

CORONAMETER HYGIENE AND SOCIAL DISTANCING REQUIREMENTS

UNLICENSED YOUTH PROGRAMMING + YOUTH SPORTS PROGRAMMING

**VERSION.1
AUGUST 11, 2020**

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GUNNISON COUNTY PUBLIC HEALTH DIRECTOR

DATE: 8/11/2020

DISCLAIMER: DRAFTED PURSUANT TO THE TENTH AMENDED PUBLIC HEALTH ORDER ADOPTED ON JUNE 8, 2020. FUTURE COUNTY AND/OR STATE PUBLIC HEALTH ORDERS MAY RENDER THIS PLAN NULL AND VOID.

GREEN LEVEL PUBLIC HEALTH ORDER GUIDELINES:

ALL FACILITIES OPEN: No social distancing or extra hygiene protocols

BLUE LEVEL PUBLIC HEALTH ORDER GUIDELINES:

AT RISK: Open

INDOOR GROUP SIZE: ~~50 maximum~~, Currently restricted to 25 pursuant to State PHO

OUTDOOR GROUP SIZE: ~~250 maximum~~, Currently restricted to 50 pursuant to State PHO

INDOOR EVENT SIZE: 50 maximum

OUTDOOR EVENT SIZE: ~~250 maximum~~, Currently restricted to 175 pursuant to State PHO

UNLICENSED YOUTH PROGRAMS: Open

YOUTH SPORTS PROGRAMS: Open

HYGIENE AND SOCIAL DISTANCING REQUIREMENTS

1. General Requirements
 - 1.1. The requirements of the Blue Level Guidelines apply to both Unlicensed Youth Programs and Youth Sports Programs. Group sizes will align with requirements outlined in State and County Public Health Orders, as amended.
 - 1.2. At-risk staff (including those with health conditions or 65 years of age and older) are allowed to provide care for children.

2. Hygiene and Social Distancing Protocol
 - 2.1. Face masks to be worn by staff and children (ages 2 and up) as required in the 10th Amended Gunnison County PHO.
 - 2.1.1. Health will be taken into consideration when wearing face coverings during high-cardio activities.
 - 2.1.2. Staff and participants are required to maintain 10 or more feet of distancing during indoor high-cardio activities.
 - 2.2. Social (physical) distancing practices will be maintained
 - 2.3. Frequent hand washing as available or alternatively hand sanitizing supplied for frequent use /disinfecting of high-touch surfaces
 - 2.4. Daily onsite health screenings for staff and children
 - 2.4.1. Health screening procedures for staff and children are to be performed outside of the classroom
 - 2.5. Program participants assigned to a group in programs will remain within their group for the duration of programming.
 - 2.5.1. Participants within one group will not commingle or otherwise "mix" with another, separate group.
 - 2.5.2. There will be a staff member assigned to each individual group.
 - 2.6. Use of pennies/training vests that distinguish team/group members may be used provided they are washed between each use and are required to follow the licensed childcare provider requirements.

3. Drop-off and Pick-Up Protocol
 - 3.1. Social distancing during drop off and pick up times is required.
 - 3.2. Drop off and pick up is required to take place outdoors.

- 3.3. Staggered drop-off and pick-up protocols are encouraged.
 - 3.4. Programs will utilize different entry and exit points on the fields separate teams/groups.
 - 3.5. Programs will utilize different pick-up/drop-off zones for separate teams/groups.
4. Outside Visitors + Spectators
 - 4.1. Parents and/or guardians may observe outdoor activities provided social distancing of each household is maintained.
 - 4.2. Covered spaces that are enclosed on two sides or less are considered outdoor spaces for the purposes of this document.
5. Registration
 - 5.1. Drop-in registrations permitted.
 - 5.1.1. Repeat drop-in participants should remain within the same group for the duration of the program.
6. Transportation
 - 6.1. Adequate ventilation is required.
 - 6.2. Face masks are required by all in the vehicle - vans capacity will allow for space between individuals and social (physical) distancing.
 - 6.3. Hands will be washed and/or sanitized using an approved hand sanitizer prior to gaining entry to a program vehicle.
 - 6.4. Program vehicles will be disinfected after each leg of a trip. A leg of a trip is the part of the route that is between two successive stops.
7. Competitions, Scrimmages and/or Games
 - 7.1. Competitions, games, and/or scrimmages are permitted.
 - 7.2. Competitions, games, and/or scrimmages are permitted with programs outside of Gunnison County; e.g. a team may travel to another county for a competition, and a team from another county may travel into Gunnison for a competition.
8. Health Screening Guidance
 - 8.1. Signs of illness to monitor for include:
 - 8.1.1. Fever (100.4 or greater)
 - 8.1.2. Cough
 - 8.1.3. Fatigue

