

## SF Skate Club COVID-19 Health & Safety Plan

SF Skate Club's COVID-19 protocols are informed by guidelines set forth by the CDC and SF's Department of Public Health. Our goal is to decrease the risk of COVID-19 in our community while providing summer camp services to our children and youth participants.

### Employee Screening

- Complete the following "Daily Self-Check":
  - Have you had any signs or symptoms of a fever in the past 24 hours such as chills, sweats, felt "feverish" or had a temperature that is elevated for you/100.4F or greater?
  - Do you have any ONE of the following signs or symptoms, **which are new and not explained by a pre-existing condition?**
    - Headache
    - Muscle pain
    - Cough
    - Runny or congested nose
    - Diarrhea
    - Nausea
    - Vomiting
    - Shortness of breath, difficulty breathing
    - Sore Throat
    - Loss of taste or smell
    - Feeling unusually weak or fatigued
  - Have you been in close contact with someone with a COVID-19 diagnosis in the past 14 days or been notified that you may have been exposed to it?
  - Have you traveled on an airplane internationally or domestically in the last 14 days?

### Follow-up Procedures

- If you answered YES to any of the questions, then please stay home and self-isolate/self-quarantine:
  - if symptoms are present, for a minimum of 10 days from when symptoms first appeared. Do not return to work until you have had 3 days in a row without fevers AND you did not use fever reducing medication such as Tylenol or Advil; and 3 days of improved symptoms, such a coughing and muscle aches.
  - for 14 days if you had close contact with an individual diagnosed with COVID-19.
  - for 14 days following international or domestic travel.
  
- If you will be tested and have never had a positive test for COVID-19, then after a single negative test you may be able to return to work if it has been 3 days since your last fever and 3 days of improving symptoms.
  
- If you have confirmed COVID-19 and have two negative test results from at least two consecutive respiratory specimens collected more than 24 hours apart you can return to work as soon as you get the second negative test result as long as you don't have a fever AND haven't been using fever reducing medication AND respiratory symptoms (if you had them) are getting better over the previous three days.

**PLEASE NOTE: The symptoms of COVID-19 are the same as for the flu and most other respiratory viruses. People should call their doctor if they have the symptoms listed above. Tell your doctor if you have had contact with anyone known to have the COVID-19 virus.**

### Daily Youth Screening Assessment

- Before camp arrival, parents/guardians will be asked to:
  - Be alert for any symptoms of COVID-19, and keep their child home if they show any signs of illness, including a fever of 100 or greater, cough, shortness of breath or difficulty breathing, vomiting or nausea, and/or chills.
  - Monitor their child's contact with others who may have COVID-19 symptoms, and keep them home if anyone in their household shows COVID-19 related symptoms or has a confirmed case of COVID-19.
  - Teach their child [good hand washing hygiene](#)
  - Teach their child how to [properly wear a cloth face covering](#).
- Upon their arrival and from 6ft away, staff will ask the parent/guardian to confirm that the child does not have the following symptoms:

<input type="checkbox"/> Fever	<input type="checkbox"/> Nausea
<input type="checkbox"/> Headache	<input type="checkbox"/> Vomiting
<input type="checkbox"/> Cough	<input type="checkbox"/> Shortness of breath, difficulty breathing
<input type="checkbox"/> Runny or congested nose	<input type="checkbox"/> Sore Throat
<input type="checkbox"/> Diarrhea	
- Staff will make a visual inspection of the child for signs of illness which could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), or fatigue.
- Staff will perform hand hygiene, put on PPE (face covering, disposable gloves, gown, and goggles) and take their temperature using a touch free thermometer.
- Children who have a temperature of 100.4F or above or other signs of illness will not be permitted to attend camp and will be sent home. If a camper shows signs/symptoms of COVID-19 during the day at camp, their parent/guardian will be contacted. The camper will be monitored and isolated until the parent/guardian can pick them up.
- Families will be encouraged to seek COVID-19 testing, ideally from their primary care provider (PCP) or medical home. Other testing options are listed at: <https://sf.gov/find-out-how-get-tested-coronavirus>

### Health & Safety Protocols

The following are the [Centers for Disease Control and Prevention](#) (CDC) recommendations on how members of the public can limit the spread of the coronavirus. They currently include:

- Cleaning and disinfecting frequently touched surfaces and recreational equipment (including balls).
- Thoroughly washing your hands with soap and water for at least 20 seconds, or using an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Wearing a cloth face covering that covers your nose and mouth in public settings.
- Staying at least 6 feet away from non-household members. *Note: [research](#) is ongoing on appropriate physical distance for bodies in motion.*
- Covering your mouth and nose with tissue when coughing or sneezing.
- Staying at home if you are sick.

