



2021 Guidelines

Welcome to AutismUp at the Golisano Autism Center! We continue to stay focused on the steps needed to stay open. As always, safety is our number one concern! We have taken all the necessary protective measures as outlined by Federal and State guidelines. We appreciate your efforts to follow our guidelines around physical distancing, wearing face coverings, hand washing protocols and overall good hygiene. We have screening surveys to mitigate the safety risks. Please ask us for our social stories to help assimilate to the current expectations at AutismUp. We want you here and we want you to stay healthy.

These guidelines highlight ways in which we all can work together in our shared commitment to keeping our community healthy. We are all in this together, and together we will make sure our AU families get the support and services they need while staying healthy.

With gratitude,
Sarah Milko, Executive Director

Our commitment to help prevent the spread of COVID-19

I promise to:

- Stay home when feeling ill and if I or someone I live with has tested positive for COVID-19
- Stay home if I have a temperature of 100.0+ F
- Stay home if I have travelled outside of the United States
- Practice physical distancing, staying at least six feet away from others if at all possible
- Wear a face covering at all times and to regularly wash / sanitize my face covering(s)
- Upon entering the building, utilize hand sanitizer located throughout the GAC and regularly while there
- Access the bathroom to wash my hands with soap and water
- Avoid touching my face, especially my mouth, nose, and eyes
- Enter the building through the main door and exit the building per instructions
- Answer the health screening questions truthfully for the safety of everyone
- Follow AutismUp staff instructions and safety/social distancing guidelines at all times

AutismUp promises to:

- Continue to take our community's safety and wellbeing as our priority
- Provide a face covering to anyone who requests them
- Provide disinfecting supplies and enhanced cleaning, especially for high touch surfaces
- Provide regular communication in this time of rapid change
- Provide resources from reliable sources regarding COVID-19
- Enforce enhanced cleaning, personal hygiene, masking and physical distance protocols
- Continue to serve our community through these difficult times

Contact Craig Jones at cjones@autismup.org for programming related questions.

Contact Kathleen Wihlen at kwihlen@autismup.org for employee related questions.

Screening Questions

In an effort to limit the transfer of COVID-19, please help us to administer the required screening process.

If you work for AutismUp	If you are visiting AutismUp
Every day that you expect to come to the office you will be required to complete the screening survey electronically or with an AutismUp staff designee.	Every day that you come to the Golisano Autism Center you will be required to complete the screening questions with a AutismUp designee prior to entering the building.

1. Have you been diagnosed with COVID-19 in the last 10 days?
2. Have you been in close contact with a person diagnosed with COVID-19 in the last 10 days?
3. Have you travelled internationally in the past 10 days?
If you answered yes, please refer to <https://coronavirushealth.ny.gov/covid-19-travel-advisory> for the most current coronavirus information and travel advisories.
4. Do you currently have a temperature above 100.0 F, have a sore throat, have body aches or chills, have a cough, are you currently experiencing shortness of breath or having difficulty breathing, recently experienced a loss of taste or smell, have a loss of appetite or have nausea, vomiting or diarrhea?
5. Have you received a COVID 19 vaccination? If yes, has it been 14 days since you are considered fully vaccinated?

If you respond "Yes" to

- Question 1 we ask that you contact your primary physician & follow the necessary steps including not returning to AutismUp for at least 10 days from the date of diagnosis.
- Questions 2 – 3 we ask that you immediately follow NYS guidelines and complete a self-quarantine at home for 10 days upon date of contact or return from travel.
- Questions 4 we ask that you stay / go home and do not return to AutismUp for at least 3 days once the symptom(s) have passed.

IMPORTANT:

We are requiring all staff and participants who have been fully vaccinated to continue to abide by the safety measures in these guidelines, including masking and social distancing.

Physical / Social Distancing

Currently, we will continue with Personal Training classes and in-person group classes. While this AutismUp schedule will result in much less traffic in the Golisano Autism Center (GAC) we cannot speak for the other providers. Regardless, we strongly encourage all members of our community visiting the GAC to follow Social Distancing Guidelines at all times.

These guidelines include trying to maintain at least 6 feet of distance between you and other people, and in some circumstances at least 10 -12 feet based on class standards. We understand during fitness classes (Personal Training and AU Fit) this may be difficult at times. We plan on providing AutismUp staff with the appropriate PPE especially if a participant is not able to wear a mask throughout their Fitness class. At times, the caregiver who accompanies the participant may be asked to assist for social distancing purposes. Participants are encouraged to bring their own water bottle with them to class each day.

To minimize the number of visitors in the GAC at any given time, only participants and caregivers (if needed for additional support) will be allowed to enter the building for in-person group classes.

The large conference room will be utilized for all in-person group classes, besides AU Fit and Motion Dynamics. This space will be arranged to allow for Social Distancing Guidelines to be followed by all participants and staff. The gym space will hold our AU Fit and Motion Dynamics classes at this time, which will be designed to provide at least 10-12 feet of distance between participants and staff.

Utilizing Personal Protective Equipment

AutismUp Staff and visitors will be required to wear face coverings **at all times throughout the GAC**. Participants and family members / caregivers do have the option to remove their face covering while in the gym and/or fitness room when involved in activities. (If you are not participating in an activity you will be required to keep your mask on). If a mask is taken off in the gym and/or fitness room to workout, please put it back on when visiting other areas of the GAC. We also strongly encourage everyone to utilize proper hygiene by washing their hands prior and following each Personal Training class & / or in-person group classes. Hand sanitizing stations are located throughout the GAC when washing hands is not readily accessible.

We are all in this together

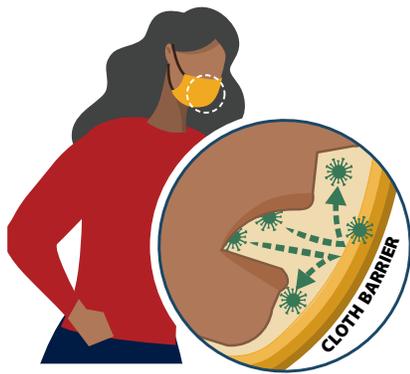
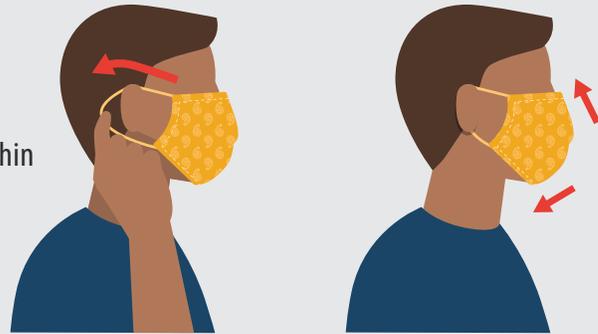
This pandemic continues to present us with challenges that none of us are able to anticipate so we appreciate everyone's patience and understanding as we continue to work through this together. Safety is our number one priority. If we feel that certain individuals are not able or willing to abide by our safety rules, we may ask that individual not to return until he / she can demonstrate safe behaviors.

How to Safely Wear and Take Off a Cloth Face Covering

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

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)