

# M-NASR Safety Guidelines and Eligibility Requirements

These guidelines supplement existing eligibility requirements and general safety policies for M-NASR programs, in response to COVID-19 and use guidelines from IDPH, the Restore Illinois plan, the CDC and our risk management agency. As more information becomes available, M-NASR may adjust these guidelines. The information in this document is not implied nor intended to be a substitute for professional medical advice, diagnosis or treatment.

## Eligibility for Participation

All participants desiring to join M-NASR in-person programs will need to meet the following eligibility requirements:

- Ability to maintain a 6-foot physical distance from other participants and staff.
- Ability to properly put on, wear, and take off a face covering when necessary, for the duration of the program.
- Participants must provide their own face covering.
- Be able to independently attend to personal care (i.e. toileting, feeding, hygiene).
- Ability to wash hands thoroughly and independently.
- Be able to participate within a ratio of one staff to four participants with minimal visual and verbal prompting.
- Be responsible for own personal items with verbal prompts or reminders.
- Be able to stay in safe proximity to group and refrain from elopement or wandering.
- Be able to refrain from physically aggressive behaviors such as biting, spitting, scratching, hitting, kicking, etc. or behaviors that require direct or close proximity intervention from staff.
- Ability to follow the M-NASR Code of Conduct and other pre-determined guidelines.

## Requirements Prior to Attending Each Program

Guardians must confirm that participants have not exhibited any of the following symptoms prior to arriving to the program each day:

- Temperature of 100.4 degrees Fahrenheit or higher
- Shortness of breath
- Cough
- Sore throat
- Nausea or vomiting
- Diarrhea
- Runny nose
- Chills
- Unexplained muscle aches
- Headaches
- Unexplained fatigue
- Abdominal pain
- New loss of smell or taste

## M-NASR Safety Precautions

Although recreation programs always have an inherent risk, M-NASR has taken several measures to promote safety and wellness in our programs.

- Programs will have maximum capacities to ensure limited, smaller group sizes.
- Staff must perform an at home self-health check every day prior to arrival at program.
- Participants and staff must wear face coverings at all times.
  - The only exception to this is when the program is outside, and staff and participants can maintain physical distancing of more than 6 feet.
- Staff will develop a pickup and drop off system for each program to ensure proper physical distancing.
- Staff will clean and disinfect frequently touched surfaces (tabletops, door handles, etc.) before and after activities and in between uses of different individuals.
- Participants will be provided a supply kit to limit the need for sharing.
- Toys and learning tools not able to be sanitized will not be used.
- M-NASR will take measures to promote 6-foot physical distancing like seat assignments, outdoor activities, barriers, and traffic flow patterns.
- Only registered participants and staff will be allowed to attend programs.

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- To protect the participant and those they interact with, participants who do not adhere to program rules and the above guidelines may be removed from the program.

## Participant Screening Protocols

Prior to admittance to the program area, parents/guardians/participants must provide M-NASR staff with verbal verification of completing the At Home Participant Self-Assessment (see page 34). This verbal verification by parents/guardians/participants will be noted by M-NASR staff. If a participant exhibits any symptoms on the checklist or answers yes to any of the questions they will not be allowed to participate in the program. If the answer to any of the questions is “yes,” the participant will be asked to leave and not return until cleared by a medical professional.

## Hand Washing

Participants and staff will be asked to wash or sanitize their hands upon entry to the program room or area and throughout the day at transitions or specific intervals. Hand sanitizer will be readily available at each program site. Participants must be able to independently comply with these requests.

## Face Coverings

Both M-NASR staff and participants will be required to wear face coverings when 6 feet of distance is not possible and/or during indoor programming. Each program and situation will be assessed separately, and staff will indicate when face coverings are necessary. When utilizing a member district facility or community venue, M-NASR staff and participants will be required to follow facility-specific guidelines in place. Participants must be able to independently put on and take off their face covering.

Participants will be required to provide their own face covering. Face coverings should: 1) Fit snugly but comfortably around the face, 2) Be secured with ties or ear loops, 3) Preferably have multiple layers of fabric, 4) Allow for breathing without restriction, 5) Be clean. Disposable face coverings should not be worn more than one time. Fabric face coverings should be laundered regularly.

## Physical and Verbal Reminders of Distance

M-NASR staff will provide verbal reminders for physical distancing as needed throughout the program. When possible, physical and visual reminders will be used as well. Examples include changing the location of equipment and furniture to allow for distancing, taping areas/markers on the floor, creating physical barriers and displaying signage with reminders/expectations.

## Pick-Up and Drop-Off Procedures

### Drop-Off process

- Driver pulls up to the designated meeting location where M-NASR staff will greet them.
- Driver will remain in the car with participant to give M-NASR staff verbal consent of completing the At Home Participant Self-Assessment before leaving.
- If someone takes public transportation to the program location or drives themselves, they also need to wait in the designated meeting location to give M-NASR staff verbal consent of completing the At Home Participant Self-Assessment.
- Only the participant will be permitted to enter the program area.

