



Mitchell College Mariner Promise – Students

Being in a community — living, learning and working together — is vital to the mission of Mitchell College. The COVID-19 global pandemic and associated risks require that each of us observe heightened health and safety precautions. We are all connected, and it is up to us to do our part to keep our community healthy.

In order to keep our community safe, each student must agree to a set of behaviors supportive of keeping themselves, their peers, students, faculty, staff and the greater community safe. Please review these commitments carefully as you prepare to return to campus.

As a member of the Mitchell College Mariner community, I promise to:

FOLLOW TESTING, ISOLATION & QUARANTINE PROTOCOLS and:

- Submit a negative COVID-19 test prior to my arrival on campus.
- Monitor myself for symptoms of COVID-19 daily, including reporting of my status through the Co-Verified application, and report to Health Services if I experience any COVID-19 symptoms.
- Take a viral test if I am experiencing any of the COVID-19 symptoms (check mitchell.edu/adjusting-our-sails for current test recommendation).
- Get tested for COVID-19 and quarantine in my room if I have been contacted and notified that I was in close contact with someone who has tested positive for COVID-19.
- Develop an isolation and quarantine plan before returning to campus and come to campus with a *Go-Kit* in case I need to be isolated and cannot return to my room.
- Stay home and/or quarantine in room if I feel ill or after possible exposure to someone who is ill or has tested positive for COVID-19 and avoid close contact with others.
- Adhere to isolation and quarantine instructions if I test positive for COVID-19 or if I am exposed to someone who has tested positive.

HELP PREVENT THE SPREAD OF COVID-19 and:

- Wear a face covering when in public spaces (indoors and outdoors), outside the privacy of my own room/home.
- Wash my hands with soap and water frequently for at least 20 seconds, especially after being in a public place or after blowing my nose, coughing or sneezing, before touching food and after using the bathroom. Use hand sanitizer at times when soap and water are not available.

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- Carry hand sanitizer, an extra face covering and disinfectant wipes in my bag/backpack, bring zip lock bags for waste disposal and make sure I have back-up supplies of these items.
- Minimize touching surfaces and shared areas and do my best to avoid touching my face, mouth, eyes or nose.
- Use and follow the posted signage for traffic patterns as guide when walking through campus and maintain appropriate social distancing, especially in residential halls, classrooms, dining hall, stairwells, elevators or in any shared indoor/outdoor spaces.
- Avoid sharing food, drink, utensils or similar items.
- Keep my personal belongings and shared common spaces clean.
- Keep track of my activities and limit my social contacts to a core group of friends. This will help protect me and assist with exposure (contact) tracing.
- Limit activities to attending in-person classes, tending to necessary College business, work, shopping and meal pick up, health care, outdoor activities and other necessary College or personal business.

FOLLOW GUIDELINES FOR SOCIALIZING & ON-CAMPUS GUESTS and:

- NOT host and or attend gatherings and parties where social distancing is not possible.
- NOT have other students in my residence hall that do not live in my residence hall.
- Obtain permission for unauthorized guests to accompany me on campus or into any campus facility.

DO MY PART TO KEEP THE MITCHELL COMMUNITY HEALTHY and:

- Serve as an active bystander and help other community members remember their responsibility by reminding them to wear face coverings and to keep appropriate distance.
- Report any concerns regarding compliance to expectations outlined in the agreement via Residence Life staff, the Assistant Dean of Student Support or the Academic Dean's Office.
- Demonstrate social responsibility by following public health guidelines in local businesses, public places and on all public transportation.
- Avoid travel beyond the New London area (except as required to commute to the campus for school or work) or out of state, and understand that if I do travel out of state, I will be retested for COVID-19, submit a negative test result to the College, and self-quarantine upon return for 14 days.
- Read all College emails and respond to messages from College staff to stay informed about health and safety updates or responses to COVID-19.
- Show compassion, care and respect for all members of our community.
- Seek assistance from College staff to support myself or other members of the community during this challenging time.

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I understand COVID-19 is a highly contagious virus, and it is possible to develop and contract the COVID-19 virus, even if I follow all of the safety precautions above and those recommended by the CDC, local, state and federal health and medical professionals. I understand that, although the College is following the coronavirus guidelines issued by the CDC, Connecticut Department of Public Health and other experts to reduce the spread of infection, I can never be completely shielded from all risk of illness caused by COVID-19 or other infections.

I have read, understand and agree to comply with the Mitchell College Promise above. I further understand that I am subject to the provisions the Student Code of Conduct as they relate to these expectations for my behavior and that I may be prohibited from Mitchell College premises or participating in College activities if I do not comply with this Promise. Residents could be removed from campus housing without refund.

→ Please read the requirements of this document before arriving to campus. All Mitchell College and Thames at Mitchell College students, both resident and commuter, will be required to sign the Mariner Promise when they arrive to campus.