



MRA Guidelines and Conditions for In-Person Training and Events

MRA is excited to continue in-person training! Like other activities affected by COVID-19, in-person training will look different for a while. Our number one priority is your safety and well-being. MRA is committed to providing a safe and healthy environment for all our employees, members, and guests. Our goal is to protect all visitors in our buildings from exposure to COVID-19 and help prevent the spread of the virus.

We have created a plan based on requirements of Executive Orders in each of the four states in which we operate, as well as the recommendations of the Centers for Disease Control (CDC). MRA will continue to monitor local area and CDC guidance and update you as our policies change.

Masks are required in all common areas of MRA (hallways, restrooms, break areas, etc.). Individuals who are fully vaccinated are welcome to remove their mask/face covering while in their training or conference room, if they choose to do so. Individuals who are not fully vaccinated are asked to wear their mask at all times when at MRA.

The following guidelines will be followed to keep you and others safe while in our buildings:

Social Distancing

- Maintain distance between yourself and others as you are able.
- Avoid group gatherings in common areas including break areas, bathrooms, training rooms, conference rooms, or the MRA cafe.
- Appropriate training space will be provided for class and event sizes to ensure social distancing.



Health & Hygiene

- Classroom spaces will be thoroughly cleaned and sanitized before every session.
- We will provide individual packaged lunches.
- Stay home or go home if you are sick and notify your instructor if you are experiencing a fever
- (100.4 or above), cough, shortness of breath, sore throat, chest tightness, extreme fatigue, loss of sense of taste or smell, muscle aches, or headaches.
- Regularly wash your hands for a minimum of 20 seconds.
- Avoid touching eyes, nose, and mouth.
- Do not shake hands.
- Hand sanitizer, hand washing stations and cleaning supplies are available in all offices, break areas and training rooms.
- Avoid touching surfaces touched by others.
- Cough or sneeze into your bent elbow or cover your mouth with a tissue. Dispose of the tissue immediately and wash your hands afterward.

Here are guidelines for wearing a mask or making your own:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>