

YOUNG MISSIONAL MOVEMENT (YAMM) COMMUNITY Policy & PROCEDURE FOR COVID-19 PROGRAM YEAR 2020 - 2021

The Board of Directors of the Young Adult Missional Movement have prepared these guidelines to help young adults participating in the year long program prepare for coronavirus disease 2019 (COVID-19) and related issues.

Please keep in mind that the situation is rapidly evolving. Additional information about COVID-19 is available and consistently updated from the following sources:

- U.S. Centers for Disease Control and Prevention (CDC)
www.cdc.gov/coronavirus/2019-ncov/index.html
- World Health Organization (WHO) www.who.int/emergencies/diseases/novel-coronavirus-2019
- American College Health Association (ACHA)
<https://www.acha.org/COVID-19>

Introduction

¹COVID-19 is a respiratory illness that can spread from person to person. A novel coronavirus called SARS-CoV2 is the cause of COVID-19 and the outbreak was first recognized in China in December 2019. The clinical spectrum of COVID-19 ranges from mild disease with non-specific signs and symptoms of acute respiratory illness to severe pneumonia with respiratory failure and septic shock.

Frequently reported signs and symptoms include fever, cough, myalgia or fatigue, and shortness of breath at illness onset. The fever course among patients with COVID-19 is not fully understood; it may be prolonged and intermittent. Sore throat has also been reported in some patients early in the clinical course. Less commonly reported symptoms include sputum production, headache, hemoptysis, and diarrhea.

The incubation period is estimated at approximately 5 days (95% confidence interval, 4 to 7 days). Some studies have estimated a wider range for the incubation period. Data for human infection with other coronaviruses (e.g., MERSCoV, SARS-CoV) suggest that the incubation period may range from 2-14 days. There have also been reports of asymptomatic infection with COVID-19.

Source: https://www.acha.org/documents/resources/guidelines/ACHA_Preparing_for_COVID-19_March-3-2020.pdf)

Before arrival:

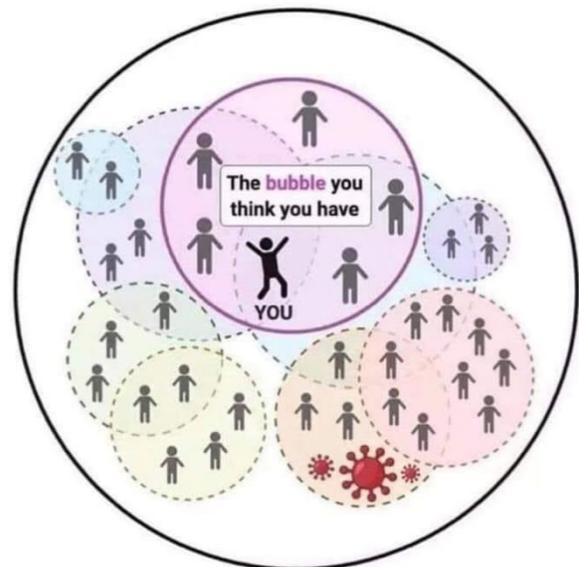
- Get a test and a negative result before traveling to YAMM house.

Upon arrival:

- Stay in your room for 10-14 days. Masks are to be worn in common areas.
- On day 5 and day 8 you are to get tested, if negative the quarantine is lifted (Note the time to receive results may vary)
- Connect over video only.
- During this time of quarantine, you are to stay at home and not leave the house unless it is to get tested. We will use video chats for training and community building.

During the year:

- One person per room
- Complete Contact Tracing form daily, to include ALL interactions.
- Daily cleaning and disinfecting are an important part of reducing the risk of exposure to COVID-19
 - Surfaces frequently touched throughout the house by multiple people, such as door handles, desks, phones, light switches, and faucets, should be cleaned and disinfected at least daily.
 - Shared bathrooms are especially critical for regular sanitizing
- The YAMM office will get a copy of the site COVID and other safety protocols, written in an email at a minimum.
- As soon as the weather temperatures allow, the AC should be shut off and windows opened. Even if it's just nighttime temperatures, fresh air should be circulated as often as possible.
- Determine your "Bubble" Who is in your inner circle? Your bubble is a cluster of people besides your housemates, with whom you spend safe close time. This group of friends have committed to keeping one another safe. These are people outside your co-workers. Your bubble shouldn't be bigger than 6, otherwise it increases exposure and defeats the purpose.



The bubble you **actually** have

Travel:

- Until further notice, you are asked NOT to travel. If permission on a case-by-case basis is approved, you will need to quarantine for a minimum of 10-14 days at your own expense upon your return, then be tested. Proof of (2) negative tests is required.

