



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, cough, fatigue, congestion and/ or a runny nose.
- Practice physical distancing, staying at least six feet away from others if at all possible for applicable classes.
- 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 regular communication in this time of rapid change
- Provide resources from reliable sources regarding COVID-19
- Enforce personal hygiene, masking and physical distance protocols
- Continue to serve our community through these difficult times

Contact Craig Jones at [cjones@autismup.org](mailto:cjones@autismup.org) for programming related questions.

Contact Kathleen Wihlen at [kwihlen@autismup.org](mailto: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/attendance sheet.	<b>Participants &amp; family members:</b> Prior to participation in AU programs, you will be required to review and acknowledge the safety guidelines. <b>Family directed support staff:</b> Every visit you will be required to complete the screening survey/attendance sheet.

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. Do you currently have a temperature above 100.0 F, have a sore throat, have body aches, have fatigue, 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 or a runny nose?

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.
- *If you are vaccinated and are not experiencing any symptoms but you answer yes, please contact Craig Jones at [cjones@autismup.org](mailto:cjones@autismup.org) to discuss your situation.*
- *If you are uncertain if you meet the criteria to enter the GAC safety, please contact Craig Jones at [cjones@autismup.org](mailto:cjones@autismup.org) to discuss your situation.*

## IMPORTANT:

Until further notice, we are requiring all staff and participants regardless of vaccination status 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 for all classes except for Cooking, Exploring Sensations, Body Awareness, Basketball, Girl Power, and Boys Zone, and in some circumstances at least 10 -12 feet based on class standards. We understand during fitness classes 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.

Social Distancing may look different for the following classes: Cooking, Exploring Sensations, Body Awareness, Basketball, Girl Power, and Boys Zone. Our staff may need to be closer than 6 feet and at times have physical contact with participants. Everyone should continue to wear face coverings at all times though and not have close contact with anyone else for an extended period of time (more than 2 minutes).

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. This space will be arranged to allow for Social Distancing Guidelines to be followed by all participants and staff.

## Utilizing Personal Protective Equipment

Regardless of vaccination status, 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.

For all community based programming, we will continue to follow these guidelines or comply with host site's policies, procedures and requirements.

## 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.