



Health and Wellness Protocol for Training Activities

The following rules are intended to protect the health of our MSF training community and the students we serve, and to decrease the spread of communicable diseases including COVID-19.

These rules apply to **everyone** present at in-person training activities, including all MSF RiderCoaches, RERP training site personnel and students.

You must be in good health to participate in training activities. Range exercises can be strenuous and require physical stamina, motor coordination and mental alertness. Anyone not feeling well or exhibiting any sign/symptom of illness must not participate in classroom or range exercises, and must leave the training site immediately.

Self-Screening

At the start of every training day, you must self-screen for COVID-19 symptoms. People with COVID-19 may have a wide range of symptoms, including:

- Fever or chills
- Cough
- Shortness of breath or difficulty breather
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Source: [Centers for Disease Control and Prevention, Symptoms of COVID-19](#)

Stay away from the training site, consult a health care provider and get tested if you have any symptoms or are not feeling well.



Health Questionnaire

Truthfully answer the following 8 questions at the start of every training day. If you answer “YES” to one or more questions, you must stay away from the training site and notify the training sponsor.

YES	NO	
		Do you have a fever (100.4°F or higher) or a sense of having a fever?
		Do you have a new cough, shortness of breath, or difficult breathing that cannot be attributed to another health condition?
		Do you have any new chills, sore throat or loss of taste or smell that cannot be attributed to another health condition?
		Do you have any new muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise)?
		Do you have any nasal decongestion, runny nose, nausea, abdominal pain, diarrhea, vomiting, or new onset of poor appetite?
		Are you currently awaiting COVID-19 test results?
		Have you or anyone in your household had a positive test result for COVID-19 within the past 10 days?
		Have you had a close contact exposure (within 6 feet for 15 minutes or more) with someone in the past 14 days who is suspected or confirmed to have COVID-19?

Healthy Habits

The following good practices will help you prepare for successful training activities:

- Get plenty of rest, eat healthy meals and stay hydrated.
- Wash your hands regularly.
- Maintain physical distancing.
- Wear an approved N-95 mask, or equivalent.
- Avoid medications that might make you drowsy or impair training performance.
- Get tested if you are sick or believe you may have been exposed to COVID-19.