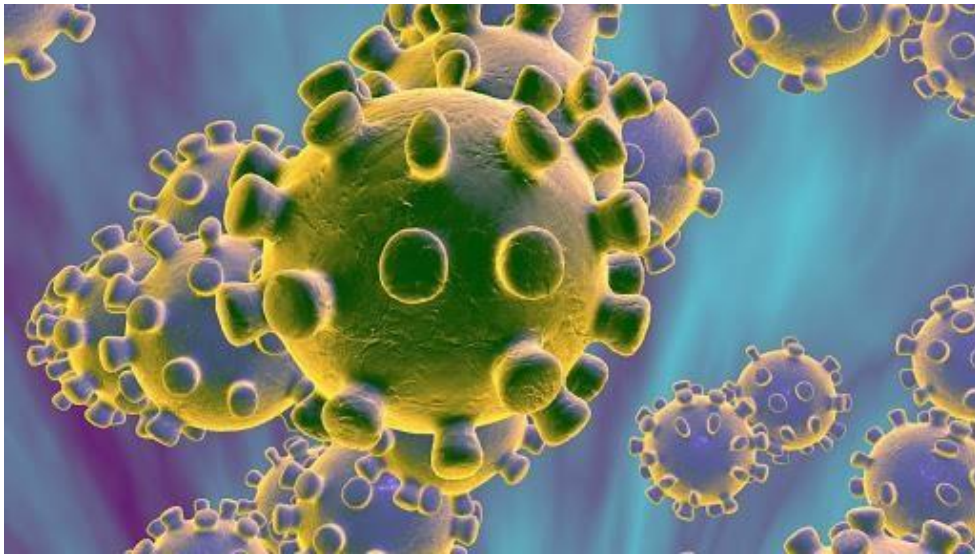




BOYS & GIRLS CLUBS
OF KING COUNTY

Physical Fitness Clinics
SAFETY & HEALTH PLAN
CORONAVIRUS (2019 – NCOV)



This guidance focuses on practices, for children and youth programs, that lower the risk for spread of COVID-19. This plan and it's procedures/protocols are based on guidelines provided by the Washington State Department of Health (DOH), King County Public Health, and Center for Disease Control (CDC).

Any specific questions regarding Boys & Girls Clubs of King County’s Physical Fitness Clinic Safety Plan should be directed to the Safety Director, Stacy Kain, at 206-436-1803 or Area Director, Bridget Powers, at 206-436-1949.

All Club specific questions, should be directed to the Athletic Director or Area Director overseeing that program.

- Public Health Phone Number: 206-296-4600
- King County Health Department: 206-477-8000
- BGCKC Safety Director: 206-436-1803
- BGCKC Area Director overseeing Athletics: 206-436-1949

Table of Contents

Risk Category Guidance.....2

Virus Prevention.....3

Face Coverings.....3

Personal Protective Equipment (PPE)..... 4

Hygiene Practices.....4

Parent Drop off or Pick-up.....5

Health Screening Prior to Entry.....5

Physical Distancing.....6

Cleaning Guidelines.....6

If Signs of the Coronavirus Appear in a Club.....7

Youth Who Develop Symptoms.....7

Adults Who Develop Symptoms.....7

Returning to Club after Suspected Symptoms.....8

If Notified a Club Parent/Guardian Tests Positive.....8

If a Positive Coronavirus Case is Found in a Club.....8

Returning to Club after Exposure to Confirmed COVID Case.....9

Returning to Club after Testing Positive.....9



Risk Category Guidance

The risk of transmitting COVID-19 depends on multiple factors including:

- | | |
|-----------------------------------|---------------------------------------------|
| 1. Number of people in a location | 4. Length of time at location |
| 2. Type of location | 5. Level of protective equipment (PPE) used |
| 3. Distance between people | |

As general guidance, smaller groups are safer than larger ones, outdoor locations are safer than indoor, physical fitness activities that can ensure distance of six (6) feet or more are safer than closer contact, and shorter duration is safer than longer.

