



Alabama JROTC State Conference COVID-19 Acknowledgement & Personal Responsibility Policy

There is no higher priority of Alabama JROTC than the health, safety, and well-being of our members, staff, volunteers, and community partners. As we closely monitor the COVID-19 pandemic, we continue to make decisions with this in mind. As part of the Alabama JROTC community, we all have a responsibility to help protect each other.

According to the CDC, COVID-19 is primarily spread from person to person through respiratory droplets produced when coughing, sneezing or heavy breathing. Transmission is slowed by wearing a face covering and maintaining a distance of at least 6 feet between people. In compliance with current CDC recommendations, local mandates and/or statewide protocol, all attendees of in person activities, meetings, conferences, gatherings, and competitions sponsored by Alabama JROTC or when representing Alabama JROTC at public or school-based activities are asked to adhere to the following recommended guidelines:

- Seek medical attention, self-isolate and do not attend events if you are experiencing any of the following COVID-19 symptoms:
 - Fever
 - Shortness of breath
 - New loss of taste or smell
 - Chills, muscle pain or sore throat
 - New or worsened cough
 - Nausea, vomiting, diarrhea
 - Runny nose or congestion
- Recommended to wear a face covering at your discretion or if you are not vaccinated or a high-risk individual.
- Be mindful of social distancing. Maintain a space of 6 feet between yourself and others if able.
- Wash your hands with soap regularly and frequently. If soap and water is not accessible, use hand sanitizer.
- Practice proper cough and sneeze etiquette.
- If you have been in close contact with someone known to have COVID-19, self-isolate for 10 – 14 days depending on your symptoms.
- Disinfect surfaces throughout the day that are touched regularly.

Alabama JROTC has implemented extensive preventative measures to help reduce the spread of COVID-19. However, Alabama JROTC does not guarantee that members and attendees will not be exposed or infected. Participants acknowledge the highly contagious nature of COVID-19 and voluntarily assume the risk and responsibility for exposure and/or infection and any result thereof.

I have read and understood Alabama JROTC Acknowledgement & Personal Responsibility Policy and agree to adhere to the guidelines set forth. I understand that this Policy may be updated in accordance with changing CDC and local guidelines and will be updated accordingly. I agree to join Alabama JROTC in cooperating with health officials, governing public agencies, and facility health and safety measures.