



COMMUNITY PROGRAMS

Athletics

Daily Health Screenings

Each day, ALL athletes and staff will be screened before being admitted to practice. At the screening checkpoints, please line up with your family in one group, maintaining at least 6 feet between your family and the next. *A child may not be left at practice until he or she has been cleared to enter.*

Drop-off

Checkpoint for events at the Joan Benoit Samuelson Track and Field will be at MORSE STREET SCHOOL, near the gate to the track. Athletes and volunteers will be given a screening sticker that they'll attach to their shirt. This will allow their admission into practice for the day.

EVERY athlete and volunteer will be confidentially screened as follows:

- Have they been in close contact with a person who has COVID-19?
- Do they feel unwell with any symptoms consistent with COVID-19? For example, have they had a cough, high temperature, shortness of breath, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell?
- Make a visual inspection for signs of infection, which could include flushed cheeks, fatigue, extreme fussiness, etc.
- Forehead temperature check (under 100.4 F)

Personnel providing health screening: Approved coaches will conduct the daily health screenings. They will wear a face covering and protective gloves.

Pickup

At the end of practice, children will be dismissed to their families in attendance, after the coach has made a verbal confirmation with a parent or guardian that the athlete has been dismissed back to their care.

We will not be sharing large water jugs. Send your child with 1 gallon of water each day for refills, and a small bottle they can drink from. No other food or drink is permitted inside the fence.

Spectators

Due to the size and layout of the Joan Benoit Samuelson Track and Field, we are able to have spectators for these practices. We ask that those not volunteering remain socially distant from groups outside their household, keeping six feet away either on the bleachers or around the outside of the fence.

Do not leave other children unattended. Playground equipment will not be sanitized by our staff.

Parents/Guardians/Families

Our program in the summer of 2020 will be unprecedented as we operate under additional precautions due to the COVID-19 pandemic. As children begin socializing again after a number of weeks in social distancing, there is additional need for them to receive support and guidance at home. We ask that families regularly remind their children about the importance of following the hygiene guidelines that are detailed in this document.

General Guidelines for Cleanliness and Hygiene

- Guidelines and checklists provided by the State of Maine CDC for sanitation will be followed each day during the program.
- We will encourage parents to do temperature checks as well, to avoid bringing children to camp who may be ill.
- Staff will wear gloves as needed to address health issues or food distribution, etc. Children will not be expected to wear gloves.
- Staff will wear face coverings while in close contact with athletes. Athletes are not required to wear face coverings during strenuous activity.
- Our staff will be trained to teach and reinforce washing hands, as well as covering coughs and sneezes.
- Site will have adequate soap, hand sanitizer with at least 60% alcohol, tissues, and no-touch trash cans. Bathrooms will be located in FHS.
- Staff will be following daily CDC Cleaning Guidance to clean and disinfect the areas of camp.
- Staff will be trained on CDC Guidelines for cleaning, COVID-19, and policies.

Please read, sign and return this document to casss@rsu5.org

Health and Safety (COVID-19)

Our staff members will follow guidelines to minimize the risks of transmitting the novel coronavirus. The following guidance is designed to maintain health and safety standards requirements and physical distancing directives while providing much-needed services.

If children or staff are showing symptoms of COVID-19, have been in contact with someone with COVID-19 in the last 14 days, have been tested and are awaiting results, or are at high risk due to underlying health conditions, they we will not be able to attend or stay at the program until written proof is provided by a doctor that he/she no longer presents a risk.

Athletes or coaches with the following condition(s) should consult their doctor before considering attending our program: Heart disease, Diabetes, lung disease, underlying immune disorders, compromised immune systems, currently taking immuno-suppressant medications (examples of these disorders include Rheumatoid Arthritis, Crohn's Disease, recent cancer treatment).

Out-of-state visitors: Any athlete coming to the program from outside of northern New England (Maine, New Hampshire and Vermont) will be expected to self-quarantine as recommended by the current Governor's order [<https://www.maine.gov/covid19/restartingmaine/keepmainehealthy/>], or receive a negative COVID-19 screening. The Governor's guidelines are subject to change.

Self-checks: Parents/caregivers should check for symptoms each day prior to sending campers. All campers and staff members should determine their health status prior to coming to camp each day. Utilize the following questions to determine:

- Do I feel unwell today?
- Do I have a cough or sore throat?
- Do I have a fever or do I feel feverish?
- Do I or have I had shortness of breath?
- Do I or have I had a loss of taste or smell?
- Do I or have I been around anyone exhibiting these symptoms within the past 14 days?
- Do I or have I been living with anyone who is sick or quarantined?
- Have I been out of state in the last 14 days?
- Take temperature: is it 100.4 F or higher?

If the answer is "yes" to any of the questions, stay home. Please communicate with coaches if your child is staying home due to illness. Please self-report any symptoms and notification of exposures to the Recreation Coordinator, Chris Guerette [guerettec@rsu5.org].

Any coach, volunteer or athlete with an elevated temperature will not be able to return to camp until they have been fever free for at least 72 hours without the use of fever-reducing medications (e.g., Advil, Tylenol).

Anyone diagnosed with COVID-19 or awaiting test-results should self-isolate until:

- The person has had 3 full days of no fever without the use of fever-reducing medication
 - Other symptoms have improved
 - At least 10 days have passed since symptoms first appeared.
- If symptoms begin while at practice, the child must be sent home as soon as possible.
 - Keep sick children separate from well children and limit staff contact as much as reasonably possible, while ensuring the safety and supervision of the child until they leave.
 - Ideally, the same parent or caregiver should drop off and pick up the athletes every day.
 - If possible, older people such as grandparents should not pick up athletes because they are more at risk for serious illness.
 - Parents and caregivers who are self-quarantining due to close contact with a COVID-19 positive individual should NOT do drop-off or pick-up.
 - Staff will sign-in campers. Only athletes, volunteers and coaches should enter the track area.
 - Upon admission to practice, campers will immediately sanitize their hands and then drop off gear into their personalized space.
 - Any athlete recording a temperature of 100.4 F or higher will not be allowed to enter practice.
 - If an athlete is not feeling well outside of typical COVID-19 symptoms, we will notify parents/designee and continue to monitor/communicate.

I have read this policy, shared it with my athlete, and agree to abide by it, accepting the inherent risks in any activity held during this time:

Parent/Guardian Signature/Date: _____ Printed Name: _____