For the purpose of the Physical Fitness Clinics Plan, activities are defined using the following risk categories:

- Low Risk Activities: Tennis, Swimming, Pickleball, Golf, Cross Country, Track and Field, Sideline/No Contact Cheer and Dance, Badminton, Disc Golf.
- Moderate Risk Activities: Softball, Baseball, T-Ball, Soccer, Volleyball, Lacrosse, Flag Football, Ultimate Frisbee, Gymnastics.
- High Risk Activities: Football, Rugby, Wrestling, Cheerleading and Dance with Contact, Basketball, Water Polo, Martial Arts Competitions, Roller Derby

Phase 1:

1. Clinics, drills, and/or small group training can resume for low, medium, and high-risk activities if members are limited to groups/pod of 6 in separate parts of the field/court, separated by a buffer zone.
 - a. Each group/pod of 6 should remain stable over time when possible.
2. Attendance rosters should include group contact information.
3. Any clinics, drills, and/or small group training activities that can be done outdoors should be.
4. Outdoor meets, qualifiers, and tournaments allowed for low risk sports.
5. Outdoor team practices, training and intra-team competitions allowed for low and moderate risk sports.
6. No scrimmage, intra-team competitions, and league games allowed.
7. No tournaments allowed.
8. No spectators allowed, indoors or outdoors.

Guidance for Phase 2 will be updated when King/Snohomish/Pierce Counties move into that phase.

VIRUS PREVENTION

Face Coverings

In compliance with the [Safe Start Washington Plan](#) and statewide face covering mandate, all youth, age 5 or older, staff, coaches/volunteers must wear face coverings or acceptable alternatives at all times, including during physical activity, while on Club property until further notice. Exceptions are listed below:

For the safety of each person, and those they come in contact with, it is important that a face covering be worn properly, covering both the nose and mouth, and removed using CDC guidelines for safe removal and disinfection.

Upon request, a disposable mask will be provided by BGCKC for all youth, staff, coaches/volunteers until such measures are deemed unnecessary.

Based on recommendations from Washington State Department of Labor & Industries, effective 11/30/2020, **BGCKC staff** must comply with the following mask requirements dependent upon the activity risk level. Most activities fall under the “medium transmission risk” category, however, there are a few activities considered “high transmission risk”. Requirements for both categories are as follows:

- Medium Transmission Risk: regular Club activities
 - A face shield with a cloth face covering; OR a 3-ply, disposable mask
- High Transmission Risk: staff involved in meal preparation, those conducting daily Health Screenings, performing First Aid, or tending to a sick or isolated person
 - An N95 mask OR a face shield plus a KN95 or 3-ply, disposable mask

To ensure the safety of our Club communities, effective 11/30/2020, all **youth** who attend Boys & Girls Clubs of King County programming must wear a 3-ply (layer) mask at all times, disposable or cloth. This includes a 2-ply (layer) cloth mask with a filter insert.

- Neck gaiters, bandanas, or other coverings that have less than 3 layers, will not be allowed. A 3-ply, disposable mask will be provided to anyone arriving to Club in any non-approved facial coverings.

Parents/guardians are asked to send their child(ren) to Club with a personal mask labeled with their child’s name, however, a mask will be provided for those who need one. It is the responsibility of the family to ensure cloth face coverings are washed properly after use daily.

- In rare circumstances when a face covering cannot be worn, youth and adults may use a face shield with a drape as an alternative to a traditional face covering.
 - Face shields should extend below the chin, to the ears, and have no gap at the forehead to be effective.

Face coverings may be removed during the following times only:

- Outdoors, only when physical distancing is possible during a mask break
- During meals and snacks

If youth need a “mask break”, take them outside or to a large, well ventilated room where there is sufficient space to ensure more than six feet of physical distance between people.

Questions regarding a person’s inability to meet this mandate should be addressed with the following individuals:

- Staff – please direct any questions regarding staff to Human Resources
- Youth – please direct any questions regarding youth to the Club/Area Director
 - If an exemption is granted, please ensure proper documentation is kept on file

Personal Protective Equipment (PPE)

In addition to providing face coverings upon request, Boys & Girls Clubs of King County will provide additional PPE, including hand sanitizer and any other PPE that is determined necessary in keeping individuals safe. Hand sanitizer will be stocked as needed and kept throughout the building.

Hygiene Practices

Wash hands often with soap and water for at least 20 seconds. Youth, staff, and coaches/volunteers, must wash hands when they enter the program space, before and after physical fitness activities (especially after touching shared objects), after going to the bathroom, after nose blowing or sneezing, and before leaving to go home.

All activities, including outdoor activities, should be in areas that have adequate handwashing facilities on site. Set up temporary handwashing stations with running water if a program must operate without sufficient facilities.

- Use an alcohol-based hand gel with at least 60% alcohol when soap and water are not readily available.
 - Alcohol-based hand gel is not a substitute for handwashing when hands are dirty or before eating. Wash hands with soap and water as soon as possible.
- Individuals 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 gel.

