Post-COVID-19 Remobilization of the Membership Plan

Phase II: Resuming One-Day Special Activities (AE Events, SAREXs, etc)

VAWG
Completed 1 Jul 2020; revised 7 July 2020

Template Updated 8 June 2020
COVID-19 Remobilization of the Membership Plan – Phase II

This plan has been developed for Virginia Wing, using the template provided by the Civil Air Patrol National Headquarters to enter Phase II, Resuming One-Day Special Activities.

Additional staffing and resources have been coordinated with MD & NATCAP Wings to cover gaps in this wing’s available resources.

**NOTE:** Deviations from the template are authorized, but should be coordinated by contacting the COVID-19 Planning Team at COVID-19Plans@capnhq.gov.

Plan Coordinator and Point of Contact: Maj Jacob Bixler

Primary Phone: (540) 664 - 4376

Primary Email: jacob.bixler@vawg.cap.gov

Narrative Summary of Coordination and Events To-Date in VA Wing:

(2.9.1) National Headquarters quickly reviewed and approved the VA Wing phase one plan along with the MD & NATCAP plans which were similar on Wednesday, June 17th with phase one starting this past Wednesday, June 24th. As of this plan’s submission, only one unit activity (rocket launch with less than 10 individuals) has been coordinated, however, units throughout the wing are collaborating and sharing safety best practices and ideas for moving forward, especially for phase two as units look forward to being able to resume regular meetings within the bounds of this proposed plan. The phase two draft and staff coordination began just a few days after the phase one plan’s approval. Col Dean Gould, VAWG/CC, held a commanders call on Jun 24th to ensure any questions were asked and answered about the phase one plan and moving forward. He is also coordinating with the Virginia National Guard as the majority of the wing meets in armories, of which, when permission is granted, many units will be able to resume meetings, but will have to work within the limit of 50 individuals (several units have more than 50 members in VA). VA, MD, and NATCAP have continued coordination, and are all currently trending (see plan below for VA details) to support phase two starting on July 8th.

*July 7th, 2020: This plan was revised to allow cadet physical fitness testing with appropriate accommodations and restrictions, see page 10.*
COVID-19 Remobilization of the Membership Plan – Phase II

Phase II: Resuming One-Day Special Activities (AE Events, SAREXs, etc)

*NOTE: Resuming one-day special activities will not be done before it has been deemed appropriate to resume regularly scheduled meetings (i.e., this will start in Phase II).*

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<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>2.1.</td>
<td>Wing Commanders should review their wing calendar for previously-postponed and upcoming day-only events</td>
<td>Wing Planning Team</td>
<td>5/23/2020</td>
<td>6/7/2020</td>
<td>6/13/2020</td>
<td>See page 6</td>
</tr>
<tr>
<td>2.1.1.</td>
<td>Wing priorities for training events should be coordinated with unit commanders’ needs</td>
<td>Group Commanders</td>
<td>5/23/2020</td>
<td>6/7/2020</td>
<td>6/13/2020</td>
<td>See page 6</td>
</tr>
<tr>
<td>2.1.2.</td>
<td>Task staff officers to provide input on list of events and priorities:</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.1.2.1.</td>
<td>Director of Aerospace Education</td>
<td>Lt Col Willard, Capt Nutbrow</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/21/2020</td>
<td>See page 6</td>
</tr>
<tr>
<td>2.1.2.2.</td>
<td>Director of Cadet Programs</td>
<td>Maj Bixler, Capt Nutbrow</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/26/2020</td>
<td>See page 6</td>
</tr>
<tr>
<td>2.1.2.3.</td>
<td>Director of Operations/Emergency Services</td>
<td>Lt Col Wormington, Lt Col Shields</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/22/2020</td>
<td>See page 6</td>
</tr>
<tr>
<td>2.1.2.4.</td>
<td>Director of Professional Development</td>
<td>Lt Col Brodsky</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/22/2020</td>
<td>See page 7</td>
</tr>
<tr>
<td>2.1.2.5.</td>
<td>Plans and Programs Officer</td>
<td>Capt Ettingoff, Capt Nutbrow (conference)</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td></td>
<td>See page 7</td>
</tr>
<tr>
<td>2.2.</td>
<td>Coordinate with subordinate unit leaders to deconflict calendar events to the greatest extent possible</td>
<td>Group Commanders</td>
<td>5/23/2020</td>
<td>6/7/2020</td>
<td>6/13/2020</td>
<td>See page 6</td>
</tr>
<tr>
<td>2.3.</td>
<td>Publish updated event listings to the Wing calendar and promote these dates to the units for their planning and participation</td>
<td>Wing Planning Team</td>
<td>6/13/2020</td>
<td>6/13/2020</td>
<td>6/13/2020</td>
<td>See page 6</td>
</tr>
<tr>
<td>2.4.</td>
<td>Task the Director of Safety to coordinate with Activity Directors</td>
<td>Maj Meyer</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/25/2020</td>
<td>See page 8-13</td>
</tr>
</tbody>
</table>

