

## FACE COVERINGS MUST BE WORN AT ALL TIMES.

### Wash Your Hands!

- Use soap and water for at least 20 seconds on ALL parts of your fingers, hands and wrists. Dry with paper towel or air dryer. Use paper towel to turn off any manual faucet handles and/or door handles.
- Wash your hands or use hand sanitizer upon arrival, before entering the kitchen, before and after handling food, before and after eating, and after bathroom use.
- Wash your hands when leaving the kitchen/building.

### Kitchen Protocols

- Wear a CSCA-provided apron.
- Long hair must be secured out of face.
- Always use a clean utensil when tasting food and place used utensils immediately in the sink to be sanitized.
- Wear gloves if fingernails are painted or if fingers are bandaged.
- Clean surfaces and hands as necessary throughout the cooking experience.
- Place soiled dish towels directly into laundry basket.

### Food Safety

- Follow Instructor's directions for proper equipment use.
- Follow guidance from Instructor on proper food handling, including the use of gloves.
- Cook food to safe internal temperatures as directed by your Instructor.
- Do not cross contaminate! Use a separate cutting board for proteins and produce.
- Keep ingredients at safe temperatures as required and directed by your Instructor.

### Social Distancing & PPE

- **FACE COVERINGS MUST BE WORN AT ALL TIMES.**
- Remain in your assigned kitchen.
- Use the bathroom in your assigned kitchen.
- Do not reach across your classmate's work station, body or food.
- Respect the personal space of your classmates and Instructor at all times.
- Maintain 3'-6' distance from others whenever possible.

### General Hygiene

- When sneezing or coughing, cover your mouth with a tissue or the crook of your elbow. NOT your hand. Dispose of tissue and wash hands immediately.
- If you have any FLU-like symptoms, such as fever, dry cough, sore throat, etc., you may not participate in class.
- Any student or guest who is not feeling well or is displaying symptoms of FLU should excuse themselves from class.

### CSCA Policies

- CSCA Instructors reserve the right to excuse any student or guest not following safety and hygiene protocols from class.
- All students are to be respectful of all other patrons and CSCA Staff and should refrain from offensive comments or jokes.
- Students who do not follow the instructions and requests of the Instructor may be asked to leave class for the comfort and safety of other students.
- Be Safe, Be Well, Be Kind and HAVE FUN!



## COVID-19 HEALTH STATEMENT

I attest that:

- I am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.
- I have not traveled internationally within the last 14 days.
- I have not traveled to a highly impacted area within the United States of America in the last 14 days.
- I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19 within the last 14 days.
- I have not been diagnosed with Coronavirus/Covid-19 and not yet cleared as non-contagious by state or local public health authorities.
- I am following all CDC recommended guidelines as much as possible and limiting my exposure to the Coronavirus/ COVID-19.

DATE:

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NAME:

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SIGNATURE:

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