- Individuals should not share water bottles, towels or snacks and should not spit (saliva, sunflower seeds, etc.).

Parent Drop Off/Pick Up

To reduce the risk of exposure to youth and staff, all Clubs must develop a system for drop off and pick up that reduce the need for families to enter the Club. Club staff are responsible for ensuring families are able to remain physically distance when dropping off or picking up athletes/participants.

- Doors will be locked when possible and Club staff will monitor the doors at all times, especially during drop off and pick up times.
- Club staff will sign in all youth when applicable, eliminating the sharing of computers or pens.

Health Screenings Prior to Entry

Health screenings of all youth, staff, coaches/volunteers, including temperature checks and intake questions, will be conducted upon arrival and must be kept on file for 30 years. Club staff will keep a record of all temps, as well as, a running log of youth or staff that are out each day due to illness. Individuals that are cleared to enter the building will receive a stamp on their hand, or another indicator, to provide staff and volunteers with a visual.

- Temperature will be taken before entry, if over 100.4 degrees that individual will be sent home. Refer to the “Returning to Club after Suspected Symptoms” section to determine when you or your child(ren) are able to return.
- In addition, anyone entering the building will be asked the following questions at drop off. Anyone who answers “yes” to any of the questions may not attend Club. Refer to the “Returning to Club after Suspected Symptoms” section to determine when your child(ren) are able to return.
 - Has your child, or anyone in your household, had any of the following symptoms within the last day? (If it is the first day after a break or for a new member, please ask about the past 3 days)
 - A fever (greater than 100.4) symptoms of lower respiratory illness (such as cough, shortness of breath, difficulty breathing), new loss of taste/smell, head/body aches, congestion, or nausea/vomiting
 - Has your child, or anyone in your household, been in close contact with anyone with a confirmed case of COVID-19 or who is awaiting testing?
 - Has your child, or anyone in your household, had a positive COVID-19 test for active virus in the past 10 days?

- Within the past 14 days, has a public health or medical professional told your child, or anyone in your household, to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19 infection?

BGCKC understands that medical professionals will have occupational exposure due to the nature of their profession, which will not impact their or their child(ren)'s attendance as long as they have not been exposed outside of work.

Physical Distancing

Physical distance of 6 feet must be maintained between staff, coaches/volunteers at all times with exceptions for medical professionals and volunteers performing their medical duties. 6 feet of distance must be maintained among youth when not engaged in physical fitness activities. Huddles/group meetings must be physically distanced and unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs are discouraged.

Cleaning Guidelines

Clean high touch surfaces and disinfect shared equipment before and after each use. Ensure restrooms are cleaned and disinfected regularly.

General cleaning guidance:

- Windows and doors should be opened and all fans should be on to create a well-ventilated area to minimize breathing chemicals.
- If you are going to be spraying chemicals, all staff must wear a mask and eye protection (eye glasses, sunglasses, safety glasses) that will prevent ingesting cleaning materials in mouth, nose & eyes.
- Mask should be worn throughout entire cleaning process. If a mask is not available, do not spray chemicals. Instead clean by dipping a rag into bleach and water.
- Items to have in stock before cleaning:
 - Spray Bottles
 - Bleach
 - Clorox/Lysol spray and/or wipes
 - Eye Protection
 - Face mask
 - Gloves
 - Rubbing Alcohol (90%)
- For tablet/computer cleaning, use a soft cloth when doing so.
- Any exposed skin (arms, hands, neck, face areas not covered) should be thoroughly washed with soap and water after removing gloves, mask, and eye protection.

If Signs of Coronavirus Appear in a Club

No symptoms at the start of the program does not mean symptoms will not develop as the day goes on.

- Staff, coaches, and volunteers should monitor youth during programming for symptoms.
- Any person that develops symptoms during the day will be sent home immediately.
 - Clubs should track any illnesses of youth or staff.
- If youth that attend on a regular basis do not show up for two days and staff have not heard from a parent/guardian as to the reason, staff should do their best to call to find out if they are out due to illness.

When a Club sends a person with Coronavirus symptoms home, clean and disinfect the areas where the ill person spent time.

Youth Who Develop Symptoms

Each Club should have an identified space for isolating an ill person until they can be sent home.

