**MEMBERSHIP:**

Please use this guide to determine if it is safe for you to come to trainings and understand what procedures will be used during them.

**Symptoms Guidelines**

**Do not come to training if you are experiencing any of the following symptoms:**

* Cough
* Shortness of breath or difficulty breathing
* Fever
* Chills
* Muscle Pain
* Sore Throat
* New loss of taste or smell

**You may return to training under the following conditions:**

**If you have NOT had a COVID** test to determine if you are still contagious, you can return to training after these three things have happened:

1. You have had no fever for at least 72 hours without the use of medicine that reduces fevers.

**And**

1. Other symptoms have improved (for example, when your cough or shortness of breath have improved).

**And**

1. At least 10 days have passed since your symptoms first appeared.

**If you HAVE HAD a COVID test** to determine if you are still contagious, you can return to training after these three things have happened:

1. You no longer have a fever (without the use of medicine that reduces fevers).

**And**

1. Other symptoms have improved (for example, when your cough or shortness of breath have improved).

**And**

1. You received two negative tests in a row, at least 24 hours apart. Your doctor will follow CDC Guidelines.

**People who DID NOT have COVID-19 symptoms, but tested positive and have home isolated can return to training under the following conditions:**

1. If you have not had a test to determine if you are still contagious.
   1. At least 10 days have passed since the date of your first positive test.
   2. You continue to have no symptoms since the test.
2. If you have had a test to determine if you are still contagious.
   1. You received two negative tests in a row, at least 24 hours apart.

**Training Guidelines**

**Wash or Sanitize Hands upon arrival at Station.**

**Practice physical distancing between yourself and others (6’ apart) –** Some situations may require members to be in closer proximity due to the type and nature of the training. In these instances, safeguards and best practices will be utilized to protect members. (Gloves, Eye Protection, and Face Coverings).

**Do not share SCBA masks with another member.**

**Do not use equipment or facility spaces not designated for the training.**

**Upon completion of training, Clean or Sanitize Apparatus, Equipment, and Facility.**