. POST recommends students and staff use a skin moisturizing ointment or cream to combat dry, cracked skin.

#### Social Distancing

During all on-campus events, POST requires social distancing of at least six feet in accordance with state and federal guidance. Mealtimes, lodging accommodations and most training events have been carefully designed to ensure this distance can be observed. Extra precautions will be observed when training events require contact closer than six feet.

Students and staff will be required to practice self-discipline and awareness to avoid personal contact and maintain the required social distancing.

All students and staff are strongly advised to maintain social distancing practices when not present on the POST campus to prevent contamination.

#### *Cloth Face Coverings*

Students, instructors, actors and graders are required to provide their own reusable cloth masks for use when social distancing of six feet cannot be observed. It is recommended cloth masks be washed each evening and allowed to air dry overnight.

#### *Sanitation/Disinfection: Training Venues*

The ISP/POST facilities staff work to ensure all areas of the campus remain safe through rigorous daily cleaning, sanitizing and disinfecting schedules.

While the Facilities staff will continue their diligent efforts, students and staff will be required to assist in these efforts by individually ensuring the routine cleaning and sanitation of various areas and equipment. EPA-approved cleaning and sanitation supplies will be made available by POST at all training venues. Students and staff will be required to wipe down desks, tables and other equipment before and after each training event.

#### *Sanitation/Disinfection - Equipment*

Students and staff who have been issued or have purchased equipment for training (i.e. restraints) will be required to keep their equipment sanitized after each use. EPA-approved cleaning and sanitation supplies will be available by POST at all training venues, as well as in the dormitories.

Students and staff will be issued portable radios and other necessary gear for use throughout the training. Students and staff will be responsible for the care, maintenance and sanitizing of this equipment under the same guidelines.

Students or staff should not borrow from or loan equipment to another person unless absolutely necessary, to include pens, safety gear, etc. If it is necessary to share equipment, the equipment should be thoroughly sanitized and disinfected prior to transfer and again upon its return.

#### *Hallways/Stairways*

Students and staff should avoid close contact in hallways. Congregation in hallways or otherwise hindering the free flow of persons and equipment is prohibited. Breaks should be taken outdoors unless weather does not permit. Use of the restroom should be done immediately and then the remainder of a break should be held outside. Different academy sessions should not congregate during breaks.

Students and staff should walk next to the walls to their right when moving about to provide the appropriate amount of distance when meeting others.

#### *Classrooms*

All classroom activities will respect social distancing guidelines.

Effectively immediately and until further notice, ALL basic academy sessions will be limited to a maximum of 32 students to facilitate social distancing in classrooms, the cafeteria and to minimize crowd size during most training events.

### Dormitory

Dormitory rooms will be single occupancy. Students will be responsible for the daily cleaning and sanitation of their living space and bathroom. EPA-approved cleaning and sanitation supplies will be provided by POST.

Students are prohibited from visiting/socializing inside dorm rooms not assigned to them. The use of the lounges and laundry room, including entertainment equipment; pool table and foosball table is allowable only when its use can be done while respecting social distancing protocols. Students who use this area or any equipment will be required to thoroughly clean and sanitize all areas and equipment used. Dormitory lounges and laundry rooms will be cleaned and sanitized daily.

### Reception Desk

To ensure the proper social distancing only one person at a time will be permitted at the reception desk.

### Gym Use

The gym will be made available within the capacity of safe social distancing protocols and proper cleaning and sanitation.

### Meals & Refreshments

Academy meal times will be staggered to minimize cross-exposure and contamination and to allow for appropriate social distancing. It is recommended students eat outdoors or in their dorm rooms.

### **References:**

CDC Symptoms for Coronavirus

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

CDC Protect Yourself and Others

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

CDC Cloth Face Coverings

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

CDC Cleaning and Disinfecting

<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

CDC Cleaning Vehicles

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/disinfecting-transport-vehicles.html>

Stages of Reopening: Idaho Rebounds

<https://rebound.idaho.gov/stages-of-reopening/>

## Idaho Peace Officers Standards and Training

Additional Training Venue Safety and Health Protocols In the interest of current health and safety standards as a result of the COVID-19 virus, POST has implemented additional protocols to reduce the potential for infection from the Coronavirus pandemic.

- Issuance of individual radios, safety equipment, SimGuns with blanks, and other items.
- Safety/Health Screening upon entering campus.
- Entry to and exit from buildings via bay doors rather than man doors when available. If the building has no bay doors, man doors can be propped open.
- Assignment of partnered students for the duration of training.
- Handcuffs and other implements if used on someone, will be sanitized after each use.
- If applicable, scenarios will be stopped at the time of potential contact.
- Maintain six foot social distancing whenever possible.
- PPE required for training not within six feet social distancing guidelines, i.e., Defensive Tactics, Handcuffing, potential for confrontation scenarios.
- Open air training when feasible.
- Personal equipment and issued equipment decontaminated by student each night, neck guard, gloves, masks, handcuffs, etc.
- Reduced student training groups whenever possible.
- Sanitation supplies at each training venue.
- Vehicle sanitation guideline / checklist.
- Hydration fluids to be brought by the students / staff.
- No loaning or sharing of equipment unless necessary, and sanitizing will take place before and after the use.

Each training venue coordinator has put together modified training plans to accommodate a safer training environment.