**NOTE:** The term “Activity Directors” may include Incident Commanders that are directing exercises. Incident Commanders should use existing operational guidance for real-world missions and taskings. Use good judgement.

| 2.4.2.| Activity Directors identify sources for face coverings, gloves, & sanitizer to use in case of a return to increased risk | Maj Meyer               | 6/19/2020   | 6/26/2020 | 6/25/2020      | See page 8-13                |
### Phase II: Resuming One-Day Special Activities (AE Events, SAREXs, etc; continued)

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<tr>
<td>2.5.</td>
<td>Task the Health Service Officer to coordinate with Activity Directors</td>
<td>Maj Shaw Capt Kirkpatrick</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/25/2020</td>
<td>See page 8-13</td>
</tr>
<tr>
<td>2.5.1</td>
<td>Health Service Officers consider screening with no-touch thermometers at events (if such equipment is available and practical)</td>
<td>Maj Shaw Capt Kirkpatrick</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/25/2020</td>
<td>See page 8-13</td>
</tr>
<tr>
<td>2.5.2</td>
<td>Health Service Officers remind members that identify as High-risk to remain home, but participate virtually</td>
<td>Maj Shaw Capt Kirkpatrick</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/25/2020</td>
<td>See page 8-13</td>
</tr>
<tr>
<td>2.5.3</td>
<td>Health Service Officers ensure that there is a cleaning/sanitizing plan for commonly touched surfaces, a hand washing plan, a face covering plan, a temperature check plan (either performed prior to entering the activity with a no-touch thermometer or performed at home prior to coming to the activity), and a social distancing plan.</td>
<td>Maj Shaw Capt Kirkpatrick</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/25/2020</td>
<td>See page 8-13</td>
</tr>
<tr>
<td>2.5.4</td>
<td>Units will ensure no more than 50 members are together at gatherings. Squadrons with more than 50 members must submit a plan on how they will comply with restrictions</td>
<td>Unit CCs</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/25/2020</td>
<td>See page 8-13</td>
</tr>
<tr>
<td>2.6.</td>
<td>Ensure Activity Directors have plans in place to communicate last-minute cancellations of events to participants</td>
<td>Activity Directors Unit CCs</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/25/2020</td>
<td>See page 8-13</td>
</tr>
<tr>
<td>2.7.</td>
<td>Ensure Activity Directors have plans in place to conduct verification of local public health guidance, local weather, and any other information that may lead to event cancellation (Continuation Check)</td>
<td>Activity Directors Unit CCs</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/25/2020</td>
<td>See page 8-13</td>
</tr>
<tr>
<td>2.7.1</td>
<td>45 Days Prior Continuation Check</td>
<td>Activity Directors Unit CCs</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/25/2020</td>
<td>See page 8-13</td>
</tr>
<tr>
<td>2.7.2</td>
<td>14 Days Prior Continuation Check</td>
<td>Activity Directors Unit CCs</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/25/2020</td>
<td>See page 8-13</td>
</tr>
<tr>
<td>2.7.3</td>
<td>7 Days Prior Continuation Check</td>
<td>Activity Directors Unit CCs</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/25/2020</td>
<td>See page 8-13</td>
</tr>
<tr>
<td>2.7.4</td>
<td>1 Day Prior Continuation Check</td>
<td>Activity Directors Unit CCs</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/25/2020</td>
<td>See page 8-13</td>
</tr>
<tr>
<td>2.7.5</td>
<td>Day-Of Continuation Check</td>
<td>Activity Directors Unit CCs</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/25/2020</td>
<td>See page 8-13</td>
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# COVID-19 Remobilization of the Membership Plan – Phase II

