

## Exercise Oncology Research Laboratory COVID-19 Safety Plan

### 1 Researcher per 200 ft<sup>2</sup>

#### Research Space

The Exercise Oncology Research Laboratory (EORL) is 400 ft<sup>2</sup>. The space is shared primarily between two researchers (co-directors). Because of space limitations, testing will be restricted to a single project at a time.

Some tests of some of the projects within the EORL will be conducted in the Fetzer Hall hallway located outside the Exercise Oncology Research Laboratory. This area will be temporarily blocked during testing/data collection.

	Max Capacity	Researchers Allowed in Space at One Time	Participants Allowed in Space at One Time
<b>Standard Testing</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Maximal Testing</b>	<b>4</b>	<b>3*</b>	<b>1</b>

\* An additional researcher is required for maximal effort testing (e.g. VO<sub>2</sub>peak). During these tests, social distancing will be strictly maintained to the greatest extent possible.

Per laboratory policy, space will be reserved on a first-come, first served basis using an online booking system. Reservations will require at least 15 mins before and after the actual testing session for cleaning and to ensure there is no overlap between research subjects.

#### Social Distancing and PPE for Research Personnel

All research team members must maintain a 6-foot distance between other research team members and research subjects at all times (except in acceptable necessary close proximity situations, as outlined below). This includes during data analysis, data collection, conversation and moving within the laboratory space and within Fetzer Hall (See prescribed pathways of movement within the laboratories). All processing computers are positioned at least 6 feet away from other processing computers and data collection marked space must be respected at all times. Efforts should be made not to hand objects to other researchers or research subjects. Objects can be placed on a surface for others to approach and pick up. Laboratory equipment setup must be configured so that individuals can collect data 6 feet from the research subject. There will not be normal office desk set-up in the laboratory and work-from-home will be encouraged whenever possible. Research team member working in the lab must wear PPE and masks at all times. Small rooms/spaces are limited to a maximum of 2 people at all times (1 subject and 1 researcher).

All office space has temporarily been relocated outside of the EORL.

#### *Special Considerations for Social Distancing*

Necessary Close Proximity Situations: If a research team member must violate the 6-foot social distancing guidelines for research purposes (e.g for the assessment of resting vitals, blood sampling), proper PPE (i.e. mask, gloves, face shield/goggles) must be worn and all efforts should be made to complete the necessary tasks and resume the 6-foot social distance as soon as possible. There should never be more than 1 research personnel violating the 6-foot distancing guidelines at one time.

#### Acceptable *Examples* of Necessary Close Proximity Situations

**\*\* Not all possible examples of “Necessary Close Proximity Situations” are listed below. Please discuss potential for distancing with laboratory director as novel situations arise.\*\***

- Marker, Device or Electrode Placement
- Collection of Patient-Reported Data
- Phlebotomy
- Medical or Safety Concerns
  - If the participant experiences an adverse event or situation related to exercising or fluid collection that threatens his/her health and safety, research team member may be required to be within close proximity to ensure safety. Examples of these include physical support of a subject who is dizzy or may fall during exercise or performing an initial assessment in the event of an emergency and if needed, performing basic first aid and CPR (assumes appropriate training and certifications). It is important to remember that mouth-to-mouth artificial ventilation is not required in the event that a mask is not available. Masks will be available in the laboratory for mouth-to-mouth artificial ventilation.

#### Situations and Conditions that Prohibit Mask Wearing

- During Exercise
  - A subject will be required to wear their mask just prior to beginning the exercise.
  - During this time, all research personnel will don a face shield and will remain 6 feet away if possible.
  - For the safety of participants, this distance may not be appropriate.
  - In the case of possible fluid contact during exercise (i.e. sweat, saliva); all research personnel will also wear a laboratory coat. This lab coat can be reworn that day by the same researcher but must be laundered daily.
  - The subject will be asked to replace their face mask once their breathing rate returns to normal.
    - During cardiopulmonary exercise testing involving the metabolic cart, subject’s respiratory gases will be collected and will pass through a filter that removes 99.9% of bacterial and viral particles
- During DXA scans
  - If the mask contains any metal, it will be removed during DXA testing or a paper mask will be provided
  - Research personnel will be more than 6 ft away during this testing.
  - Subjects will reposition their mask one the scanner has finished.

