

**Lower Merion Township
Adult Special Recreation Weekend Club
COVID-19 (Coronavirus)
Health and Safety Plan**

This plan was developed in accordance with the CDC's guidance for Small Gatherings. It will be reviewed as additional guidance becomes available.

Participants and staff will adhere to the following health and safety procedures:

Health Checks

- Temperature checks of staff and participants will be completed at arrival for each trip, safely and respectfully, and in accordance with any applicable privacy laws and regulations.
- Temperatures will be taken with an infrared no-touch forehead thermometer. Anyone with a temperature of 100.40 or above will be sent home. Caregivers should stay with their participant(s) until their temperature has been taken.
- A COVID-19 Participant/Guardian Agreement form will need to be completed for each participant at drop off.

Group Size

- Participation will be limited to a maximum of eight (8) individuals (staff and participants).
 - Six (6) participants.
 - One (1) staff.
 - One (1) bus driver.

Physical Distancing

- Physical distancing of at least six (6) feet will be practiced when feasible.
- During lunch, participants will be spaced at least six (6) feet apart, when feasible.
- Individuals will stand at least six (6) feet apart while waiting in line.
- Participants and staff will not be involved with any other groups at locations.

Hand Hygiene and Respiratory Etiquette

- All staff and participants will be encouraged to wash their hands regularly and as needed.
- If soap and water are not available, hand sanitizer with an alcohol base with at least 60% alcohol will be available.
- Hand washing/sanitizing is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Soap and water are the best option, especially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes with a tissue. Used tissues should be thrown in the trash and hands washed or sanitized immediately. If a tissue is not available, cough into your elbow.

Cleaning and Disinfection

- Frequently touched surfaces on the bus (e.g., grab rails) will be cleaned and disinfected before and after use, or as needed.
- Disinfectants will be used properly and safely kept away from participants.
- Gloves should be used when removing garbage bags or handling and disposing of trash. Hands should be washed/sanitized after removing gloves.

Cloth Face Coverings

- Participants should plan to bring their own cloth mask which they are comfortable wearing throughout the day.
- Cloth face coverings are meant to protect other people in case the wearer is unknowingly infected but does not have symptoms. Cloth face coverings are not surgical masks, respirators, or other medical personal protective equipment.
- Face coverings should be worn as feasible and are most essential in times when physical distancing is difficult. Cloth face coverings should not be placed on anyone who has trouble breathing or is unconscious.
- Wash your hands before putting on your face covering.
- Put it over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face.
- Make sure you can breathe easily.
- Take off your face covering carefully, when you return home. Untie the strings behind your head or stretch the ear loops, handle only by the ear loops or ties, fold outside corners together and place covering in the washing machine (or wash by hand). Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

Lunch Time

- Participants will eat in areas with the group while maintaining social distance, when feasible.

Protections for High Risk Participants

- Enrollment for all camps will be limited to those individuals who live in the local geographic area.

Staff Training

- Staff will be trained on all safety protocols.

Staying Home when Appropriate

- Stay home if you have tested positive for or are showing COVID-19 symptoms. Staff and participants can return to a program after three (3) days with no fever, all symptoms have improved, and it has been at least ten (10) days since symptoms first appeared.
- Anyone who has recently had a close contact with a person with COVID-19 should also stay home and monitor their health for at least fourteen (14) days after exposure based on the time it takes to develop illness.

Preparing for When Someone Gets Sick

The following strategies will be practiced within our programs to prepare for if someone gets sick.

Recognize Signs and Symptoms

- People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

Sick Individuals

- Staff or participants should **not** attend a trip.
- Staff should immediately self-report to the Parks and Recreation Department if they have virus-like symptoms, test positive for COVID-19, or have been directly exposed to someone who has tested positive for COVID-19 within the last 14 days.
- Families are required to self-report to the Parks and Recreation Department if they have virus-like symptoms, test positive for COVID-19, or have been directly exposed to someone who has tested positive for COVID-19 within the last 14 days.
- Reporting should be handled in accordance with health information sharing regulations for COVID-19 and other applicable privacy and confidentiality laws and regulations.

Sick Individuals during Program

- Staff and participants with COVID-19 symptoms (such as fever, cough, or shortness of breath) during the program trip will be immediately separated until they can be picked up from the location. Individuals who are sick should go home and or to a healthcare facility depending on the severity of symptoms.
- If emergency care is needed, first responders will be alerted that the person may have COVID-19.

Notify Health Officials and Close Contacts

- The Recreation Supervisor will be responsible for responding to COVID-19 concerns. Staff and families will be notified who this person is and how to contact them.
- In accordance with state and local laws and regulations, recreation staff should notify local health officials, staff, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA).
- When the Parks and Recreation Department has been notified that someone has tested positive or has been directly exposed to COVID-19, contact tracing will be conducted. Staff will identify others that have been in close contact with the infected or exposed individual without violating their personal protected health information and will inform those which may have been exposed to COVID-19.
- Anyone who had close contact with a person diagnosed with COVID-19 should be advised to stay home, self-monitor for symptoms and follow CDC guidance if symptoms develop.
- Staff and families which have had direct contact with the sick individual will be notified and instructed to not attend another trip and to notify the Parks and Recreation Department if they become sick with COVID-19 symptoms or test positive for COVID-19.

- Families and staff will be notified of any cancellations or restrictions put in place to limit COVID-19 exposure.

Clean and Disinfect

- Sanitization of all areas/equipment which may have been compromised will begin immediately, including, properly ventilating and completing a deep cleaning of the area, common surfaces, door handles, equipment, etc.
- Areas/items that were utilized by a sick person will be closed off and not available for use until after they have been cleaned and disinfected. This includes surfaces or shared objects in the area.
- Disinfection products should be properly stored in a secure location away from children.

Returning to Program

- Sick staff members or participants should not return to camp until they have met CDC's criteria to discontinue home isolation which depends on the individual's situation.
 - Those that think or know they have had COVID-19 and had symptoms should not be around others until after three (3) days without a fever **and** symptoms have improved **and** ten (10) days have passed since symptoms first appeared **or** you receive two (2) negative test results in a row, at least 24 hours apart.
 - Those that have tested positive for COVID-19 but have not had symptoms can return when ten (10) days have passed since testing **or** you receive two (2) negative test results in a row, at least 24 hours apart.
 - People with conditions that weaken their immune system should talk to their healthcare provider for more information.
- Those who have had close contact with someone with COVID-19 should stay home for fourteen (14) days **after exposure** based on the time it takes to develop illness.