## Phase II: Resuming One-Day Special Activities (AE Events, SAREXs, etc; continued)

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<tr>
<td>2.8.</td>
<td>Ensure Unit Commanders are aware of and following the same procedures for unit-only single-day activities (i.e., they are the Activity Director for the purposes of this checklist, for unit events)</td>
<td>Maj Meyer, Maj Shaw, Capt Kirkpatrick</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/25/2020</td>
<td>See page 8</td>
</tr>
<tr>
<td>2.9.</td>
<td>Email this plan to signal intentions to resume single-day events to the CAP COVID-19 Planning Team at <a href="mailto:COVID-19Plans@capnhq.gov">COVID-19Plans@capnhq.gov</a>, and copy the Region Commander</td>
<td>Maj Bixler</td>
<td>6/19/2020</td>
<td>6/29/2020</td>
<td>6/29/2020</td>
<td></td>
</tr>
<tr>
<td>2.9.1</td>
<td>Briefly describe/summarize previous coordination accomplished (i.e., 2.1 through 2.8 above)</td>
<td>Maj Bixler</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/26/2020</td>
<td>See page 1</td>
</tr>
<tr>
<td>2.9.2</td>
<td>Verify no jurisdictional restrictions are in place from State or Local Governments</td>
<td>Maj Bixler</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/28/2020</td>
<td>See page 5</td>
</tr>
<tr>
<td>2.9.3</td>
<td>Set date to resume one-day special activities</td>
<td>Maj Bixler</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/19/2020</td>
<td>Proposing 8 Jul</td>
</tr>
<tr>
<td>2.9.4</td>
<td>Receive approval from the CAP COVID-19 Planning Team to resume one-day special activities. Plan for one-week lead time.</td>
<td>Maj Bixler</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>Awaiting Approval</td>
<td>Proposing 8 Jul</td>
</tr>
<tr>
<td>2.10.</td>
<td>Publish the date that one-day special activities will resume to subordinate units</td>
<td>Maj Bixler</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/19/2020</td>
<td>Proposing 8 Jul</td>
</tr>
<tr>
<td>2.11.</td>
<td>Task Wing Director of Operations to communicate the following to subordinate units</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>2.11.1</td>
<td>Identify flight operations permitted during Remobilization Phase II</td>
<td>Lt Col Wormington</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/22/2020</td>
<td>See page 7</td>
</tr>
<tr>
<td>2.11.2</td>
<td>Identify requirements (Currency, etc) for Senior members</td>
<td>Lt Col Wormington</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/22/2020</td>
<td>See page 7</td>
</tr>
<tr>
<td>2.11.3</td>
<td>Identify cadet training requirements that may be different than Phase I requirements</td>
<td>Lt Col Wormington</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/22/2020</td>
<td>See page 7</td>
</tr>
<tr>
<td>2.11.4</td>
<td>Identify cleaning standards for aircraft and vehicles before and after use</td>
<td>Lt Col Wormington</td>
<td>6/19/2020</td>
<td>6/26/2020</td>
<td>6/22/2020</td>
<td>See page 7</td>
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</table>
VAWG Phase II Remobilization Plan Details

Review of the Data for Virginia
- Covid ActNow shows a continuing decline in the infection rate
  - Dropped below 1.0 on May 28th
- Covid ActNow shows a continuing decline in positive test rate
  - Dropped below 10% on June 4th
- Covid ActNow shows a continuing low use of ICU headroom – it has never been above 50%
- Covid ActNow contact tracing is in beta and not being considered.

