



BPSI COVID SAFETY GUIDELINES

For Classes - Fall 2022

Updates as of 9/21/22

Dear Colleagues:

Thank you, for your ongoing attention to the health and safety of our community. We are pleased that BPSI's COVID building measures and safety precautions have resulted in a safe in-person return to the building, with to date, no known exposures or cases at BPSI.

The BPSI Leadership Team and Education Chairs review the CDC, City of Newton, and TH Chan School of Public Health recommendations regularly, and we will make updates accordingly. Any updates week-to-week will be noted here with highlights, and will be posted on the home page of BPSI's new Education Portal.

Please read carefully – the Class Safety Protocols have been updated.

Updates in the Safety Protocols since last posting (9/13)

are highlighted below.

Expectation of in-person Learning:

The expectation is that learning will be held entirely in-person. Our goal is to minimize the use of hybrid classrooms except when absolutely necessary.

Accordingly, the following guidelines for classes:

- **Illness:** If a student or instructor is ill but still able to participate virtually, the expectation is that they will be accommodated virtually by the participant's laptop or phone as outlined below.
- **Participants who are unable to get to BPSI for any other reason other than illness** should not *expect* to be able to join class virtually.
- **For those participating remotely**, we would like to remind you of BPSI's expectations about privacy/confidentiality. You must participate from a private space where others cannot overhear the material being presented in the class nor overhear you. If you are in a public place or group living situation, you need to find a space that ensures privacy, and consider using earphones/airpods.

Social Distance and Mask Requirements:

- **Social Distancing and Masks are optional this week**, but masks are encouraged in all open, public areas of the building.
- While masks are optional, we anticipate that in the classroom, each participant will choose to mask or not, based on their individual preference for comfort, and learning. Those choosing to mask may also choose to socially distance in the classroom and sit near the HEPA-Filters.
- However, each group of students and instructors may decide, together, that if anyone in the class is not comfortable being with other participants who are maskless, the entire class may require masks. We also expect that KN95, or equivalent masks can be required for all participants *if a class decides on that level of protection*.
- **KN95 Masks are recommended in general.** You may bring your own, or a KN95 mask is available at the front desk upon request.

Positive COVID Test and COVID-like symptoms:

Please review: This section has been updated this week, and will continue to be adapted as needed, in response to the public health situation. In places BPSI's guidelines may be slightly stricter than the CDC, eg currently we require everyone to be symptom-free to enter the building.

- **Positive COVID Test:** If you test positive, you **must stay home, and notify BPSI** so that we may begin contact tracing to inform others who may have been exposed. **After a positive test, you may not come into the building for 5 days. On day 6-10, if you are asymptomatic and have a negative test on the day of return, you may return to the building, but you must wear a KN95 mask through day 10. After Day 10, you may return independent of your test results, but you must also be symptom-free.**
- **COVID-like symptoms: What symptoms require me to stay home?** If you experience Covid-like symptoms (such as fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, or new loss of taste or smell, or sore throat, congestion or runny nose, nausea, vomiting, or diarrhea), **you are required to stay home, even if you have a negative test. You may not return to BPSI for a minimum of 6 full days after your symptoms start ("Day 0".) You may return after 6 full days if you are symptom-free and have a negative PCR or at-home test on the day you plan to return to class.**
- **If you have questions about your particular situation**, please do NOT contact any member of the BPSI office admin team. For Fellowship/ATP, contact Richard Gomberg, and for Candidacy, please contact Jan Serif, to discuss your situation.

Covid-19 Exposures:

Our Public Health Consultant has advised us that during the course of the year, we *should expect* that one or more persons **will** have an infection or exposure. BPSI Protocols may be stricter than current CDC guidelines:

- **Known Exposure:** If you have had a **close contact** with someone with COVID, CDC guidelines (as of August 2022) recommend you wear a high-quality mask for 10 days, and get tested on day 5 (Day 0 is the day of exposure).
- However, BPSI requires that you must have a negative **rapid test before entering the building, and that you wear a KN95 mask (or equivalent) for 10 days.** If you have a positive test or symptoms, you must stay home and *please follow the policies above.*

Questions, Notifications, and Participating from Home:

