



SWIHA

COVID-19 Guidelines

In consideration of Governor Ducey's March 25th Executive Order banning local governments from instituting their own Covid policies, thereby lifting the City of Tempe's mask mandates, Southwest Institute of Healing Arts is adapting our mitigation measures to allow for a more balanced return to in-class operations. Some of these strategies remain the same, while others move in alignment with Governor Ducey's recent actions. Even so, the health and safety of students, staff, and faculty members remains our top priority. SWIHA is adjusting our current mitigation strategies to include the following.

- Please do not come to campus if you are sick or if you have any signs or symptoms of illness or answer yes to any of these questions:
 - Have you had a persistent cough?
 - Do you currently think you have a fever?
 - Have you been exposed to anyone who has been diagnosed with COVID-19, or has exhibited these symptoms within the past 14 days?
 - Are you living with anyone who is sick or quarantined?

If you are not sick, and do not have any symptoms of illness, by returning to the campus you agree to abide by the following policies and procedures:

- **Social Distancing:** Students will be assigned to classes in numbers that allow the honoring of social distancing regulations for each classroom.
- **Personal Protective Equipment:** SWIHA highly recommends all students, staff, and faculty wear protective face coverings when social distancing is not possible. SWIHA requests each person provide their own face mask. Anyone using a personal, reusable mask should follow CDC guidelines for maintaining and sanitizing a reusable mask.
- **Personal Hygiene:** In addition to wearing personal protective equipment, SWIHA expects all students, staff, and faculty to follow CDC guidelines of frequent hand washing using soap and water for at least 20 seconds, if hand washing is not available use hand sanitizer containing at least 60%. Also, avoid touching your eyes, nose, and mouth.
- **Sanitizing and Disinfecting:** All classrooms and laboratories will be cleaned between uses. All campus facilities will be cleaned at the end of each day. To help the community stay healthy, Students and Faculty will be responsible for cleaning their areas before and after each use. SWIHA will provide the necessary cleaning materials.
- **Massage Clinics:** As a courtesy to others, we ask clients to please wear masks into the massage clinic. Once inside the treatment room, the massage therapist will ask your mask wearing preference. Depending on your therapist's preference, you may be asked to wear your mask while lying face-up.
- **Waiting Areas:** As a courtesy to others, please wear a face covering while in all waiting areas or communal areas of all buildings.
- **Spirit of Yoga:** As a courtesy to others, please wear a face covering while in communal areas. Once inside the practice studio and social distancing has been established, face coverings are optional.

Any student who is experiencing symptoms of illness, or who has questions about any of the above provisions should contact your instructor or Academic Advisor as soon as possible.

Any staff or faculty member experiencing symptoms of illness or who has questions about any of the above provisions should contact Mary or Brad as soon as possible.