Since Covid ActNow lags behind by a few days in reporting the data, the Virginia Department of Health website is also referenced for the latest data. (https://www.vdh.virginia.gov/coronavirus/)
- VDH reports the number of people tested is continuing to climb as testing is made more widely available.
- VDH reports the same continuing decline in positive test rate as Covid ActNow does.

The Governor of Virginia held a press conference on Jun 25th. He briefed that the state’s positivity rate was the lowest it had been in weeks. The state is continuing to do around 10,000 tests per day consistently, which covers about 2-4% of the population a month per district. Additionally, the state will be moving into phase 3 on July 1st.

**2.9.3 As a result, Virginia Wing proposes starting phase II on July 8, 2020.** This date also matches what is proposed in Maryland and the National Capital Wings who have similar risk with the common travel & transactions.

If the downward trending continues, then **phase III could begin two weeks later if the trends continue and the phase II plan is approved.**

Current State Guidance (2.9.2)
Currently the state is in phase two and preparing to enter phase three on July 1st. Guidance is found here: [https://www.governor.virginia.gov](https://www.governor.virginia.gov) and the latest executive actions can be found here: [https://www.governor.virginia.gov/executive-actions/](https://www.governor.virginia.gov/executive-actions/)
Wing Training Events for Phase II (2.1 & 2.1.1 & 2.2)
The annual wing-wide planning meeting was held on 13 June and the Virginia Wing calendar for fiscal year 2021 was established. All members are encouraged to add the shared calendar “Wing Calendar” to their outlook or calendar application to view upcoming activities. Major activities between the directorates (CP, AE, ES/Ops) and input from group commanders on large group & unit activities were deconflicted to the greatest extent possible. Some activities are currently planned as in-person as we currently predict to be at phase III or further to proceed with the activity. Activity leaders have been asked to help virtualize components if possible. Updates will be provided as necessary closer to the activities.

Events and Priorities Input - Director of Aerospace Education (2.1.2.1)
No wing AE activities are currently scheduled. All AE activities previously scheduled are pending development with regards to COVID-19 restrictions. As announcements are made, notices will be published to wing staff and all AEOs. Squadrons may conduct AE activities as needed in compliance with wing command guidance and state restrictions.

Events and Priorities Input - Director of Cadet Programs (2.1.2.2)
A virtual opportunity for the cadet non-commissioned officer academy is available and will be announced in the near future. The next major wing-wide activity on the horizon is the winter encampment cadre selection exercise in August. We predict to be in phase III at the time but will ensure we follow all protocols and evaluating the situation as we get closer to the activity date and will communicate appropriate updates.

Events and Priorities Input - Directors of Operations (DO) & Emergency Services (DOS) (2.1.2.3)
The SAREVAL (September) has been cancelled. Focus on preparing for future hurricane missions, and re-establishing “normal” training-pipelines for ES and Ops related qualifications, in particular aircrew members and CAP VFR pilots. Continue training members across the wing on the use of MS Teams environment to facilitate remote mission management and virtual ES training.

Focus on in-person/small group “line level” training at the squadron/group level (while continuing to follow COVID-19 guidelines). Facilitate Virtual Mission Pilot Mountain Flying Clinic (Classroom) in July with flight operations/training/checking for Mission Pilot (Mountain-Trainees) following virtual sessions. Next major ES/OPs event is planned for 22 Aug (Wing Level Exercise/SAREX)

September Virtual ICS 300 course... FY2020 Q4/FY2021 Q1 Ground Ops College events planning to be in-person.
COVID-19 Remobilization of the Membership Plan – Phase II

Events and Priorities Input - Director of Professional Development (2.1.2.4)
The Group 1 professional development day previously scheduled on August 29th is postponed, per the recommendation of the Group 1 commander and professional development officer. The new Education & Training program launches on August 4th and we are currently awaiting instructor approvals before we can run our own training at the group or wing level. There are no in-person professional development events planned while VAWG is in Phase II of COVID-19 Remobilization.

