



PCAB COVID-19 Safety Agreement

As a student of PCAB, I am committed to mitigating the risk of SARS-CoV-2/COVID in the classroom.
As such, while I'm a PCAB student I agree to the following:

1. To endeavor to value the health and safety of others, as well as their ability to attend and learn at PCAB, to the same degree that I value these things for myself. To recognize the ways that COVID highlights our interdependence on one another and to act responsibly in accordance to that understanding.
2. To abide by standard COVID safety practices, such as hand sanitizing, social distancing, or wearing masks wherever required by PCAB, any business, or any local or state government. This applies both in class and outside of class.
3. Apply hand sanitizer each time when entering class each day, and sign in each day to confirm having no COVID symptoms.
4. For the first 8 weeks of class, all unvaccinated individuals and all vaccinated individuals who aren't boosted and who travel off-island must abide by the County of Kauai's December 27th request of all island visitors to get tested 3-5 days after arriving. For the beginning of class, if you arrive on or after Dec 28th, then you must get tested on or before Jan 2 to come to class. If you are arriving on Jan 1 or 2, please contact me.
5. Proper mask wearing is required of everyone in Hawaii. For the first 8 weeks, everyone is required to wear a medical-grade mask (N95, KN95, KF94) and wear them properly. Surgical masks or cloth masks can be worn on top of these masks to ensure a better seal between the skin and the medical-grade mask but will not be sufficient alone. Masks will be provided on the first day, but please come to class on the first day with the best masks that you can. Masks can be reused according to practices to be discussed.
6. If any COVID symptoms are present, to not attend class/clinic and to return only after receiving a negative test result. COVID symptoms include shortness of breath, loss of taste and smell, cough, sore throat, fatigue, body aches, fever/chills, nausea/vomiting (not food poisoning), diarrhea (not food poisoning), congestion/runny nose (not allergies), and headache (not migraine or tension headaches).
7. If testing positive for COVID and having symptoms, to quarantine for 10 days or until the fever subsides. If testing positive for COVID without symptoms, then quarantining for 5 days before returning to class.
8. If in close contact with someone who tests positive for COVID, to not attend class/clinic and to follow the Health Department's guidelines or recommendations for quarantining. Those guidelines specify that one can return if fully vaccinated and boosted, or after receiving a negative test result 3-5 days after exposure.
9. Only test results from official testing sites listed at the Kauai COVID testing page (<https://www.kauai.gov/COVIDTest>) will be accepted (see most relevant sites listed on page 2 below). Results from home test kits will not be accepted unless they become officially endorsed by the Hawaii Health Department or other governmental agency. It is the student's responsibility to determine which testing sites will work for them, schedule appointments if necessary, and to pay any fees if they cease being offered for free. Test results must be sent via email to awarenessandbodywork@gmail.com with "COVID test [Last name]" in the subject line. No staff will be reaching out for these test results—it's up to the student to submit them on time. Any days missed due to not submitting the test result is counted as a normal unexcused absence.
10. I am also mitigating COVID risk by: *(please check one of the three boxes)*
 - Being fully vaccinated and boosted for SARS-CoV-2 OR being fully vaccinated within the last 6 months (Pfizer/Moderna).** Regular testing is not required. *(Please return a copy/photo of your vaccination card when returning this form.)*
 - Being fully vaccinated for SARS-CoV-2** (with Pfizer/Moderna **more than 6 months** ago, or J&J more than 2 months ago) and attesting understanding of the following details *(Please return a copy/photo of your vaccination card when returning this form.):*
 - o For the **first 8 weeks of class**, get weekly tests on weekends or Wednesdays.
 - Agreeing to undergo regular COVID testing in lieu of not being vaccinated for SARS-CoV-2**, and attesting understanding of the following details:
 - o In order to attend class, all unvaccinated individuals must get tested on a Saturday or Sunday each week. For the **first 8 weeks of class**, unvaccinated individuals must **also** get tested on Wednesdays to attend on Thursdays and Fridays.

Please return this form to awarenessandbodywork@gmail.com (Subject line: COVID Agreement).
Returning this signed form is required for attending class the first time.

Name

Signature

Date



Testing centers on Kauai:

- *Lihue Pharmacy Group 4491 Kolopa St in Lihue (next to State Farm). 7 days/wk. 9-5. Closed on Jan 1. Appointment only. (alohaclar.com). Results within 12 hours.
- *Mobile Testing Van. 9am-1pm. No appt needed. Results same day. Closed 12/31 and 1/1. Hanalei Neighborhood Center on Saturdays. Kilauea Neighborhood Center on Thursdays. John Baptiste Sports Complex in Kapaa on Sundays.
- Kauai War Memorial Convention Hall. 4191 Hardy St. Lihue. Mon-Fri 8-3:30. Closed 12/31 and 1/1. No appt needed. Same day results.
- Longs Kapaa. 645 Aleka Loop, Kapaa. 7 days/wk. Closed on Jan 1. Appointment only (<https://www.cvs.com/minuteclinic/covid-19-testing>). Results delayed (sent to mainland).