

RAC Stop the Bleed® Interim Training Guidance

Adapted from the American College of Surgeon Guidance for Stop the Bleed Course Instructors

The **Heart of Texas Regional Advisory Council** and the **Central Texas Regional Advisory Council** has adapted guidance from the ACS Committee on Trauma, Department of Defense, CDC, and DSHS in an effort to facilitate training in the safest way possible. Below are guidelines and recommendations when conducting Stop the Bleed® training in the region. Adhering strictly to these guidelines, recommendations, and expectations offer no guarantees against transmitting bacteria or viruses that could cause illness. Local, state, or federal mandates relevant to these and other trainings will supersede any recommendations contained below.

Instructors: Read the text in **RED** at the beginning of the class.

Welcome to Stop the Bleed training. Before we begin, I am going to read new guidelines for your safety and the safety of others.

1. Course participants and instructors should avoid attending or participating in this training if they do not feel well. If you are not feeling well today, please leave at this time.
2. Participants may be asked to leave the training at the instructor's discretion should he or she suspect a person is ill or ill-appearing.
3. Masks should be worn at all times before, during, and after the training has concluded so long as the individuals occupy the training environment (cafeteria, gym, classroom, etc.). Eating and drinking should be avoided during the training. If it cannot be avoided, please remove your mask only momentarily.
4. Masks will not be provided by the course organizer or the course instructors. If you do not have a mask or cloth face covering, you are not eligible to remain for the training.



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Additional Information for Instructors and hosts:

1. The host (the entity that requested or is receiving the training) should provide essential personal and environmental disinfectant; e.g. hand sanitizer for everyone and cleaning supplies for the tables, chairs, etc.
2. Gloves should be worn only when handling the training equipment. Gloves must be removed and discarded immediately following the hands-on portion of the training.
3. Physical distancing should be practiced as much as possible throughout the training. The only exception is during the hands-on portion with the instructor.
4. Instructors should address concerns regarding COVID-19 transmission while providing bystander care, noting that ***“the primary route of transmission is respiratory, with no evidence of transmission from blood exposure. Bystanders should be encouraged to wear masks during the pandemic”*** (American College of Surgeons, July 2020).
5. Training equipment should be cleaned and disinfected according to CDC and/or manufacturer guidelines before and after each training event. The RAC will address disinfecting equipment between trainings. Instructors should pack items away in their original orientation.
6. Please contact the RAC directly at 254.301.3782 should you have any questions or concerns.