Events and Priorities Input - Plans and Programs Officer (2.1.2.4)
The wing conference will be virtual for the first time ever! Registration details will be announced in the immediate future, stay tuned!

Operations (2.11)
The following flight operations are authorized for VAWG during Phase II (2.11.1):
- A7 and C7 CAPF5 and CAPF91 Flight Evaluations
- A12, B12 and C12 Pilot proficiency sorties flown IAW CAPS 71-4 & CAPS 71-5, including both powered and glider proficiency sorties.
- A9 consolidated maintenance sorties
- A40, A42 and A43 flight training and/or proficiency for eligible CAP cadets
- A5 Aircrew training & proficiency sorties flown IAW CAPS 71-1
- A15 powered and glider CAP cadet orientation sorties flown IAW CAPP 60-40
Air sorties should be comprised of minimal crew required to accomplish the indicated training/proficiency objectives. All flight operations will prioritize pilot and aircrew proficiency and training to return VAWG to full mission capability.

Current currency requirements are as follows (2.11.2):
- Reference this memo for qualifications that have been extended:

The following cleaning standards for aircraft and vehicles before and after use shall continue to be followed (2.11.4):
- Cleaning & Disinfecting Garmin Aviation Products:
FOR: All Virginia Wing Units and Members  
From: VAWG/HSO & VAWG/SE  
Subject: Phase II Guidance Update

Covid-19 has been shown to be highly transmissible since it can be spread by those who don’t know they have it. For this reason, Virginia Wing of the Civil Air Patrol is continuing to follow the recommendations of the CDC on how to keep our members, families and our communities healthy.

Activity directors and unit safety officers should review CAPFs 160, 160S, and 160HL to be sure COVID-19 risks are considered and mitigated. Please visit https://www.gocivilairpatrol.com/members/cap-national-hq/safety/covidrm for updated guidance including a “5Ms for COVID-19 Risk Decisions” to help identify all of the hazards and some guidance to help with planning. See

Unit safety officers, health services officers, and leadership should emphasize continued use of face coverings, disposable gloves (during cleaning), and hand sanitizer, as well as social distancing, hand washing and surface cleaning/disinfection. See below for the steps and related guidance for activities/meetings that occur during phase two.

A unit meeting or activity of 50 or less individuals during phase II as permitted by the VAWG phase II plan shall incorporate the following steps and guidelines (as previously required by phase I, with additions). Unit commanders would also be considered as activity directors for their one-day meeting or activity (2.8):

1. Complete a CAPF 160/160S for the proposed activity. (Collaborate with other units in your group for best format or contact remobilization team if further assistance is required).
2. Confirm facility availability. Consider the following: Can the proposed facility support social distancing? Are you able to avoid crowding? Are you able to reconfigure the seating areas appropriately? How will you control the 50 person limit (includes non-members such as parents as well) (consider a ticketing system)?
3. Unit Commander (or designee) obtain unfunded VAWG mission number (google sheet).
4. Acquire appropriate supplies for screening, distancing, and disinfection.  
   a. See recommended supplies list on next page.
5. Distribute guidance to members that will be coming to the meeting/activity:  
   a. COVID-19 Screening Questionnaire (next section)  
      i. Members need to take (at home) and report their temperature as part of the screening process.  
      ii. In phase II, members may report that they have “no changes” to their status and complete the questionnaire at their homes before attending the activity/meeting.
b. Handwashing (https://www.cdc.gov/handwashing/)
c. Other printable resources: (covers just about everything for self/community safety and care): https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc
d. [changed from phase 1 checklist] Cancellation Guidance
   i. (2.6) Distribute how members may learn of last-minute cancellations (email and Microsoft Teams recommended)

6. Develop, plan, and implement for cleaning & disinfecting the facility areas (meeting room(s), bathrooms, entrance, hallways) that will be used.