Visitors and/or Parents of Participants: As many of the subjects attending visits to the EORL require assistance travelling to and from the facilities, a single visitor is allowed in the research space in addition to the appropriate number of research team members and the research subject during data collection as long as the occupancy restrictions for the space are not violated (See table above). Please note that this should be indicated to the research subject over the phone or by email and the research team member should plan for the extra visitor. These visitors may consist of the parents or companions of the research subjects. Visitors must undergo the same

screening as the research participants outlined in the EXSS policies and procedures and comply with the PPE and social distancing guidelines.

During maximal testing when additional research staff are required, any visitors will be asked to wait OUTSIDE the EORL during this test.

### **Scheduling and Documentation of Scheduling of Laboratory and Laboratory Equipment**

All research team member should sign in and out of the EORL on the clipboard provided at the front door. Research team members must indicate that appropriate screening has been conducted on all research team members, subjects, and visitors prior to entering Fetzer Hall per EXSS policies and procedures. Additionally, the names of all research team members, research subjects and visitors should be documented for each operational hour to allow for contact tracing if necessary.

### **Personal Protective Equipment**

- Anyone on campus must wear a face mask, including both research team members, subjects and visitors.
  - Upon arrival to the lab, subjects and visitors will be provided with a University supplied face mask.
    - This face mask will last 2 days. Please store in an appropriately marked paper bag.
    - There are important and specific procedures for using and re-using masks to avoid contamination.
- 1) MUST WASH HANDS or use hand sanitizer both before and after putting on your mask
  - 2) Loop elastic over your ears. Pull it down so it is covering under your chin; secure it to your face by pinching over your nose. Be sure it's on securely.
    - i. After securing mask, put on gloves, if interacting with any other human (i.e. research team members or subjects).
    - ii. Remove gloves.
    - iii. Wash hands
  - 3) Before removing the mask, clean your hands.
  - 4) Remove the mask using the ear loops
  - 5) Inspect to be sure it can be reused. Has it been compromised? Is it wet? Visibly soiled? If it is, dispose in the appropriately labeled bins (not the trash or biohazard containers). If the mask is ok to reuse, follow the next steps.
  - 6) Fold the mask in half (lengthwise or widthwise), so the outside surfaces are touching each other. Place it carefully into your paper bag. Seal the bag if you're using paper; if using a plastic baggie, leave it open.
  - 7) Perform hand hygiene.
    - Between subjects, masks can be re-used yet new gloves are required.
    - Gloves must be removed prior to using the restrooms.
    - No eating is allowed in the lab or hallway outside the Exercise Oncology Research Laboratory

### *Special Considerations for Additional PPE*

- In addition to masks and gloves, protective eyewear (not prescription glasses) must be worn when possible exposure to bodily fluids (i.e. sweat, blood, saliva) may occur.
  - For example, face shields should be used during research activities such as maximal exercise assessments when subjects cannot feasibly wear PPE.

### **Before Arriving to Campus: Symptoms Monitoring Check**

- All faculty and research team members must conduct a daily review of COVID-19 symptoms before returning to work. Currently, those symptoms include:
  - New muscle aches not related to another medical condition or another specific activity (i.e. exercise).
  - Feeling like you may have a temperature of greater than 100.0°F? (If so, take temperature).
  - Sore throat not related to another medical condition (i.e. allergies)
  - New or worsening cough that is not related to another medical condition
  - Shortness of breath that is not attributable to another medical condition
  - Recent (<5 days) loss of smell and taste
  - New onset of vomiting or diarrhea not related to another medical condition
  - Repeated shaking chills not related to another medical condition
- Anyone who is experiencing any of the above symptom(s) must not come to campus.
- Persons exhibiting COVID-19 symptoms should contact their healthcare provider and act upon their instructions. UNC employees may also contact the University Employee Occupation Health Clinic (919-966-9119), and UNC students and post docs may contact UNC Campus Health (919-966-2281).
- Research team members should notify their direct supervisor and Laboratory Director.
- Any individual who has tested positive for COVID-19, who has been referred for testing or who is awaiting test results, may not come to work on campus for any reason until approved to do so by Employee Occupational Health or Campus Health.

### **Arriving to Fetzer Hall:**

- All faculty, research team members, and research subjects must enter the building and laboratories at designated entry points, presently at the back of Fetzer Hall.
- All screening procedures should be completed prior to entering the building.
- Proper PPE will be worn prior to entering the building and laboratories by all.
- Movement through the building and gymnasium spaces should maintain proper designated flow to allow for 6 feet of social distancing.
- For Human Subjects Research Procedures, see EXSS COVID 19 Human Research Policies.