### Hygiene

- Everyone must wash their hands with soap and warm water for at least 20 seconds upon entering SF Skate Club and thoroughly dry their hands with paper towels.
- Hand sanitizer will be available on all outings and is to be used before and after eating, after coughing or sneezing, and whenever campers touch a surface other than their personal belongings.
- Campers will either wash their hands with soap and warm water or use hand sanitizer at the end of the day before leaving SF Skate Club.

### Face coverings

- All staff, interns, and campers must wear a face covering throughout the camp day.
- Face coverings may be removed to eat and drink as long as there is a distance of 6ft from others. Campers will be asked to take a break from skating if they become uncomfortable from getting too hot or sweaty with the face covering on. They may remove their masks and cool off as long as they can stay 6ft away from others.
- **Face coverings may not have a valve as it forces more droplets outward into the surrounding area.**

### Transportation

Transportation will be provided in SF Skate Club's 15-passenger van. The precautions that we are taking, include:

- limiting the number of passenger to 8 youth (6 campers and 1-2 teen helpers), plus 2 instructors
- keeping a space/seat in between each person so that campers are not side by side,
- keeping seating assignments the same,
- opening all windows for ventilation,
- cleaning and disinfecting the seats, belts, and arm rests at the end of each day.
- Requiring everyone to wear a mask the entire time they are inside the van.

### Personal Belongings

Campers may not share any personal belongings, including skateboards, helmets, pads, phones, books, toys, or food. Each camp will receive a travel drawstring bag that will remain at SF Skate Club for daily use.

Each bag will have the following items:

- |  |  |
|--|--|
| <input type="checkbox"/> Folder with activity handouts | <input type="checkbox"/> 1 pack of colored pencils |
| <input type="checkbox"/> Pencil                        | <input type="checkbox"/> Sunglasses                |
| <input type="checkbox"/> 2-3 markers                   | <input type="checkbox"/> Sticker pack              |

We ask that campers limit their belongings to the following list.

Daily supplies from home:

- |                                     |  |
|-------------------------------------|--|
| <input type="checkbox"/> Skateboard | <input type="checkbox"/> Lunch         |
| <input type="checkbox"/> Helmet     | <input type="checkbox"/> Water bottle  |
| <input type="checkbox"/> Pads       | <input type="checkbox"/> Face covering |

#### Group Size & Social Distancing Activity

- Campers will be in pods of 6 or 7 children that are overseen by 2 adult instructors, who will be supported by 1-2 teen helpers/interns.
- There will be two pods in each camp session. Each pod will be travelling to a different skateboarding location each day, and there will be limited to no interaction between the two groups.
- Children will be grouped according to a combination of age/grade and skateboarding level as much as possible.
- All activities will take place outdoors and campers will spread out to be 6ft apart from each other whenever possible.

#### Attendance, Drop Off & Pick Up

- Campers must attend the first week of camp, in order to stay enrolled. If camper misses the first two days of camp, then they will be dropped from the session and refunds will not be given.
- Ideally, the same parent/guardian will be dropping off and picking up their child each day.
- After the first-day of camp, parents do not need to walk their child into SF Skate Club.
- When picking up, parents may call (415) 658-7756 to have staff walk their child out to their car.

#### Cleaning and Sanitizing

- Frequently touched surfaces will be routinely cleaned/sanitized throughout the day, and facilities cleaned thoroughly at the end of each day, using CDC recommended cleaning products.
- Program materials and equipment will be cleaned/sanitized after each group's use.
- Furniture will have a cloth covering that will be changed daily and laundered at the end of the week.

#### In the Event of a Potential Exposure

- Families will be notified immediately, if there is suspected community transmission of COVID-19 at SF Skate Club and their child was potentially exposed.

- SF Skate Club will also notify local health officials of suspected and confirmed cases of COVID-19 from our summer camp immediately and seek guidance to determine whether to dismiss or end camp early, if necessary.
- Depending on updates to SF's Department of Public Health guidelines, staff and guardians of youth participants, including teen interns, may be asked to complete a Contact Tracing Form if they have a suspected or confirmed case of COVID-19.
- SF Skate Club will maintain the confidentiality of all our staff, youth, and families when communicating any health updates or concerns regarding suspected or confirmed community transmission of COVID-19.

### Education

Staff will continually remind campers about healthy hygiene behaviors, referring to prominently displayed signage, and lead by example. Daily camp agenda will include times for staff to address questions or concerns from campers and celebrate their healthy and safe behaviors to prevent the spread of COVID-19.

### Posters/Signage

- [COVID-19 information](#)
- [Handwashing](#)
- [Cough etiquette](#)
- [Symptoms associated with COVID-19](#)
- Social Distancing
- Stay Home If You're Sick

### CDC Guidelines

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-child-care.html#ScreenChildren>

SFSC Cleaning and Disinfecting Schedule

Bathrooms

Van

Frequently Touched Surfaces: Doors, knobs, gate, hooks, walls, tables

Supplies: Pens, Clipboards

Floors