7. [changed from phase I checklist] (2.7) In your plan, indicate how you will conduct verification of local public health guidance, local weather, and any other information that may lead to event cancellation. Verify guidance 45 days, 14 days, 7 days, 1 day prior, and the day-of.

8. [changed from phase I checklist] Ask all individuals if they have had any changes per the COVID-19 Screening Questionnaire (next section) and take appropriate action.

9. 6 feet of social distancing and face coverings is mandatory for all individuals.
   b. See below for cloth face coverings guidance. It must cover both the nose and mouth. It is required all-times indoors and when unable to social distance outdoors: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html

10. Disinfect frequently touched surfaces routinely.
    a. Follow your plan from step 7.
    b. Only use approved disinfectants: https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19

11. Disinfect facility when the meeting/activity is complete (follow your plan from step 6).

12. [changed from step 5 in phase I checklist] Per checklist item 2.5.4., “Squadrons with more than 50 members must submit a plan on how they will comply with restrictions.” Submit your activity planning documents through your group commander to the remobilization planning team.
    a. The following is required elements to submit:
       i. Safety will review the risk management forms to ensure COVID-19 risks are mitigated. (2.4.1)
       ii. The plan should indicate sources for face coverings, gloves, and sanitizer to use in case of a return to increased risk (2.4.2)
       iii. HSO will review that there is the following (2.5.3)
          1. Cleaning/sanitizing plan for commonly touched surfaces
          2. Hand washing plan
          3. Face covering plan
          4. Temperature check plan (individuals should do this at home)
          5. Social distancing plan
The following individuals are considered “high risk” and should consider continuing to participate virtually at this time:

- From the CDC: https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html
  - People 65 years and older
  - People who live in a nursing home or long-term care facility
  - People of all ages with underlying medical conditions, particularly if not well controlled, including:
    - People with chronic lung disease or moderate to severe asthma
    - People who have serious heart conditions
    - People who are immunocompromised
      - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
        - People with severe obesity (body mass index [BMI] of 40 or higher)
        - People with diabetes
        - People with chronic kidney disease undergoing dialysis
        - People with liver disease

Additional Resources:
- OSHA COVID-19 Website: https://www.osha.gov/SLTC/covid-19/controlprevention.html#health

Revised 7 July 2020

Face coverings are required at all times and even while socially distancing. The only approved exception to this is cadet physical fitness testing and the Spaatz physical fitness exam. Members will not be required to wear face coverings during fitness. Note that the Cadet Coronavirus waiver is still in effect, allowing parents to certify CPFT scoring, but this revision will permit testing at the unit as required. Extended social distancing requirements apply:

- Members performing fitness activities must socially distance from one another at a minimum distance of 10 feet.
- The member counting the repetitions of exercises must stand at a minimum distance of 10 feet away from the members performing the exercises and also maintain the social distance of 6 feet from anyone not actively performing exercises.
- Multiple sessions of a given exercise may be required to meet social distancing requirements.
- For the Spaatz Exam’s sit ups, it is requested that a family member be made available to hold the feet of the cadet performing the exercise. If a family member is not available, the feet may be anchored under a solid object (e.g. couch or desk).
• Members performing fitness activities must wash their hands upon conclusion of fitness activities.

Only cadet physical fitness testing is authorized with this exception and must follow all other requirements as provided in the VAWG Phase II plan.


VIRGINIA WING CIVIL AIR PATROL
RECOMMENDED SUPPLIES LIST

- Face coverings
  - Required at all times even while socially distancing
  - Recommend members bring their own, but prepare if members cannot provide

- Disposable gloves – for wear when cleaning/disinfecting

- Hand sanitizer
  - Handwashing preferred first if possible.
  - Use an alcohol-based hand sanitizer that contains at least 60% alcohol.
  - Recommendation for use: [https://www.cdc.gov/handwashing/hand-sanitizer-use.html](https://www.cdc.gov/handwashing/hand-sanitizer-use.html)
  - Safely Using Hand Sanitizer: [https://www.fda.gov/consumers/consumer-updates/safely-using-hand-sanitizer](https://www.fda.gov/consumers/consumer-updates/safely-using-hand-sanitizer)