### **Cleaning and Disinfecting Equipment**

- The laboratory space and equipment will be carefully cleaned and disinfected prior to and following each data collection session.
- Checklists for each piece of equipment will be adhered to/placed next to equipment, with initials required for each cleaning before (check required) and after (check required) use.

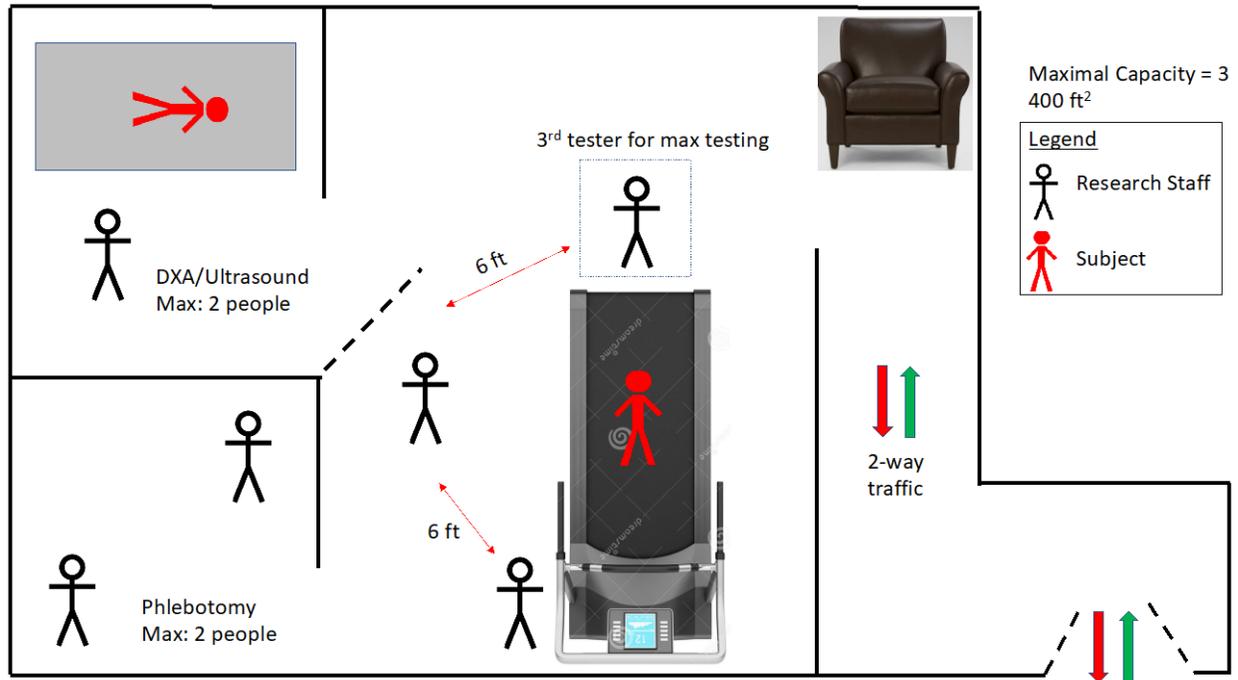
- All researchers and subjects will be required to wash their hands during the following situations (but not limited to):
  - Before and immediately following data collection sessions
  - After using the restroom
  - Face touching or any situations where contact occurs without appropriate PPE
    - Glove disposal and/or any hazardous waste will follow Environmental Health and Safety regulations for biological and chemical waste disposal policies.
  - When soiled with bodily fluids, gloves and masks must be disposed in red biohazard bins.
  - If not soiled, but used in contact with a subject, gloves will be disposed in other designated bins.
  - Masks will be reused for 2 days.
  - All surface areas and equipment will be sanitized after each participant.

**For Research Personnel**

By signing below, I pledge to adhere to the policies in my lab, department, and the University regarding measures to help prevent the spread of COVID-19 to protect myself, my peers and everyone I encounter who is working during this pandemic.

Printed name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

**Physical Space Diagram for Testing INSIDE EORL**



**Physical Space Diagram for Testing OUTSIDE EORL in the Adjacent Hallway.**

