

Welcome to the City of Arcata Recreation programming during COVID-19.

We continue to work hard adapting our program, policies, and guidelines to meet Humboldt County and State of California requirements to be as safe as possible in the current COVID-19 pandemic. At the same time, we strive to provide our community with the fun, healthy and engaging interactions we all need. *We ask that you read through the following procedures and guidelines carefully so that you are aware of the expectations set for both staff and families as we work together to keep our community healthy.*

Virus Prevention Steps:

- Daily Health screening of both youth and staff upon arrival.
- Temperature taken before participation, if over 100.4° staff or participant is to be sent home and encouraged to contact their primary care provider.
- Families and staff are asked before participation if they or anyone in their household has had a fever in the last 24 hours. Had a cough or shortness of breath in the last 24 hours. Been in contact with anyone who has tested positive for the novel Coronavirus within the last 14 days or is currently awaiting test results in the last 14 days. Have you traveled out of the area within the last 14 days. Staff and participants cannot attend the program if any of the above questions are answered with a yes.
- We will help educate participants about effective hand washing techniques. Both participants and staff will wash hands upon arrival and will wash thoroughly before and after eating meals or snacks as well as any other time when they may have come in contact with a shared piece of equipment.
- Facial coverings will be worn by staff and participants except children 2 years and under, while eating and, for children 12 and under, during outdoor activities with 6' distancing.
- Ratios will remain under 10 participants. Participants will stay in the same group of 10 and each group will have a consistent/dedicated staff.
- Program activities will encourage physical distancing, keeping 6 feet away from each other whenever possible.
- Hard to clean items will not be used.
- Any shared supplies will be cleaned and sanitized between uses.

What to do if your family member becomes sick? (updated July 7, 2020)

According to the CDC:

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

This list does not include all possible symptoms.

CDC will continue to update this list as we learn more about COVID-19.

According to CDC guidelines, any person who is exhibiting any of the above symptoms is instructed to isolate at home, therefore family members within the same household will also isolate at home. That person exhibiting symptoms, and any other member of the same household, may not return to in person programming until they have met CDC criteria to discontinue home isolation. These guidelines indicate:

- They need to be fever free for 72 hours without using fever reducing medications.
- If they have been tested for COVID-19 and the test comes back negative, they can return to camp after 72 hours with no other symptoms.
- If they are NOT tested they need to wait for 10 days since the symptoms first appeared AND they have been symptom free for 72 hours without using fever reducing medications.

If a Positive Coronavirus Case is found in the Program

If you receive notification that you, your child, someone in your household or someone you have been in contact with has tested positive for Coronavirus: Immediately contact the Recreation Division. It is crucial that you do not return to recreation programming.

- The Recreation Supervisor will notify, Human Resources and Department of Health.
- We will work with the Department of Public Health to determine if the program needs to be closed, all facilities will need to be deep cleaned and sanitized before reopening.
- The Recreation Supervisor will then communicate next steps to all families.
- Similar steps will be taken if a staff member or someone they have been in contact with tests positive.

Humboldt County Health Department (707) 445-6200

Humboldt County Health Clinic (707) 445-6201

City of Arcata Recreation Office (707) 822-7091



Creating Community
Through People, Parks and Programs