### Pick-Up process

- M-NASR staff will watch for parents/guardians to pull up to the designated area.
- Driver pulls up to the designated meeting location where M-NASR staff and participant will greet them.
- Driver will remain in the car.
- Participant will be directed to their vehicle.

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## Equipment/Supplies Use

To reduce the sharing of items, M-NASR will provide each participant with their own kit for each program requiring equipment. If items will be used by more than one individual, disinfecting will occur regularly throughout the program.

## Personal Belongings

M-NASR will ensure that participants' belongings are separated and in individually labeled storage containers, cubbies or areas. Personal belongings must be taken home each day to be cleaned. When possible, belongings will be separated 6 feet apart.

## Food

When eating is necessary at a program, participants are asked to bring food in disposable containers. Containers will be put in the trash after use. M-NASR will offer limited opportunities and may provide individually packaged snacks for consumption outdoors when necessary. Participants will not be allowed to share food. Participants may bring a refillable water bottle which should be taken home at the conclusion of each program.

## Cleaning and Sanitation

M-NASR will be following enhanced cleaning guidelines at facilities. High touch areas will be cleaned prior to the start of each program. M-NASR staff will clean and disinfect any shared equipment (such as chairs, tables, mats) daily. High touch surfaces will be disinfected after each use. Disinfecting wipes will be readily available. All cleaning products and methods will follow Centers for Disease Control recommendations.

## Communicable Disease Procedures

M-NASR will utilize communicable disease procedures developed with guidance from local health departments and CDC regulations. Due to the serious nature of COVID-19 and specific prevention recommendations M-NASR has updated our policy to accommodate COVID-19 related considerations. The policy has been developed for quick response and containment with the highest level of confidentiality. In the event of an outbreak those considered at risk or who may have come into contact will be notified. To protect the identity of the person infected, only necessary details regarding the situation will be communicated. M-NASR asks that all participants and families cooperate in any investigation or tracing efforts M-NASR may conduct.

## Exposure or Symptoms

In the event a participant displays or develops symptoms of COVID-19 during a program, M-NASR staff will follow the procedures outlined below to isolate the individual until they can be picked up from the program site.

- If not already wearing a face covering both the participant and staff must wear a covering.
- A staff member will remain with the participant at a safe distance while reaching out to the emergency contacts and then waiting for them to arrive.
- Parents/Guardians or emergency contacts are required to pick up within 30 minutes of the initial call, preferably much sooner.
- The participant displaying symptoms will be removed from the group to a location that is a safe distance from others.
- If the facility has a designated isolation room, the individual displaying symptoms will be taken to that room until he/she can be safely picked up.
- Participants will be required to have multiple emergency contacts to ensure that someone is available to pick them up if the need arises.

## Response to Known Cases or Exposure

If a participant has someone in their household who is symptomatic or has tested positive for COVID-19 or has been exposed/ in contact with someone with confirmed COVID-19, they should stay home and self-quarantine per CDC guidelines, and should seek a COVID-19 test. "Close contact" includes household contacts, intimate contacts or contacts within 6 feet for 15 minutes or longer unless wearing N95 mask during period of contact. If a participant

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contracts COVID-19, they should notify a M-NASR full-time staff. M-NASR will work with local health officials and communicate details as needed with participants and families while maintaining confidentiality as required by the Americans with Disabilities Act (ADA).

## Required Doctor's Notes

A doctor's note clearing the participant to return to programs must be provided for:

- Those who test positive for COVID-19
- Those who have been under doctor's care for COVID-19 or COVID-19 related symptoms

## Personal Travel

Participants/families who travel internationally or use cruise travel will be required to notify a M-NASR full-time staff and to self-quarantine for 14 days upon return, before returning to any M-NASR program.

## At Home Participant Self-Assessment

Maine-Niles Association of Special Recreation is committed to the safety of employees, patrons, and the community, including during the COVID-19 pandemic. Participants will be required to self-assess using these questions each day prior to coming to a M-NASR program. If the answer is "yes" to any questions, participants will not be permitted to attend their scheduled program in order to prevent the spread of illness. Additionally, parents/guardians/participants should notify M-NASR of the reason for their absence for the day.

1. Do you have a fever of 100.4 degrees Fahrenheit or higher?
2. Do you have a cough, runny nose or sore throat?
3. Have you been experiencing difficulty breathing or shortness of breath?
4. Do you have muscle aches?
5. Have you had a new or unusual headache (e.g., not typical to the individual)?
6. Have you noticed a new loss of taste or loss of smell?
7. Have you been experiencing chills or rigors (i.e., a sudden feeling of cold with shivering accompanied by a rise in temperature)?
8. Do you have gastrointestinal concerns (e.g., abdominal pain, vomiting, diarrhea)?
9. Have you tested positive for COVID-19 in the last 14 days?
10. Is anyone in your household displaying any symptoms (as listed above) of COVID-19?
11. To the best of your knowledge, in the last 14 days, have you come into close contact with anyone who has tested positive for or been diagnosed with COVID-19?



By coming to M-NASR programs, you acknowledge that you have in fact conducted this self-assessment and the information provided above is true and accurate to the best of your current knowledge and beliefs.