# State of Idaho

## Peace Officers Standards and Training

### Acknowledgement of Health and Safety Protocols

I, \_\_\_\_\_, hereby affirm I have read, understand and will abide by the health and safety protocols as outlined in the attached documents.

I understand this is a fluid transition back to training, and that training and/or safety and health protocols may change at any time to ensure the training is valid and the health and welfare of all is taken into consideration.

I understand that risk of physical injury or exposure to illness cannot be completely mitigated during the delivery of and participation in this training. I understand my individual health and safety remains my personal responsibility and will immediately notify a POST staff member if I feel unsafe or ill at any time before any training event, during any training event, or in any environment associated with this training.

I affirm that I am not sick at this time and have not been diagnosed with or in contact with another individual confirmed positive with COVID-19 with the last 14 days. I will self-monitor for symptoms related to the COVID-19 virus throughout my participation in this training program, and my stay on the Idaho POST campus.

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Signed

Date

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Printed Name

## COVID-19 Questionnaire – POST

### COVID-19 Questionnaire (initial in-depth questionnaire)

1. Have you had any signs or symptoms of a fever in the past 48 hours such as chills, sweats, felt “feverish” or had a temperature  $\geq 100.0$ . YES / NO
  - If YES, what was the temperature? \_\_\_\_\_
  
2. Do you have any of the following symptoms (compatible with COVID-19)?
  - Cough YES / NO
  - Shortness of breath or chest tightness YES / NO
  - Headache YES / NO
  - Fatigue YES / NO
  - Sore throat YES / NO
  - Nasal congestion/runny nose YES / NO
  - Loss of taste and/or smell YES / NO
  - Myalgia (body aches) YES / NO
  - GI symptoms (nausea, vomiting or diarrhea) YES / NO
  
3. Have you had confirmed COVID-19 illness, or been tested for COVID-19? YES / NO
  - If YES, please describe:  
\_\_\_\_\_  
\_\_\_\_\_
  
4. Have you been exposed to someone with confirmed COVID-19 infection, or someone who has had symptoms compatible with COVID-19 within the past 14 days? YES / NO
  - If YES, please describe:  
\_\_\_\_\_  
\_\_\_\_\_
  
5. Are any members of your household or close contacts on quarantine for exposure to COVID-19? YES / NO
  - If YES, please describe:  
\_\_\_\_\_  
\_\_\_\_\_
  
6. Have you traveled internationally or outside of Idaho in the past 14 days? YES / NO



**Name:** \_\_\_\_\_

**POST ID:** \_\_\_\_\_

**Discipline/Session:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## COVID-19 Questionnaire (Daily Questionnaire)

1. Have you been in contact with anyone who has tested for Covid-19 within the past 72 hours? YES / NO
  - If YES, what were the results POSITIVE / NEGATIVE / RESULTS NOT BACK YET
  
2. Have you had any signs or symptoms of a fever in the past 24 hours such as chills, sweats, felt “feverish” or had a temperature  $\geq 100.0$ . YES / NO
  - If YES, what was the temperature? \_\_\_\_\_
  
3. Do you have any of the following symptoms?

• Cough	YES / NO
• Shortness of breath or chest tightness	YES / NO
• Headache	YES / NO
• Fatigue	YES / NO
• Sore throat	YES / NO
• Nasal congestion/runny nose	YES / NO
• Loss of taste and/or smell	YES / NO
• Myalgia (body aches)	YES / NO
• GI symptoms (nausea, vomiting or diarrhea)	YES / NO

# COVID General Guidelines

All students and employees will be responsible for monitoring their health on a daily basis and will be provided information about what to do if they feel ill or are experiencing COVID-19 symptoms. This guideline will serve as the general protocol to follow if an academy student begins to experience symptoms of COVID-19.

When POST is made aware of a symptomatic student, the student will contact Emergency Responders Health Center (ERHC) at (208) 229-3742 to schedule an in-person or TeleVisit appointment. When an appointment has been made, a drive-through procedure will be performed at ERHC located at, 9976 Emerald Street in Boise. The student will remain in quarantine in their single occupancy dorm room until their test results have been received by POST staff. If the results are positive, the student will be required to go into isolation to protect the health and wellbeing of the rest of the campus. Also, the student's employing agency will be notified as well as the Idaho State Police's Human Resources Department. The student will be required to stay in their room until all of the following conditions have been met:

- At least ten days have passed since the onset of the symptoms,
- No fever for at least 24 hours without Tylenol/NSAIDS,
- Progressive improvement of ALL symptoms

During Isolation, the student may not leave their room except if directed to do so by a member of the POST staff. The student may observe classes via live-stream if applicable. The type of classes being taught at the time of quarantine will determine whether the student will be able to continue in the academy (via live-stream) or be disenrolled.

Additional students, staff and instructors will be identified that came into close contact with the student(s) who tested positive. As per the Centers for Disease Control and Prevention, close contact is being defined as being within six feet of the infected individual for at least 15 minutes without the use of a facial covering.

If a student(s) tests positive, the academy may cease training for the remainder of the day. A deep cleaning of the impacted areas will be implemented immediately.

If the results are negative, under most circumstances the student will be allowed to continue training with the academy.

These general guidelines are on a case by case basis and are subject to change. POST will continue to monitor the level of risk and take reasonable precautions as needed to protect students and staff.