- **For Faculty who have questions or are unable to be in person, please do not contact the office/BPSI team members. Instead, please contact Jan Seriff for Candidate classes, or Richard Gomberg for Psychotherapy Classes to help make a decision about how to conduct the class, and who should be notified.**
- **For Candidates, Fellows, and ATP students who have questions or are unable to be in person, please do not contact the office/BPSI Team members. Instead contact your instructor(s).** Please contact your instructor(s), and if you feel well enough to participate from home, please arrange the logistics with your instructor or classmates.
- **A class participant required to stay home may join using Facetime, or the Zoom link found in the course syllabus, via a class member's phone or personal laptop.** Note: "OWLS" are now reserved for select classes, planned before the trimester or quarter begins. OWLS are no longer available for other requests. We will also not have BPSI Laptops available.
- **Virtual participants are expected to be full participants in the class.**

Building Use on Thursday Evenings:

The BPSI Building will be open to students and faculty at 3:00 pm on Thursday.

- As with pre-COVID, you may sit in the Library, Community Room, or you may find a private room.
- **For a private room:** Available rooms will be booked on a first-come first serve basis; please check in with an Admin team member in order to secure a room that is not already reserved. *If you do not check in, you may be asked to move, especially if A/V or another set-up is needed.*

Eating in the Building:

The BPSI Admin team is no longer involved in *setting up or cleaning up classrooms for groups or individuals eating/drinking in the building*. For special dinners, boxed lunches there will be set up in the Community Room. For everyone's safety, we ask that you do your part in cleaning up *fully* after you or your group has a meal together!

Please use the yellow checklist posted in each classroom! It says:

- You must fully clean up **all papers and food and drink-related debris** before you leave the room, including soda cans, cups, napkins, etc.
- Trash bags will be available in each room. **Please bring all trash and debris down to the kitchen and deposit in the large trash barrel.**
- No overnight leftovers in the refrigerator.
- Each room will have a VISUAL CHECKLIST:
 - Did you clean up your classroom?
 - Did you take your leftover food, and discard DOWNSTAIRS or take home?
 - Did you take all bottles, cups, plates, napkins, down to the kitchen trash barrel?
 - Is there anything left in the room?
 - ***Please make sure the room is cleaner than when you arrived!***

Food Delivery:

The BPSI Admin Team members are *no longer involved with Food Delivery*. **Please arrange payments in advance and ask that your food be delivered into the Lobby**. You and your classmates are then fully responsible for picking up your food in the lobby – and, as above, *fully cleaning up!*

In the spirit of taking care of each other, ***PLEASE DO YOUR PART!***

BPSI's Building Safety Measures:

The safety measures for our building, in accordance with CDC guidelines are multi-layered. As a reminder: we have consultation available in the expertise of our Building Committee including architect Robert Silver, and Public Health Consultant, David Paltiel of Yale School of Public Health. In addition to the above protocols, our layered building safety measures also include:

- **Vaccine Attestation: Anyone entering the building is required to sign a Vaccine and Booster Attestation form.** At this time, *only vaccinated persons are allowed in the building, and all students and faculty must attest to vaccination*. BPSI's Vaccine and Booster Requirement Policy makes room for 'exemption of vaccination for medical or religious grounds', *but* any non-vaccinated students and

faculty are *accommodated by virtual arrangements only*, as they are not allowed in the building.

- **Ventilation and Filtration:** BPSI has **upgraded** the building's state-of-the-art ventilation and filtration systems to meet and exceed safety regulations and have added HEPA Filtration in each room.
- **Hand Sanitizer Stations:** are available on each floor.
- **"Hybrid" Classrooms:** Four of our classrooms can support Meeting OWL technology. This allows for the experience of combined in-person and remote participation, when needed.
- **In August 2021 the BPSI Community came together for a Building-Safety presentation**, on the layered measures BPSI has taken to prepare our building for a safe re-opening. You may watch the Community Meeting Video ([linked here](#))
 - 00:00 Jack Foehl, PhD Introductions
 - 7:00 Catherine Kimble, MD - Process and Overview of planning
 - 17:55 Robert Silver, FAIA - Building Safety Measures
 - 29:25 David Paltiel, PhD, - Public Health considerations
 - 37:00 Q+A's