

MEETING SAFETY PROTOCOL

Optimal Longevity: Mechanisms, Reducing Health Disparities, and Increasing Healthspan 2021 Academy of Behavioral Medicine Research Meeting Program

1440 Multiversity, Scotts Valley, CA

October 7-11, 2021

You must be vaccinated to attend. Please send us a photo of your vaccination card or QR code ASAP, before Oct 1st, to academyofbmr@gmail.com. All staff will be vaccinated. Northern California is ~75% fully vaccinated (of those eligible) and is on the downside of the peak.

We know this is a vaccinated group but given the small chance of breakthrough infections, we will monitor exceptionally carefully. We have examined rules of other group meetings and have developed a set of rigorous rules to keep everyone safe. In addition, 1440 Multiversity, has a very rigid set of protocols for their site, described [here](#), and in detail at the end of this document.

- 1. COVID Testing:** We want to be as careful as possible, so Council has decided on cautionary protocol. Please do one COVID test within the 3 days (around 72 hrs) before any travel, and the second test upon arrival. You can do a PCR test before travel or instant home tests [BinaxNOW](#) or [QuickVue](#) (see more information on second page). These are low-cost instant antigen tests (nasal swab) that can be bought online or at local stores, such as CVS, Walmart, Target, and [Walgreens](#). **These kits include two tests: you would do one test a day or two before travel and one test on arrival, so you would need to bring the second test with you.** Ideally, BinaxNOW or QuickVue tests should be done between 24 and 36 hours apart. We will have extra antigen tests on site for the second test, if needed. Please plan ahead since they can be hard to find in certain areas and you might want to order online (they seem to come in and out of stock quickly). *In the 3 days before travel, please try to limit indoor gatherings (i.e., restaurants, gyms) and use N95/ K95 masks.*
- 2. Temperature monitoring:** We will do a forehead temperature check upon arrival and each morning upon entry to the dining hall.
- 3. Masks required:** We will be a relatively small group on a large resort campus with no other groups there. We will wear masks inside and when near each other outside. The staff will always wear masks while working (including serving food). When eating, you can sit distanced inside or outside.
- 4. Physical Distancing:** We are distancing in guest rooms (all single, private bath), and distanced seating during the day (large spacious rooms with windows and doors open, and large HEPA filters). There is an outdoor amphitheater next to the conference room, with speakers so you can hear talks if you want to sit outside. Speakers on stage may unmask temporarily if they are at least 12 feet apart from others. The dining hall is spacious, with open windows/doors, and we can eat at large tables right outside. You will always have an option to be outside. October is the often the best weather in the Bay Area!

5. **The resort's covid prevention and disinfectant protocols can be found [here](#).** Hand sanitizer will be amply available. We will use no touch microphones and surfaces will be regularly cleaned with disinfectant (eg, between meals).

TRAVEL:

1. **Air Travel:** Our recommendations: purchase a refundable ticket when possible, wear the N95/K95 while traveling, and consider using a cloth mask over that, and bring your own food instead of purchasing.
2. **Travel from SFO/ SJC airport to 1440:** Please use the [carpool sheet here](#) if you want to share an Uber/ Lyft or car rental with others. Here is an updated 1440 [travel information sheet](#).

MEETING TIMES:

The official meeting starts **Friday, October 8th at 2 pm and ends Monday, Oct. 11th at 12pm**. Lunch is included at 12pm on departure day.

Arriving Thursday eve? ESIs, the grand mentors (Sue Everson, Tica Hall), and council members should all arrive Thursday evening, check-in, and be ready for dinner at 5:30-7:30 pm. ESI and Council Meetings start Friday at 9 am. There are rooms still for those who want to come the night before and then you'd have free time at the resort Friday morning.

Although you can cancel your room with 1440 up to **Oct 3rd, 2021**. *Please know that ABMR will have to pay for every room at this point, whether you come or not, so while you will get your personal refund if you cancel up to Oct 3rd, we will stay have to pay for your room.*

DETAILS ON COVID TESTING AND HOME KITS:

You'll want to test once within the 3 days before you travel (PCR or home kit) and upon arrival onsite. There is one hour testing at the airport <https://www.flysfo.com/travel-well/covid-19-testing> and near the airport <https://bit.ly/2WixLUu> but the home kit is cheaper and easier.

We highly recommend using [BinaxNOW](#) or [QuickVue](#), low-cost instant antigen tests (nasal swab) that are widely available and can be bought online or at local stores, such as CVS, Walmart, Target, and [Walgreens](#). BinaxNOW is used at the White House for daily screening. They are sold in kits with two tests included. If you use either BinaxNOW or QuickVue, the two tests (one before travelling and one upon arrival) should be done between 24 and 36 hours apart. If you use both of the two tests as directed, sensitivity is 0.98. We will have extra tests on site but prefer you bring your own second test, if possible. Please contact Elissa Hamlat if questions (elissa.hamlat@ucsf.edu).

Here is sensitivity and specificity information on home kits below. Thanks to Suzanne Segerstrom for summarize this for us.

	Sensitivity*	Specificity*
BinaxNOW \$24, (Walgreens, CVS, Walmart, and others)	0.85	0.99

Quick Vue , \$24, (see link for stores)	0.84	0.99
Ellume , \$40 (see link**)	0.95	0.97

*This information is for one test for BinaxNOW and QuickVue. If you use both of the two tests as directed, sensitivity is 0.98.

**Ellume appears to be out of stock online right now, but all three tests seem to fluctuate in online availability. They seem to be easier to find in-person at stores.

Read more about home testing here. Many kits mentioned are not easily available or not instant:
<https://www.washingtonpost.com/lifestyle/2021/08/28/are-home-covid-tests-accurate/>

<https://www.darkdaily.com/2021/06/02/popular-science-review-finds-seven-at-home-covid-19-antigen-tests-easy-to-use-and-an-important-tool-to-slow-spread-of-the-coronavirus/>

SAFETY PROTOCOL FOR 1440 Multiversity Site:

The site, 1440 Multiversity, is following strict CDC and state COVID guidelines. These are covered in their Health and Safety guide, a PDF on their website and found here:
<https://www.1440.org/resourcefiles/pdf/1440-campus-health-and-safety-guide.pdf>

On page 3, overall principles:

- Physical distancing to the maximum extent possible,
- Use of face coverings by workers and customers/clients,
- For indoor locations, ensuring adequate ventilation in all spaces,
- Frequent hand washing and regular cleaning and disinfection, and
- Training workers on these and other elements of the COVID-19 prevention program

Page 7: Rules for staff (including masking, temperature checks before entering dining hall)

Page 8: Face coverings and control measures

Page 9: Cleanliness and disinfectant protocols (including between each meal)

Page 10: Physical distancing guidelines (at least 6 feet apart always)

Page 12: Arrival & departure procedures (temperature checks, one way flow with distancing)

Page 14: All rooms will be single (except podded groups) and have private bathrooms