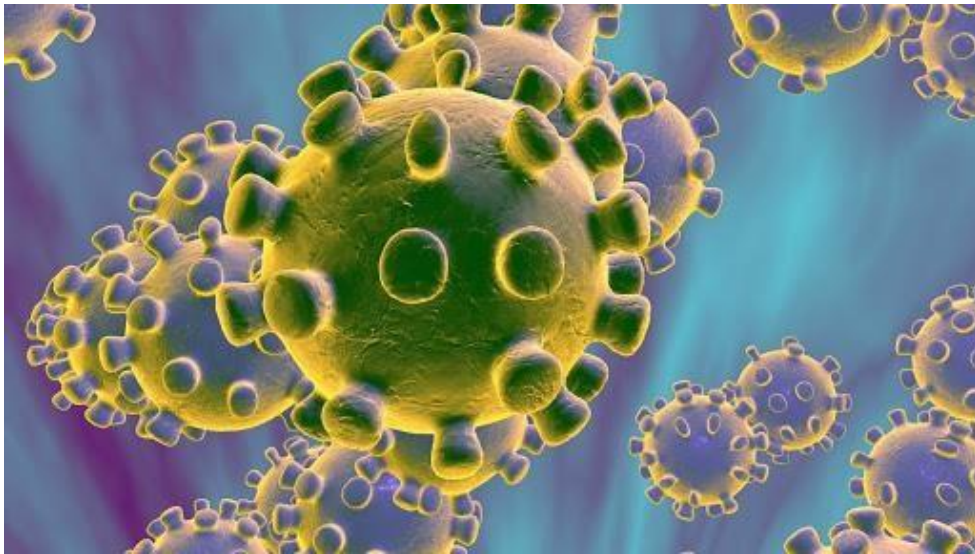




BOYS & GIRLS CLUBS
OF KING COUNTY

Return to Play Athletics
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 Return to Play Athletics Safety Plan should be directed to the Executive Director of Health & Safety, Rachel Smith, at rsmith@positiveplace.org 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 Executive Director of Health & Safety: rsmith@positiveplace.org
- BGCKC Area Director overseeing Athletics: 206-436-1949

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Risk Category Guidance

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

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

For the purpose of the Back to Play Athletics Plan, activities are defined using the following risk categories:

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

VIRUS PREVENTION

Face Coverings

On February 28th, Governor Jay Inslee put out a [statement](#) that the mask mandate in Washington State will end at 11:59pm on March 11th. Effective Monday March 14, 2022, face coverings requirements for youth will align with the public-school district in which the Club resides. Masks are required during transportation.

Boys & Girls Clubs of King County continues to require masking for all staff, coaches/volunteers, indoors and outdoors, when youth are present. Masking remains optional, but strongly encouraged when in close contact with other staff when youth are not present.

Athletes may continue to remove their masks while they are in active play in Clubs where the mask mandate is still in effect.

We understand that removing masks in indoor settings may cause some anxiety for youth, staff, and families and while, they may no longer be required, individuals are welcome to continue wearing their masks if they choose to do so.

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, coaches/volunteers, and spectators 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.

Spectators

All spectators must:

- Remain at least 6 feet of distance between themselves and other spectators.
- Wear a facial covering at all times **if Club resides in a public-school district that still requires masks.**
- Wash or sanitize their hands upon entering.

Health Screenings

It is important that staff, volunteers, and families monitor themselves and/or their children for signs and symptoms of COVID-19, stay home if you're sick and/or keep sick children at home, and get tested for COVID-19 when applicable. Families should monitor their children at home for the below criteria daily before bringing them to the Boys & Girls Club and staff and volunteers should consider the criteria before reporting to work.

If someone has symptoms of COVID-19, is in isolation for COVID-19, or is in quarantine for COVID-19, they should not go to the Club. Individuals should not be admitted into the Club if they:

- Show symptoms of COVID-19; or
- Have tested positive for COVID-19 in the past 10 days or are awaiting results of a COVID19 test due to possible exposure or symptoms and not from routine asymptomatic COVID-19 screening or surveillance testing; or
- Have been told by a public health or medical professional to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19 infection in the past 10 days.

Any adult visiting the Club, who does not regularly work there, must fill out the Visitor Log and follow all requirements for staff including, but not limited to, mask coverings, handwashing, and physical distancing.

COVID-19 Vaccine

On August 18, 2021 Governor Jay Inslee announced that child care, early learning, and youth development providers must be fully vaccinated against COVID-19 by October 18, 2021 or obtain a religious or medical accommodation.

All BGCKC youth facing staff have provided proof of vaccination. BGCKC volunteers fall under this mandate as well.

Please reach out to Human Resources at hr2@positiveplace.org to obtain the form to request a religious or medical accommodation.

[COVID-19 vaccines](#) available in the United States are effective at protecting people from getting seriously ill, getting hospitalized, and even dying. As with vaccines for other diseases, people who are up to date are optimally protected. CDC recommends that everyone 5 years and older get their [primary series](#) of COVID-19 vaccines, and receive a booster dose when eligible

People are considered “fully vaccinated”:

- 2 weeks after their second dose in a 2-dose series, like the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, like Johnson & Johnson’s Janssen vaccine. If it has been less than 2 weeks since their shot, or if the individual still needs to get their second dose, they are NOT fully protected and must keep taking all prevention steps until fully vaccinated.

