



# Oscar International College Students

## Health Pledge

updated July 2020

1. Pre-Campus Arrival
2. Post-Campus Arrival
3. Quarantine and Isolation
4. Physical Distancing and Occupancy Limits
5. Hygiene
6. Face Coverings
7. Other Safety Requirements/Community Standards

Being a member of the Middlebury College community means that each of us must be vigilant and persistent in protecting our own health and each other, on campus and in the greater community.

I pledge to take responsibility for my own health, the protection of others, and to help keep the Middlebury community safe from the spread of COVID-19 and other infections as identified and instructed by the College.

I affirm that I have reviewed, am familiar with, and will comply with WorkSafe BC's six-step process and the post-secondary sector Go-Forward Guidelines, guidance to members of the College Community for safe on-campus education along with student and employee services and the College's health policies as set forth in the Return to Campus Guide, and related conduct policies.

I understand that violations of the public health and safety components in this pledge, College policies, including the COVID-19-Related Conduct Policy, Return to Campus Guide, and the Mandatory Guidance for College Campus, and directives from College or other local, provincial or federal officials may result in my immediate removal from campus for the duration of the COVID-19 crisis in addition to any sanctions assigned through the College's conduct policies and processes.

I pledge to take the necessary steps to protect myself and others, including the following:



## **Pre-Campus Arrival**

- I will self-quarantine at my residence for 14 days before traveling to campus. If I am unable to complete a 14-day residence quarantine, I will complete a quarantine at college assigned location / facility (as applicable) until I receive a second negative COVID-19 test result following the day-seven test.
- Using an app designated by the College, I will complete daily health screenings (also referred to as daily health checks) during the 14-day pre-arrival quarantine, as well as a pre-arrival questionnaire, just prior to departing for campus. If I need to complete the pre-arrival quarantine in my residence, I will complete the daily health screenings during that quarantine time period (see the previous paragraph, above).
- I will not come to campus if I have any COVID-19 symptoms as defined by the Guide from the College provided to me, if I have been in close contact with someone who is positive for COVID-19, or if I have tested positive for COVID-19 within the last 14 days. The "close contact" is defined in these circumstances as "anyone who was within six feet of an infected person for at least 15 minutes starting from 48 hours before the person began feeling sick until the time the patient was isolated."
- I will travel to the Oscar International College campus as directly as possible and will arrive on campus at my designated arrival time.
- I will follow all health and safety precautions during travel, including limiting stops to only those that are necessary, physical distancing from others whenever possible, always wearing a face covering, and using frequent and proper hand hygiene (i.e., washing hands with soap and warm water or using hand sanitizer when soap and water are not available).

## **Post-Campus Arrival**

### **Testing, Contact Tracing, Daily Health Screening and Flu Vaccine**

- I will comply with all COVID-19 testing protocols as directed by the College and/or local, provincial, or federal officials including testing, free of charge, as arranged by the Public Health Office (PHO) and the College Health and Safety Committee including day zero, day seven and targeted dynamic testing throughout the semester.
- I consent to having all COVID-19 test results shared with College Health and Safety Committee and with the officials contacting me from PHO, and other health-related agencies, as applicable.
- I will comply with all confidential contact tracing protocols as directed by the College, PHO, or other local, provincial or federal officials, including supplying the



names and contact information of other individuals with whom I have been in recent, close contact, to the contact tracer.

- I will maintain a contact journal that lists the names of other people with whom I have been in close contact each day. "Close contact" is defined as contact with any person closer than six feet for at least 15 minutes. A journal is not required for situations where there is already a record of individuals at a certain location (e.g., classes or other scheduled events where the list of participants is ordinarily recorded). I agree to share this information with the contact tracer to assist with the contact tracing process.
- Using an app designated by the College, I will complete daily health checks (also referred to as "health screenings"), including temperature and COVID-19 symptom checks, prior to leaving my residence in the morning, including going to class or work, or participating in any campus activity. I will also monitor myself for COVID-19 symptoms at all times. I understand that I will not have access to other campus locations outside of my residence if I have any COVID-19 symptoms.
- In the event that I have one or more symptoms as stated in the College Guide for Health Safety for COVID-19, I will immediately report those symptoms to the assigned advisor at the College. I will quarantine in my residence until I receive further guidance from the PHO or other appropriate health official.

