



MRA Guidelines and Conditions for In-Person Training, Roundtables, and Events

Our number one priority is your safety and wellbeing. MRA is committed to providing a safe and healthy environment for all our employees, members, and guests, which include training, roundtable, and event participants. Our goal is to protect all visitors in our buildings from exposure to COVID-19 and help prevent the spread of the virus.

MRA will continue to monitor local area and CDC guidance and update you as our policies change.

- **If you are not fully vaccinated** and aged 2 or older, you should wear a mask in indoor public places and in outdoor spaces when you cannot be socially distant, 6 feet or more apart. In general, you do not need to wear a mask in outdoor settings. Unvaccinated individuals are at the greatest risk for contamination.
- **People who have a condition or are taking medications** that weaken their immune system may not be fully protected even if they are fully vaccinated. They should continue to take all [precautions recommended for unvaccinated people, including wearing a well-fitted mask](#), until advised otherwise by their healthcare provider.
- **If you are fully vaccinated**, to maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area [of substantial or high transmission](#). This holds for all MRA locations.
- **For example, as of 9/2021**, everyone in Racine and Dane Counties in Wisconsin and the entire state of Illinois must wear a mask indoors despite vaccination status.
- *If vaccinated individuals are experiencing COVID-19 symptoms, they should be tested, and follow CDC guidelines. Breakthroughs are much more common since the Delta variant, so vaccinated individuals need to be aware of symptoms and follow CDC guidelines for testing and quarantine.*
- *CDC recommends you [get a COVID-19 vaccine](#) as soon as possible.*

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>