

Pullman Parks and Recreation

Recreation Programs

COVID-19 Health Policies for Parents & Participants

The City of Pullman Parks and Recreation Department has a general obligation to provide a safe and healthy facility and programs in accordance with state and federal laws. Pullman Parks and Recreation will implement and comply with the following COVID-19 worksite specific safety practices in addition to our regular health and safety practices to keep our sites, staff, participants, and families safe during this pandemic. The Pullman Parks and Recreation COVID-19 Health Policies have been guided by CDC Guidance for Parks and Recreation Facilities, Child Care and After School Programs, and the Washington State Department of Health general guidance.

Prior to beginning camps and classes, staff members participated in training to review our COVID-19 safety plan and protective measures were put in place for the facility, staff members and participants/families. Pullman Parks and Recreation staff will continue on-site trainings as requirements change.

COVID-19 Site Supervisor:

A site-specific COVID-19 Supervisor will be designated to monitor the health of employees and enforce the COVID-19 health and safety plan. Megan Vining, Jean Druffel, Anna Pearson, Monica Le Caire, and Kurt Dahmen will serve as site supervisors for Pullman Parks and Recreation programs.

General Guidance:

- Staff, participants, and parents will NOT be allowed on-site if they:
 - Are sick, have a temperature above 100.4°F, or are showing signs of COVID-19
 - Have been in close contact with someone who has a confirmed or suspected case of COVID-19 in the last 14 days

People at High Risk for Serious Health Problems from COVID-19:

- Those at high risk* for health problems from COVID-19 should consult with their health care provider when considering whether to provide or participate in recreation programs. **These may include:**

- People 65 years and older
- People with cancer
- People with chronic lung disease or moderate to severe asthma
- People with serious heart conditions
- People who are immunocompromised
- People with severe obesity (body mass index (BMI) of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease
- People who are pregnant
- Any other underlying conditions included but not limited to by the Center of Disease Control and Prevention (CDC). Please visit the link below for more information.

Sign-in/Sign-out for Programs:

Pullman Parks and Recreation staff will attempt to greet children and participants outside or at a designated check in spot as they arrive to their camp/class/activity location. Pullman Parks and Recreation will designate one staff member who will be responsible for signing in / out participants enrolled in the camp/class/activity. Direct point of contact with parents and participants will be limited as much as possible. Please maintain the recommended 6ft of social distancing when signing in / out with the Pullman Parks and Recreation staff member.

Pens will be provided when signing in. There will be a “clean” cup of pens (sanitized) and a “dirty” cup (used). Once a pen is used, it will be placed in the “dirty cup” and then it will be sanitized by staff and put in the “clean cup”.

We are recommending that families have the same adult drop off and pick up for any child each day.

Health Screening at Entry for All Participants:

Upon arrival to your class, camp, or program, a staff member will swipe your temperature, visually check the participants for signs of illness (flushed cheeks, tiredness, and cough) and ask you the required health questions. Please respond truthfully as our goal is to keep everyone enrolled and participating safe and healthy. **For the classes that are located “off-site” from the Recreation Center, we ask that parents take the child’s temperature prior to arriving at camp and then proceed with a visual check, answering the required health questions, and sign in with the instructor using the same protocols listed above.

Healthy Hand Hygiene and Respiratory Etiquette:

All children, participants, staff, and volunteers should engage in hand hygiene at the following times:

- Children and adults should wash hands when they arrive at the facility, enter the designated spaces/rooms, before/after preparing and eating meals or snacks, after outside time, after going to the bathroom, after nose blowing or sneezing, and before leaving to go home. Help young children to make sure they are doing it right.
- Children, families, and staff should not touch their eyes, nose, and mouth with unwashed hands.
- Cover coughs or sneezes with a tissue, then throw the tissue in the trash. Clean hands with soap and water or hand sanitizer (if soap and water are not readily available).
- Wash hands with soap and water for at least 20 seconds. If hands are not visibly dirty, alcohol-based hand sanitizers with at least 60% alcohol can be used if soap and water are not readily available.
- Supervise children when they use hand sanitizer to prevent ingestion.
- After assisting children with handwashing, staff should also wash their hands.

Social Distancing:

In order to reduce the risk to participants and staff, we have enacted the following important strategies.

We will:

- Reduce group sizes
- Keep individual groups together
- Create space between different groups
- Divide large spaces/gyms/playground
- Limit item sharing
- Keep participants items separate from others
- Provide individual supplies to each participant
- Plan outdoor activities and provide adequate ventilation indoors

Cleaning and Disinfecting Procedures:

Pullman Parks and Recreation staff will clean and sanitize each day before and after classes, camps and programs to include:

- Carpets will be vacuumed daily

- Toys, equipment and surfaces
- Doorknobs, faucet handles, counters, and restrooms
- Difficult to clean items such as stuffed animals, pillows, and blankets will not be allowed.
- Children's books and other paper based materials are not high risk for spreading the virus.

Transportation:

At this time, Pullman Parks and Recreation will be doing walking field trips and when possible, other modes of transportation for field trips will resume, in accordance with the Safe Start Phase Guidelines.

Meals and Snack Time:

Meals and snacks will be provided in individual classrooms or locations to prevent large group gathering. Tables will be cleaned and sanitized before and after each group eats. Staff will handle utensils and serve food to reduce spread of germs.

Cloth Face Coverings:

Per the Governor's statewide mandate, people over the age of 5 are required to wear face coverings while they are in any indoor or outdoor public space. While children under 5 are exempt, the order recommends kids between the ages of 3 and 5 wear facial coverings. If the child is under 5, the decision to send a face covering with them will be left to the discretion of the parent.

When staff or children are wearing cloth face coverings, they should be washed with soap and dried between uses.

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If A Child, Participant or Staff Member Develops Signs of COVID-19 While Attending a PPR

Camp/Class/Activity:

- A participant who cannot transport themselves will be removed from the group/activity and parents/guardians will be called to pick the participant up.
- A participant who is able to transport themselves, will be asked to remove themselves immediately from the facility/location.

The child, participant or staff member with symptoms should follow DOH guidance for what to do if you have symptoms for COVID-19. If symptoms persist or get worse, they should call a health care provider for more guidance. If a participant, child or staff member tests positive for COVID-19, the staff member, participant or child's parent or guardian must inform Pullman Parks and Recreation immediately. Anyone who has been in close contact with the affected person, should self-quarantine for 14 days.

Returning to a Parks and Recreation Program After Suspected Signs of COVID-19:

A staff member, participant, or child who had signs of suspected or confirmed COVID-19 can return to a Pullman Parks and Recreation camp/class/activity when:

- At least 24 hours have passed since last fever – defined as no fever without the use of medications and improvement in respiratory signs like cough and shortness of breath;
 - **AND**
- At least 10 days have passed since signs first showed up.
- Or it has been 24 hours since recovery and a health care provider has provided a note that the participant does not have suspected or confirmed COVID-19 and may return to care.

If a person believes they have had close contact to someone with COVID-19, but they are not sick, they should watch their health for signs of fever, cough, and shortness of breath during the 14 days after the last day they were in close contact with the person sick with COVID-19. They should not go to work, child care, school, or public places for 14 days. They may not come to any Pullman Parks and Recreation camps/classes/activities during their self-quarantine.

Thank you for choosing to participate in Pullman Parks and Recreation activities. Together we can keep safe, healthy, and active!