People are considered “up to date”:

- Up to date means a person has received all recommended COVID-19 vaccines (see above), including any booster dose(s) when eligible.

Fully vaccinated and Up to Date persons should:

- Get tested 5-7 days after being exposed to COVID-19.
- Watch for symptoms for 14 days after their exposure.
- Continue to wear masks, practice social distancing, and keep their social circles small.

Physical Distancing

Physical distance of 3 feet must be maintained between staff, coaches/volunteers, and spectators at all times with exceptions for medical professionals and volunteers performing their medical duties. 3 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
 - Face mask
 - Gloves
 - Clorox/Lysol spray and/or wipes
 - Eye Protection
 - 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 a Household Member Tests Positive

Regardless of vaccination status, students, children, and staff who were potentially exposed to COVID-19 should be encouraged to:

- Monitor for symptoms, AND

- Test every 24-48 hours until 5 days after the last positive household member’s isolation has ended. Molecular (PCR/NAAT), antigen, and at home tests are acceptable. If they test positive, they must isolate.
 - For individuals who have been recently infected (within the past 90 days), antigen testing should be performed as PCR results may remain persistently positive and not be indicative of a new, active infection.

Exposed youth and staff may continue to take part in Club programming as long as they are not symptomatic. If an exposed youth or staff develops symptoms, they are required to immediately isolate at home, and follow the guidance listed under “Returning to Club After a Positive Test”.

Youth and staff, who have someone in their household that has tested positive for COVID-19, should get tested at least 5 days after their first exposure. *A person with COVID-19 is considered infectious starting 2 days before they develop symptoms, or 2 days before the date of their positive test if they do not have symptoms.* They should also get tested at least 5 days after the end of isolation for the person with COVID-19, and wear a well-fitting mask around others for 10 days after the infected person’s isolation period ends.

In this situation, the following precautions may limit the spread.

- The person with COVID-19, and everyone they live with should wear a well-fitting mask inside the home.
- If possible, one person should care for the person with COVID-19 to limit the number of people who are in close contact with the infected person.
- Take steps to protect yourself and others to reduce transmission in the home:
 - Isolate if you are sick or test positive for COVID-19, even if you don’t have symptoms.

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 Executive Director of Health & Safety.

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

To determine next steps, 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.
 - a. If asymptomatic, testing date.
3. Date of Positive Test
4. Group/Cohort impacted

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 individual will need to isolate at home regardless of vaccination status and the Club will need to send out exposure notifications to the impacted group/cohort. Youth and staff do not need to quarantine unless they have symptoms. If they have symptoms they should stay home and get tested.

A youth or staff who tests positive for COVID-19 is required to isolate at home, regardless of vaccination status. The isolation period is 5 full days from the start of symptoms or the date of positive test. Children or staff who remain symptomatic or test positive after 5 days of isolation must continue to isolate for the full 10 days.

If multiple positive cases occur in a Club during the same time frame, the Executive Director of Health & Safety, Human Resources, CEO, Marketing & Communications, and Area Director will review all relevant information to determine next steps.

- Testing indoor athletics is recommended if the team was exposed to COVID-19 or there is a team or group outbreak.
- During athletic team outbreaks, athletes, coaches, trainers, and other support personnel should wear masks when participating in indoor activities, especially when playing or practicing indoor sports where aerosolization may occur or the indoor space is not well ventilated.
- In the event of an identified outbreak in a specific team or cohort only that cohort of the Club will be closed. The cohort will close for 5 days from the first positive test, including weekends. This will happen only after determining if the exposure risk to other youth and staff in separate areas of the Club is low. In the event of an identified outbreak across multiple cohorts the Club may be required to close, or implement additional mitigation strategies such as a 2-week mask mandate for all youth and staff or improve ventilation to help slow the spread. The Executive Director of Health & Safety will consult with Public Health, Human Resources, CEO, Marketing & Communications before determining if an entire club location needs to close.
- If Public Health determines the Club needs to close a specific team/group/cohort or the Club, the entire club will need to be deep cleaned and sanitized before reopening.
- Area Directors will work with Clubs, and Executive Director of Health & Safety on next steps to sanitize the area.

Returning to Club after Exposure to Confirmed COVID Case

Exposed youth, staff, and coaches/volunteers may continue to take part in all in-person Club programming, including athletics, as long as they are not symptomatic. If an exposed youth, staff, or coach/volunteer develops symptoms, they are required to immediately isolate at home.

Youth, staff, and volunteers who have symptoms of COVID-19, are required to stay home and should get tested and/or see a health care provider. If testing for COVID-19 is positive please inform BGCKC immediately.

Returning to Club after Testing Positive

A youth, staff member, coach/volunteer who tests positive for COVID-19 is required to isolate at home, regardless of vaccination status. The isolation period is 10 full days from the start of symptoms or the date of positive test.

This individual may return to Club after 5 full days of isolation if:

- Their symptoms have improved or they are asymptomatic, AND
- They are without a fever for the past 24 hours without use of fever-reducing medications.

AND IF returning to Club days 6-10, the individual is **required** to:

- Wear a well-fitted mask during days 6-10 of their isolation period, consistent with CDC guidance. *If they must remove their mask for eating or drinking, they must do so far away from others.*
 - *Children and staff are encouraged to test after day 5, before returning to the Club.*

If this individual is not able to wear a well-fitted mask or face shield with a drape, remains symptomatic, or continues to test positive after day 5, they are required to continue isolating through the end of their 10 day isolation period.