

# Every Day Ready LLC, COVID-19 Response Policy

Due to the risk of transmission of COVID-19 in a training environment, EDR requires that all trainees adhere to our COVID-19 Response Policy. Our policy is designed to protect trainees, staff, and to reduce risk of transmission during EDR training operations.

## Required Practices

- **Self-assessment** - Trainees are responsible for performing a self-assessment prior to arrival to ensure that they do not exhibit any of the following COVID-19 symptoms. Trainees having one or more of the CDC COVID-19 symptoms listed below that are not confirmed as related to a pre-existing condition may NOT participate in training and are urged to seek medical care. Please note that the CDC reports it takes on average 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

Most common symptoms include:

- Fever
- Dry cough
- Fatigue

Less common symptoms:

- Headache
- Sore throat
- Loss of taste or smell
- Aches and pains
- Diarrhea
- Conjunctivitis
- A rash on skin, or discoloration of fingers or toes

Serious symptoms:

- Difficulty breathing or shortness of breath
- Chest pain or pressure
- Loss of speech or movement

- **Infected Persons** - Trainees who have been diagnosed as actively infected with COVID-19 are not permitted on EDR property under any circumstance and MUST NOT participate in EDR training activities. Get well first and you can train later.
- **Social Distancing** – Trainees should make all efforts to maintain social distancing separation whenever possible during training.
- **Hand Sanitizing** – Trainees may wash hands with soap & water at our wash station. EDR provides hand sanitizer for use by trainees.

## Optional and Recommended Practices

- **Masks** – Trainees should wear a mask if they fear any exposure or work close to others. If trainees do not have a mask, EDR has 3-ply masks in stock at the range site.
- **Direct Contact** - Minimize any direct physical interaction with others as much as possible during training.

## Certification of Fitness & Compliance

- I certify that I am not currently diagnosed as infected with COVID-19.
- I certify that in the last 14 days I have not been in direct contact with persons known to have COVID-19 symptoms or whom have tested positive for COVID-19.
- I certify that I have performed the self-assessment according to the CDC COVID-19 guidelines and that I do not currently exhibit any symptoms listed below:

Most common symptoms include...

- Fever
- Dry cough
- Tiredness

Less common symptoms...

- Aches and pains
- Sore throat
- Diarrhea
- Conjunctivitis
- Headache
- Loss of taste or smell
- A rash on skin, or discoloration of fingers or toes

Serious symptoms...

- Difficulty breathing or shortness of breath
- Chest pain or pressure
- Loss of speech or movement

- I certify that I will observe and obey the COVID-19 safety policy detailed in this document. I acknowledge that if I refuse that comply with the COVID-19 safety policy that EDR may ask me to discontinue training and leave the property without a refund.

- I certify that I will advise EDR staff if I observe any behavior by others that presents an increased risk of exposure to COVID-19 or that makes me uncomfortable. EDR staff can adjust methods and/or use appropriate PPE to address any unexpected situations that might create concern with trainees.

Trainee Name: \_\_\_\_\_

Trainee Signature: \_\_\_\_\_ Date: \_\_\_\_\_