



YOU'LL BE PLAYING AS:

**PRINCIPAL DEPUTY
DIRECTOR, CDC**

To view a black and white, printer-friendly version of this packet, click [here](#).

TABLE OF CONTENTS

WELCOME TO LIVES IN BALANCE LETTER

Scan this letter for the basic details you'll need to discuss the Bubble Plans. You can find links to the *Lives in Balance* trailer and tutorial videos here, too.

CHARACTER SHEET (PRINCIPAL DEPUTY DIRECTOR, CDC)

Read all about your character's background and goals for this scenario.

SOUTHWEST STATE COALITION MAP

Check out a map of the Southwest States Coalition. Will the pandemic unite or divide these neighbors?

CDC RE-OPENING GUIDELINES

Find out what the experts at the Centers for Disease Control and Prevention recommend that states and employers do in the face of a pandemic.

ROLE REFLECTION EXERCISE

Use these prompts to help you get into character before you play *Lives in Balance*.

BASIC TROUBLESHOOTING GUIDE FOR VIDEO CONFERENCING SOFTWARE

Look here for help if you're playing *Lives in Balance* virtually and have some trouble with your video conferencing platform.

WELCOME TO LIVES IN BALANCE

The members of the **Southwest States Coalition** are meeting today. They want to work together on their responses to the pandemic. They will look over each state's plan to "re-open" its economy.

The Coalition includes the governors from **Arizona, New Mexico, California, and Nevada**. Also joining is the **U.S. Deputy Secretary of Commerce**, who will share financial information to help the states decide. The **Deputy Director of the Centers for Disease Control and Prevention** will be at the meeting, too. This federal official will share the latest pandemic health information.

The Nevada and Arizona governors will be presenting their "**Bubble Plans**." These plans explain how the states will "re-open" their economies through professional sports events. Today's goal: Each Coalition member will vote to approve or deny "the Bubble Plans."

In **Arizona**, Major League Baseball (MLB) will start its season under their proposed Bubble Plan:

- Players, teams, and personnel will stay in socially distanced hotel rooms.
- All team and stadium personnel will have temperature checks each day.
- All team and stadium personnel will have weekly virus testing.
- Food will come only from the restaurant(s) at the hotels, with rapid testing of workers.
- Teams will be allowed to be face-to-face only in the hotel restaurant and lobby.
- Private shuttles will transport teams to and from the hotel and stadium.
- Shuttles will be cleaned each day before taking the teams to the stadium.
- There will be **no fans**.

In **Nevada**, the National Football League (NFL) will start its season under their proposed Bubble Plan:

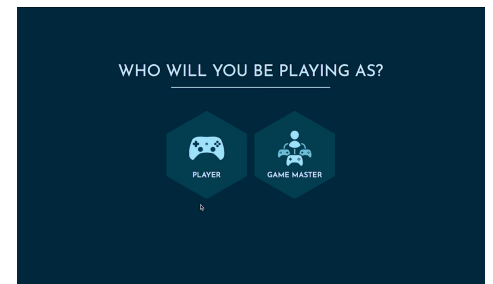
- Players, teams, and personnel will stay in socially distanced hotel rooms.
- There will be one team per hotel.
- All team and stadium personnel will have weekly virus testing.
- All team and stadium personnel will have temperature checks twice a day.
- Players and staff will be allowed to be face-to-face in private meeting rooms only.
- Private shuttles will be transport teams to and from the hotel and stadium.
- CDC-approved helmets will be provided. They feature an improved visor and a certified air filtration system.
- There will be **no fans**.

What is more important, putting people back to work or the health of the residents? Where does the federal government stand? Is it helping or hurting the states? You decide!

BEFORE PLAYING THE SIMULATION,
PLEASE WATCH THE VIDEOS
LINKED BELOW.



LIVES IN BALANCE TRAILER



ITHRIVE SIM WALKTHROUGH





ROLE DESCRIPTION

CENTERS FOR
DISEASE CONTROL
AND PREVENTION (CDC)
EST. 1946



You are the Principal Deputy Director of the Centers for Disease Control and Prevention (CDC). You report to the Director of the CDC. Your job is to protect America from health and safety threats. You do research and take action to fight the spread of disease. You share science-based advice for how communities and the country can protect themselves.


ABOUT YOU

-  You started as a small-town doctor in Oklahoma. You are known for your kind bedside manner; you are calm, patient, and listen well. Your work with infectious disease research led you to the CDC.
-  The pandemic has pushed you into the spotlight. You care deeply about saving lives and people's health and well-being are first and foremost in your mind.
-  You do not directly challenge people when you disagree. You have a way of getting your point across politely and usually do so using personal stories.
-  You are science-driven and dead-serious about enforcing the CDC guidelines for the sake of the nation's health.

