



Winter Term 2021 Guidelines

Welcome to the winter term, at AutismUp! 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 recently to a noncontiguous state, US territory or CDC level 2 or level 3 country.
- Practice physical distancing, staying at least six feet away from others if at all possible
- Wear a face covering when around people 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 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.	Once you arrive at the Golisano Autism Center please wait in your car and you will be contacted by the Manager on Duty who will ask everyone the following screening questions.

1. Have you been diagnosed with COVID-19 in the last 14 days?
2. Have you been in close contact with a person diagnosed with COVID-19 in the last 14 days?
3. Have you travelled internationally in the past 14 days?
4. Have you travelled to another state in the past 14 days?

If you answered yes, what states have you travelled to?

Please refer to <https://coronavirushealth.ny.gov/covid-19-travel-advisory> for the most current coronavirus information.

5. Do you currently have a temperature above 100.0 F?
6. Do you currently have a sore throat?
7. Do you have body aches or chills?
8. Do you currently have a cough?
9. Are you currently experiencing shortness of breath or having difficulty breathing?
10. Have you recently experienced a loss of taste or smell?
11. Do you have a loss of appetite?
12. Do you have nausea, vomiting or diarrhea?

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 14 days.
- Questions 2 – 4 we ask that you immediately follow NYS guidelines and self-quarantine at home for at least 14 days unless you can show proof of the necessary negative tests.
- Questions 5 – 12 we ask that you stay / go home and do not return to AutismUp for at least 3 days once the symptom(s) have passed.

Physical / Social Distancing

During our winter term, 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 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. 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 class, which will be designed to provide at least 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

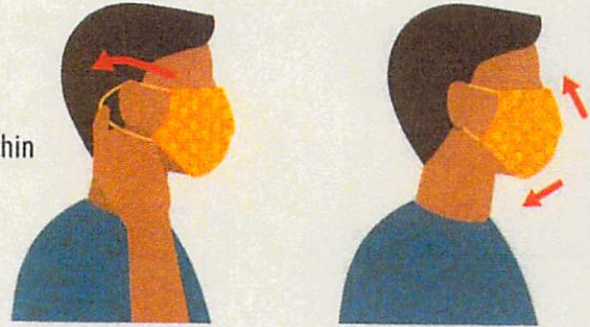
This term may present challenges that none of us could expect so we appreciate everyone's patience and understanding as we work through this "new normal" together. Safety is our number one priority. If we feel that certain individuals are not able or willing to abide by our safety rules, we may ask that 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)