- Surface disinfectant
  - Procure a disinfectant off of the EPA’s approved list located here:
  - [https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19](https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19)

- For flight operations: Disinfectant for aircraft electronics
COVID-19 Remobilization of the Membership Plan – Phase II

VIRGINIA WING CIVIL AIR PATROL
COVID-19 SCREENING QUESTIONNAIRE

1. DO YOU HAVE A FEVER (check with thermometer, in excess of 100.4 F)?
2. DO YOU HAVE A NEW OR WORSENING COUGH, OR SHORTNESS OF BREATH? DO YOU HAVE ANY OF THESE SYMPTOMS: MUSCLE ACHES, FATIGUE, CHILLS, LOSS OF TASTE OR SMELL, SORE THROAT, HEADACHE, VOMITING, OR DIARRHEA?
3. HAVE YOU TRAVELLED OUTSIDE OF THE UNITED STATES IN THE LAST 14 DAYS?
4. HAVE YOU BEEN IN CONTACT WITH SOMEONE WHO IS A PATIENT UNDER INVESTIGATION (PUI), HAS CONFIRMED COVID-19, OR ARE YOU OR ANYONE IN YOUR HOUSEHOLD UNDER ACTIVE QUARANTINE STATUS?’
   IF YES:
   a. HAVE YOU HAD ANY SYMPTOMS IN THE LAST 21 DAYS?
   b. HAVE YOU HAD A POSITIVE PCR (NASAL SWAB) OR ANTIBODY TEST IN THE LAST 7 DAYS?
   c. *ADDED* IF YOU ARE A HEALTHCARE WORKER, HAVE YOU BEEN EXPOSED TO ANYONE DIAGNOSED WITH COVID-19 WITHOUT WEARING THE PROPER PPE?
5. HAVE YOU HAD A FEVER AND NEW COUGH OR SHORTNESS OF BREATH IN THE LAST 14 DAYS?
   IF YES:
   a. HAVE AT LEAST 3 DAYS (72 HOURS) PASSED SINCE YOU LAST HAD A FEVER WITHOUT THE USE OF FEVER REDUCING MEDICATIONS (Acetaminophen, ibuprofen)?
   b. HAS YOUR NEW COUGH OR SHORTNESS OF BREATH BEEN RESOLVED?
   c. HAVE AT LEAST 7 DAYS PASSED SINCE SYMPTOMS FIRST STARTED?
d. DO YOU HAVE SEASONAL ALLERGIES OR THIS KIND OF COUGH AT THE SAME TIME EVERY YEAR?

CONDITIONS FOR DENIAL OF PARTICIPATION

FOR QUESTIONS 1-3:

IF “YES” TO ANY OF THE QUESTIONS, THE INDIVIDUAL MAY BE AT RISK OF COVID-19 INFECTION AND MAY NOT PARTICIPATE.

FOR QUESTION 4:

IF “YES” TO QUESTION 4 AND YES TO QUESTION 4A OR 4C, THE INDIVIDUAL MAY BE CONTAGIOUS AND MAY NOT PARTICIPATE.

IF “YES” TO QUESTION 4 AND YES TO QUESTION 4B, THE INDIVIDUAL MAY ONLY PARTICIPATE IF THEY HAVE BEEN QUARANTINED FOR TWO WEEKS, HAVE HAD NO SYMPTOMS FOR AT LEAST SEVEN DAYS AND HAVE HAD A NEGATIVE TEST OR POSITIVE ANTIBODY TEST.

FOR QUESTION 5:

IF “YES” TO QUESTION 5 AND ANY OTHER “NO” TO 5A, 5B, 5C, THE INDIVIDUAL MAY HAVE HAD COVID-19 AND MAY NOT PARTICIPATE. IF “YES” TO 5D WITH NO HISTORY OF FEVER, SHORTNESS OF BREATH, OR OTHER SYMPTOMS, THEY MAY PARTICIPATE.