WHAT YOU DO

- You take direction from the Director of the CDC and the White House.
- In the Coalition meetings you explain the CDC guidelines. You try to get the governors to follow them.
- You provide medical guidance. You are sometimes at odds with the governors' financial goals. You fear that their focus on the economy puts the people's health at risk.
- You check social media to understand how the public feels about the CDC's guidelines. You want to be sure the public understands the medical advice.

GOALS



Your goal is to ensure the Coalition states follow the CDC's guidelines and re-open in a safe manner. You want to keep the virus under control and do not want see any cases spread from one state to another.

OTHER CHARACTERS

ARIZONA GOVERNOR

You try to support the **Arizona Governor**. But you think their actions often ignore medical advice.

CALIFORNIA GOVERNOR

You support the **California Governor**. You respect them for strictly following the CDC's guidelines.

NEVADA GOVERNOR

You think the **Nevada Governor** is insincere. You do not always trust what they say. You feel they dismiss you in Coalition meetings.

NEW MEXICO GOVERNOR

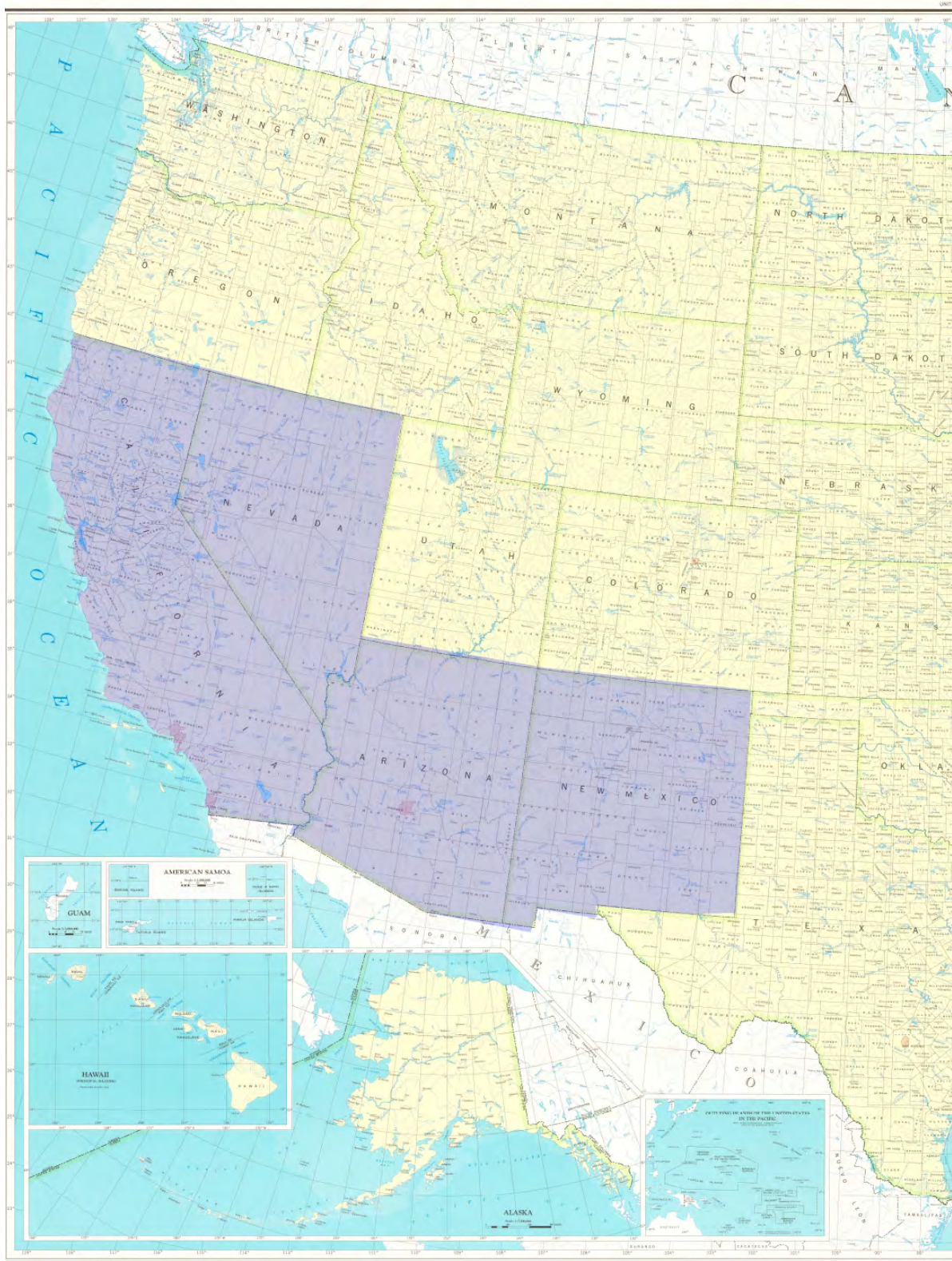
You like the **New Mexico Governor**. You think they are smart and compassionate. You have a lot of empathy for their state. They are really struggling with the virus. You want them to get the funds and medical equipment they need.