If a youth is showing signs of Coronavirus at Club, remove that individual from the group immediately so they can be taken home by their parent/guardian. If a parent/guardian is not present, take them to an isolation room or area that can be used to isolate a sick person, call a parent/guardian asking them to pick up their child(ren). If an isolation room or area is not available, ensure the youth wears a mask at all times and ensure they are at least 6 feet away from other people while they wait.

- After the youth is picked up by their parent/guardian, clean and disinfect surfaces in isolation room or area following the cleaning guideline found in this plan.

Adults Who Develop Symptoms

If a staff member, coach, or volunteer develops symptoms while at Club, they should exit the building as soon as possible. All staff and coaches/volunteers should immediately notify their direct supervisor to arrange for immediate coverage of their area and should wear a mask and maintain 6 feet of distance from others until they are able to leave the Club.

Returning to Club after Suspected Symptoms

If testing for COVID-19 is not performed, stay home for at least 10 days after symptom onset, and at least 24 hours after fever has resolved and symptoms have improved. People with compromised immune systems or are considered high risk may need to isolate at home for longer.

If testing for COVID-19 is negative, stay home until 24 hours after the fever resolves and symptoms improve.

If Notified a Parent / Guardian Tests Positive

Immediately contact your supervisor/Area Director, who will then contact the CEO and Director of Youth & Club Safety. The Director of Youth & Club Safety will work with the CEO to notify, Human Resources, Marketing & Communications, School Districts and Department of Health. The Director of Youth & Club Safety and CEO will circle back to the Club to communicate next steps.

- Depending on risk level, the Club may close for 24-48 hours for deep cleaning.
- Member must stay home for 14 days before returning to Club.

If a Positive Coronavirus Case is Found in a Club

If you receive a call that a youth or staff member has tested positive for Coronavirus, immediately contact your supervisor/Area Director, who will then contact the CEO and Director of Youth & Club Safety.

The Safety Director will work with the CEO to notify, Human Resources, Marketing & Communications, School Districts, King County Public Health, and Boys & Girls Clubs of America.

To determine if the Club must close, or the length of closure time, please collect the following information from the youth or staff member who has tested positive:

1. Date individual was last at the Club.
2. If symptomatic, date of symptom onset.
3. If asymptomatic, testing date.

If it is determined that the individual who tested positive was not at the Club during the 48-hour period when they were most contagious, there has been no direct exposure to youth and staff, and the Club will continue with normal operating hours.

If it is determined that the individual who tested positive was at the Club during the 48-hour period when they were most contagious, the Club will close for 14 days from the date the individual who tested positive was last in the Club. This will include weekends. In addition, those who were in contact with the individual who tested positive should quarantine at home for time the Club remains closed and monitor their symptoms throughout the 14-day period.

To determine next steps, a meeting will be held with Human Resources, the Safety Director, CEO, Marketing & Communications, Area Director, and Club leadership to review all relevant information. Once a decision is made Club leadership will notify staff and families on next steps.

- If Public Health determines the Club needs to be closed, the entire club will need to be deep cleaned and sanitized before reopening.
- Area Directors will work with Clubs, Director of Youth & Club Safety on next steps to sanitize the area.

In some circumstance, only a portion of the Club will be closed. This will happen only after determining if the exposure risk to other youth and staff in separate areas/rooms of the Club is low.

Returning to Club after Exposure to Confirmed COVID Case

Individuals who were in close contact with a person with confirmed COVID-19 should quarantine at home. They should monitor themselves for symptoms for 14 days starting from the last day they had contact with the infected person.

- Youth and coaches/volunteers who have been in close contact with confirmed COVID-19 are encouraged to get tested themselves. It is recommended to wait at least 5 – 8 days before a test is performed.
 - If testing for COVID-19 is positive, please inform BGCKC immediately.
 - If testing for COVID-19 is negative, individuals still must quarantine for 14 days.
- Staff who have been in close contact with confirmed COVID-10 must wait 72 hours before getting tested.
 - If testing for COVID-19 is positive, please inform your supervisor immediately.
 - Due to being classified as an essential workforce, if testing for COVID-19 is negative, staff members may return to work once cleared by their supervisor.

Returning to Club after Testing Positive

Anyone with a confirmed case of COVID-19 may return to program when:

- When they have recovered.
 - A person is recovered when they have no fever in at least 24 hours without the use of medications, and improvement in respiratory signs like cough and shortness of breath. Additionally, at least 10 days of isolation have passed since signs/symptoms first showed up. For those who are asymptomatic, at least 10 days of isolation have passed since testing positive.