Daily practices:

- Wear your mask.
- Avoid close contact with people who are sick.
- Take temperature daily, either at work or home. Record it daily.
- Leave shoes at the front door
- Remove clothing and shower upon arrival
- Wear cloth face covering and social distancing (specifically, staying 6 feet away from others when you must go into a shared space)
- Clean your hands often, soap and water for 20 seconds is the recommended best method. If you can't wash your hands, use hand sanitizer that contains at least 60% alcohol, rubbing your hands together until they're dry. Hand washing! Hand washing! Hand washing!
- Stay home when sick

Communicating and reporting to YAMM Director:

- Possibly exposed.
- If any contacts have tested positive.
- Provide testing results and dates.
- Provide the Daily Temperature Chart and the Contact Tracing form.
- The YAMM Director will help guide further reporting and further procedures such as cleaning, testing, and quarantining.

What happens if one YAMM Fellow:

- Is possibly **exposed** –
 - You and your housemates must quarantine as determined by your worksite. We have reviewed and approved your worksite's protocol.
 - Notify the YAMM Director.
 - Go for first round of testing. Retest as directed by YAMM Director.
- **Tests positive/no symptoms yet** –
 - Notify the YAMM Director.
 - You and your housemates must quarantine which may require you to quarantine in your bedroom at your house until you have (2) negative test results. Each house has created a quarantine guideline to keep everyone safe. Please follow guideline.
 - Your housemates must quarantine until they provide negative test results.
 - Go for re-testing between 3-4 days after receiving the result.

- **Actually, has symptoms –**
 - Check the list of symptoms at www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html
 - Notify the YAMM Director.
 - You and your housemates must quarantine.
 - YAMM fellow with symptoms and housemates must go for testing.
 - Quarantine 10 days after symptoms subside to preclude further spread.
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- **You get really sick with what you think is COVID –**
 - Notify the YAMM Director
 - You and your housemates must quarantine immediately
 - All go for testing
 - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/caring-for-yourself-at-home.html>
 - If you find it difficult to breathe, feel heavy heart issues- seek medical attention <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#seek-medical-attention>
 - Call ahead or call 911 depending upon severity.
 - Quarantine 10 -14 days after symptoms subside. Retest until you test negative

**Young Adult Missional Movement (YAMM)
Program Liability Release Waiver**

I, _____, being of sound mind and body, agree to participate in this opportunity knowing there are many dangerous situations and possibilities including natural disasters, densely populated neighborhoods, pandemic virus, political protests, contamination, neighborhood crimes, and/ or other unforeseen events, catastrophes or circumstances.

Participant's Name

Date

Participant's Signature

Young Adult Missional Movement (YAMM) COVID-19 Liability Release Waiver

The World Health Organization has declared the novel Coronavirus (COVID-19) a worldwide pandemic. Due to its capacity to transmit from person-to-person through respiratory droplets, the government has set recommendations, guidelines, and some prohibitions which the Young Adult Missional Movement (the "Organization") adheres to comply with.

In consideration of my participation in the foregoing, the undersigned acknowledge and agree to the following:

- I am aware of the existence of the risk of on my physical appearance and participation to the venue/location and my participation to the activity of the Young Adult Missional Movement that may cause injury or illness such as, but not limited to Influenza, MRSA, or COVID-19 that may lead to paralysis or death.
- I have not experienced symptoms of fever, fatigue, difficulty in breathing, or dry cough or exhibiting any other symptoms relating to COVID-19 or any communicable disease within the last 14 days.
- I have not, nor any member(s) of my household, traveled by sea or by air internationally within the past 30 days.
- I have not been, nor any member(s) of my household, diagnosed to be infected with COVID-19 virus within the last 30 days.

Following the pronouncements above I hereby declare the following:

- I am fully and personally responsible for my own safety and actions while and during my participation and I recognize that I may in any case be at risk of contracting COVID-19.
- With full knowledge of the risks involved, I hereby release, waive, discharge the Young Adult Missional Movement, its board, officers, independent contractors, affiliate, employee, representatives, successors, and assign from any and all liabilities, claims, demands, to any loss, damage, injury, or death, that may be sustained by me related to COVID-19 while participating in

any activity while in, on, or around the premises, or while using the facilities that may lead to unintentional exposure or harm due to COVID-19.

- I agree to indemnify, defend, and hold harmless the Young Adult Missional Movement of the United Methodist Church from and against any and all costs, expenses, damages, lawsuits, and/or liabilities or claims arising whether directly or indirectly from or related to any and all claims made by or against any of the released party due to injury, loss, or death from or related to COVID-19.

By signing below I acknowledge that I have read the foregoing Liability Release Waiver and understand its contents; that I am at least eighteen (18) years old and fully competent to give my consent; That I have been sufficiently informed of the risks involved and give my voluntary consent in signing it as my own free act and deed; that I give my voluntary consent in signing this Liability Release Waiver as my own free act and deed with full intention to be bound by the same, and free from any inducement or representation.

This waiver will remain effective until laws and mandates relevant to COVID-19 are lifted.

Participant's Name

Date

Participant's Signature