DEPUTY SECRETARY OF COMMERCE

You never worked with the **Deputy Secretary of Commerce** before this Coalition. You think they mostly ignore the science about the virus. You think they focus too much on money.

SOUTHWEST STATES COALITION

This map is intended for educational purposes only.



CDC RE-OPENING GUIDELINES

ITHRIVE SIM: LIVES IN BALANCE



IF THE FOLLOWING BUSINESSES FOLLOW STRICT PHYSICAL DISTANCING AND SANITATION RULES, THEY MAY OPEN.

1 Phase One SPECIFIC TYPES OF EMPLOYERS



SCHOOLS AND ORGANIZED YOUTH ACTIVITIES (e.g., daycare, camp): **NO**



BARS: NO



ELECTIVE SURGERIES: YES as clinically appropriate, on an outpatient basis at facilities that adhere to medical guidelines



LARGE VENUES (e.g., sit-down dining, movie theaters, sporting venues, places of worship): **YES** under strict physical distancing protocols



GYMS: YES



VISITS TO SENIOR LIVING FACILITIES AND HOSPITALS: NO

2 Phase Two SPECIFIC TYPES OF EMPLOYERS

SCHOOLS AND ORGANIZED YOUTH ACTIVITIES (e.g., daycare, camp): **YES**

BARS YES with reduced capacity

ELECTIVE SURGERIES: YES on an outpatient and in-patient basis at facilities that adhere to medical guidelines

LARGE VENUES (e.g., sit-down dining, movie theaters, sporting venues, places of worship): **YES** under moderate physical distancing protocols

GYMS YES

VISITS TO SENIOR LIVING FACILITIES AND HOSPITALS: NO

EACH PHASE OF THIS GUIDANCE ADDRESSES THOSE ASPECTS OF DAILY LIFE FOR WHICH RESTRICTIONS REMAIN APPROPRIATE DUE TO THE VIRUS.

PART ONE: Read about your character, then answer the following questions:

- (1) What role will you be playing?

- (2) Based on what you know about the scenario and the role, what are you most curious about?

- (3) What is one main goal your character is trying to achieve?

- (4) Based on the description, what's one thing about your character you relate to? Explain.

- (5) Based on the description, what's one thing about your character you DON'T relate to? Explain.

PART TWO: Discuss your responses with one or more members of your role-play team. Your role-play team also may choose to warm up for the simulation by introducing yourselves in character.

Complete this exercise using the Google Docs document [here](#).

iThrive Sim: Lives in Balance is designed to be accessible to participants in any location. All you need is WiFi access and a device, such as a laptop or Chromebook.

For students learning virtually, the social interactions in ***iThrive Sim*** will require using an additional video conferencing software tool, such as Zoom, Google Meet, Microsoft Teams, etc.

ACROSS VIDEO CONFERENCING PLATFORMS, HERE'S WHAT TO DO IF:

YOU ARE USING A BROWSER FOR VIDEO CONFERENCING:

- You will need two (2) browsers open; one for the *iThrive Sim* website and one for the video conferencing site.
- Arrange the browsers side-by-side so that they are both visible. To do this, you may need to minimize both windows so that you are able to adjust the size and arrangement of both to be visible (for example, neither browser should be in full-screen mode).

NO ONE CAN HEAR YOU:

- Call into the meeting using the phone number listed on the video conferencing invitation you received.
- Mute your computer mic and use your phone to communicate.

YOU CAN'T SEE THE VIDEOS IN THE ITHRIVE SIM PLATFORM:

- Post a note in the chatbox to let the facilitator know. The facilitator can play the videos over the video conferencing software instead.

YOUR CAMERA FEATURE ISN'T WORKING:

- As long as you can hear and be heard by the other participants, you will be able to play ***iThrive Sim***.

MORE RESOURCES

Below, you'll find links to help guides for relevant questions on commonly used video conferencing platforms. If there are other platforms you need information about, search for help guides online or feel free to reach out to us at least one week prior to running your simulation at support@ithrivesim.org.

FOR ZOOM:

- [Frequently Asked Questions](#)
- [Managing Breakout Rooms](#)
- [Pre-assigning Participants to Breakout Rooms](#)

FOR GOOGLE MEET:

- [Troubleshooting Network, Audio, and Video](#)
- [Start a new Google Meet Video](#)
- [Use breakout rooms in Google Meet](#)

FOR MICROSOFT TEAMS:

- [Get Started with a Live Event](#)
- [Using Video in Teams](#)
- [Join a Teams Meeting](#)
- [Use breakout rooms in Teams meetings](#)