## **Quarantine and Isolation**

- If I experience any symptoms that may be associated with COVID-19, or if I believe that I have been in close contact with someone who is positive for COVID-19, I will comply with all isolation, quarantine, and other procedures as directed by the College or other local, provincial or federal officials, including requests to self-quarantine in my room to avoid exposing others, to undergo COVID-19 testing, and/or temporary transfer to isolation housing and refraining from physical contact with others except to receive medical care.
- While in self-quarantine, I will stay in my residence and will not leave that for any reason except in case of a health emergency. I will have no visitors, and will wear a mask at all times except when sleeping, personal grooming or eating. I will adhere to strict physical distancing requirements around others. I understand I must arrange for meal delivery. I will submit a daily symptom report to my assigned College Advisor during the quarantine period.
- If I receive a positive COVID-19 test at any time, I agree to move to specific isolation housing, if directed to do so, and follow all health directives from the College or other appropriate medical provider. I understand that I may be required to participate in contact tracing and subsequent COVID-19 testing and symptom monitoring during the isolation period.



- After receiving my day-zero and day-seven negative COVID-19 test results, I will comply with Campus quarantine requirements until the College directs otherwise.

## **Physical Distancing and Occupancy Limits**

- I will maintain a physical distance of at least six feet from others, to the greatest extent possible, while on and off campus, as directed by the College. I agree that, even while maintaining physical distance, I will not gather with other students in groups that exceed restrictions on gathering size at any time either on or off campus.
- I will comply with all maximum occupancy requirements, signage, and floor markings posted in all campus spaces (e.g., classrooms, labs, event spaces, break rooms, common spaces, and lounges).
- I will follow all requirements related to the size of social gatherings and events as directed by the College.

## **Hygiene**

- I will frequently and thoroughly maintain hygiene by regular hand washing with soap and warm water or using hand sanitizer when soap and water are not available. I will not share utensils, glasses, pens or pencils, laptops, keyboards, microphones, toothbrushes, or other similar personal products, and I will frequently sanitize or disinfect my high-touch surfaces, such as phone screens, keyboards, tables, desks, etc.
- I will responsibly dispose of any sanitizing or disinfecting wipes and related materials.
- I will cover my mouth and nose with tissues or use the inside of my elbow when I cough or sneeze. I will throw all tissues in the trash and immediately wash my hands with soap and water or use hand sanitizer.
- I will keep my residential space clean and will clean shared spaces and surfaces when I begin to use them (e.g., bathrooms, classroom tables and desks, and study spaces). I will use cleaning supplies provided by the College to clean shared spaces.



## Face Coverings

- I will wear a face covering as required by College policies and Bylaw. Exceptions to the face covering requirement are:
  - When I am alone in a private space
  - When I am in my own residence ( unless shared), after all of my roommate(s)/suite(s)/housemate(s) have received a second (day-seven) negative COVID-19 test.
  - When I am in my own residence performing personal grooming.
  - When I am eating in an appropriately physically distanced location from others.
  - When I am exercising alone outdoors.
- My face covering will fit securely and snugly against the sides of my face, extend from below my chin to above my nose, and cover my nose and mouth completely.
- I agree to maintain and regularly clean a minimum of two reusable face coverings supplied by me or by the College, or I will bring a semester's supply of single-day-use masks to campus for my use. If I use single-day-use masks, I will dispose of them responsibly.

## Other Safety Requirements/Community Standards

- I will complete all required safety trainings.
- I will not invite or host guests.
- I will comply with all requirements regarding off-campus travel, social gatherings, and events.
- I will participate swiftly and responsibly in all evacuation and lockdown procedures as directed the College or other local, provincial or federal officials.
- I will be respectful and attentive to anyone who needs help or a reminder about community expectations.
- I will avoid bias-based discrimination. I understand and acknowledge that the current COVID-19 outbreak has provoked bias and discriminatory behaviors against people of certain racial and ethnic backgrounds. We know that the virus does not differentiate with respect to race, ethnicity, national origin, gender, sexual orientation, age, socioeconomic status, or physical ability. During this time of great uncertainty based on the COVID-19 pandemic, I will treat my peers, faculty, and staff with the respect every human being deserves and not promote, participate in, or allow my own bias to impede the access and opportunity of others in my community.