



LAKE FOREST  
COLLEGE

## Forester Commitment - Students

### Health & Safety During COVID-19

Our values guide our actions during times of difficulty. As we know from the Forester Five, we lead the way, think with purpose, embrace diversity, engage in community, and we achieve our goals together. The global pandemic from COVID-19 poses serious risks to our campus community, and these values connect us and remind us that we all have an integral role to play in maintaining the health and safety of our community. As Foresters, we must all contribute to a safer campus community by:

- Taking care of ourselves
- Taking care of one another
- Taking care of our community

Incorporated into the **Forester Commitment** are the Lake Forest College Health and Safety Standards for Spring 2021, which will be added to the Student Handbook. The Forester Commitment provides detailed guidance on the actions Foresters will be expected to take to minimize the possibility of transmitting the COVID-19 virus on campus. The Forester Commitment is a living document and it can be expected to be revised as our understanding of the virus deepens, preferred practices change, and therapeutic measures become available. Changes to this document will be announced to the community and every Forester will be expected to make any necessary adjustments as these changes occur.

All Foresters who will live, take classes, study, or be present on campus at any time are required to sign this pledge and abide by these commitments unless or until they are rescinded by the College.

### Forester Commitment

*By signing below, I agree to:*

#### Care for Myself

- **Pre-arrival:** I commit to strictly following guidelines for handwashing, physical distancing, and face coverings in the 14 days prior to my arrival on campus.
- **Training:** I commit to completing and complying with all required COVID-19-related online training materials provided by Lake Forest College.
- **Daily screening:** I commit to taking my temperature daily. I commit to using the free, confidential app (or website) designated by the College daily that will ask for confirmation of my temperature and ask screening questions to determine the appropriateness of me moving about campus. I commit to showing my app's 'results' page to any college official who requests it.
- **Illness and staying home:** I commit to communicating directly with the College's Health & Wellness Center staff if I develop symptoms consistent with COVID-19.

I will stay in my residence hall room/at home if I feel ill, if my screening app says I should, or if directed to do so by the Health & Wellness Center staff.

- **Testing:** I commit to being tested for COVID-19 regularly as instructed, at any point that I develop symptoms consistent with COVID-19, or as directed by a healthcare professional.
- **Positive tests, contact tracing, and isolation:** If, at any point, I test positive for COVID-19, I commit to informing Health & Wellness Center staff and responding to daily inquiries from a nurse. I commit to being honest with contract tracers from campus and/or Lake County Health Department about my contact with others. I commit to following the College's protocols for isolation until released from isolation by Health & Wellness.
- **Quarantine:** If determined through contact tracing that I have a significant risk of having been exposed to COVID-19, I commit to following the College's protocols for quarantine for a minimum of 14 days from my last exposure, or until released from quarantine by Health & Wellness.
- **Self-care:** To the best of my ability, I commit to supporting my overall wellness by sleeping and eating regularly, being current on vaccines, and obtaining a flu shot (influenza vaccine).

### Care for Others

- **Social distancing:** I recognize that people without symptoms may still be infected and able to spread COVID-19, so I commit to maintaining at least 6 feet (approximately two arms lengths) of distance between myself and others.
- **Hygiene and etiquette:** I commit to washing my hands thoroughly (20+ seconds) and multiple times every day. I commit to covering coughs or sneezes using my elbow to minimize droplet spread.
- **Face covering:** I commit to wearing a face mask at all times when I am inside a campus facility (other than when alone or with my roommate in my assigned residence hall room). I commit to wearing a face mask when I am outside if I am unable to maintain social distancing. I understand that single-layer neck gaiters, loose-fitting bandanas, and masks with valves are proven ineffective and thus insufficient.
- **Guests:** I will comply with the College's suspended guest policy and I acknowledge that campus guests will be prohibited from entering campus buildings until further notice (with exceptions granted to two move-in helpers).
- **Bias avoidance:** I commit to treating my peers, and College staff and faculty, with the respect every member of our community deserves. I will not promote, participate in, or allow my own bias to hinder the access and opportunities of others in our community.

### Care for the Forester Community

- **Facilities:** I commit to following all posted signage indicating building protocols that will decrease the risk of spreading the virus, including, but not limited to: using designated entrances and exits, observing limits on elevators, following one-way stairwells, sitting only in designated seats and utilizing provided hand sanitizer and wipes.
- **Cleaning shared spaces:** I commit to cleaning and sanitizing any common or shared spaces I may use including computer stations in the library, residence hall kitchens, and other shared spaces on campus. The College will provide sanitizing cleaning materials for my use.
- **Events and gatherings:** I commit to following College protocols for events and gatherings. I will not participate in events or gatherings that exceed room capacity, or events or gatherings where it is not possible to observe social distancing. When gathering in smaller groups, I will wear my face mask and observe social distancing. I will refrain from organizing, hosting, or attending social gatherings on- or off-campus that may cause safety risks.
- **Alcohol and other drugs:** I acknowledge that using alcohol or other drugs reduces capacity and judgment, and thus increases my risk of exposure to COVID-19 through the potential of higher-risk contact with others and the need for medical treatment. I acknowledge that alcohol consumption (even by those of legal age) and recreational drug use will not be considered an excuse for unauthorized and risky behavior. I acknowledge that cannabis continues to be prohibited on campus.
- **Smoking:** If I smoke or vape, I will do so outside at least 25 feet from entrances and exits, per College policy.
- **Minimizing contact:** Whenever possible, I commit to arranging virtual instead of in-person meetings for group projects, clubs, organizations, and committees.
- **Leaving campus and travel:** I commit to limiting unnecessary travel off-campus and, when travel is necessary, I will maintain these same physical distancing, hygiene, and mask wearing requirements. I commit to following College, local, and state policies regarding travel and any relevant quarantine periods.
- **Stepping up:** I commit to not being a bystander if I observe a member of the Forester community not complying with the Forester Commitment. Instead, I commit to doing what I can to support the well-being of our community by stepping up and speaking up when others are not following expectations.

**Please click [here](#) to indicate that you commit to uphold all the items outlined above, and to provide confirmation of your influenza vaccine.**