- 8.1.4. Shortness of breath
 - 8.1.5. Body aches
 - 8.1.6. Runny and/or stuffy nose
 - 8.1.7. Sore throat
 - 8.1.8. Vomiting and/or diarrhea
 - 8.1.9. Headache
 - 8.1.10. Loss of smell and/or taste
 - 8.1.11. New rash
- 8.2. If a child has one symptom listed in Section 8.1 that can be explained by a more likely diagnosis (teething, pink eye, etc.), they may return to the program as they would under normal guidance.
- 8.3. If a child has two or more symptoms listed in Section 8.1, they should stay home for 10 days and wait to return to care after symptoms have resolved for 72 hours without use of medication. This is required even if a child tests negative for COVID-19. The program is required to contact the Department of Health and Human Services at 970.641.7660.

YELLOW LEVEL PUBLIC HEALTH ORDER GUIDELINES:

AT RISK: Encouraged to stay home.

INDOOR GROUP SIZE: 25 maximum

OUTDOOR GROUP SIZE: 50 maximum

OUTDOOR EVENT SIZE: 50 maximum

INDOOR EVENT SIZE: 25 maximum

UNLICENSED YOUTH PROGRAMS: Open with approved exemption

YOUTH SPORTS PROGRAMS: Open with approved exemption

HYGIENE AND SOCIAL DISTANCING REQUIREMENTS

1. General Requirements
 - 1.1. The requirements of the Yellow Level Guidelines apply to both Unlicensed Youth Programs and Youth Sports Programs.
 - 1.2. Group sizes will align with requirements outlined in State and County Public Health Orders, as amended.
 - 1.3. At-risk staff (including those with health conditions or 65 years of age and older) are strongly encouraged to stay home.
 - 1.4. All staff are required to take a free Standard Precautions training¹. Instructions can be found in the Early Childhood Reopening Documents² drive. Programs may not operate unless all staff have taken this training.
 - 1.5. Programs that are 100% outdoors may continue operations. Indoor programming is not permitted in the Yellow Level.

2. Exemption Required to Continue Operations
 - 2.1. Programs that are 100% outdoors are not required to obtain an exemption.
 - 2.2. Summer camps are closed unless an exemption is approved by the Department of Health and Human Services. If there is not an approved exemption on file, the program must be closed until they receive notification the exemption has been approved.
 - 2.2.1. A site visit by DHHS-Gunnison/Hinsdale Early Childhood Council staff prior to exemption approval is required.

3. Hygiene and Social Distancing Protocol
 - 3.1. Face masks to be worn by staff and children (ages 2 and up) as required in the County PHO.
 - 3.1.1. Health will be taken into consideration when wearing face coverings during high-cardio activities.
 - 3.1.2. Staff and participants are required to maintain 10 or more feet of distancing during indoor high-cardio activities.
 - 3.2. Social (physical) distancing practices will be maintained
 - 3.3. Frequent hand washing/sanitizing of high-touch surfaces
 - 3.4. Daily on-site health screenings for staff and children
 - 3.4.1. Health screening procedures for staff and children are to be performed outside of the classroom

- 3.5. Program participants assigned to a group in programs will remain within their group for the duration of programming.
 - 3.5.1. Participants within one group will not commingle or otherwise “mix” with another, separate group; when not actively participating in a game/scrimmage.
 - 3.5.2. There will be a staff member assigned to each individual group.
- 3.6. Use of pennies/training vests that distinguish team members may be used provided they are washed between each use and are required to follow the licensed childcare provider requirements.
- 3.7. Toys and/or equipment is not to be shared between participants, even if they are in the same group. The sharing of equipment that is necessary to participate in a competition/game/scrimmage; e.g. a soccer ball, softball, or hockey puck; is permitted only during said competition/game/scrimmage. Sharing of other equipment, i.e. a baseball mitt or other “personal” type of equipment, is not permitted.
- 3.8. All programming is required to be outdoors.
 - 3.8.1. Participants and staff may utilize an indoor restroom. Only one participant may use a restroom at a time. One group lead/staff member may accompany the participant to the restroom if needed. Masks must be worn in restrooms at all times by staff/participants and handwashing protocols must be followed.
 - 3.8.2. Handwashing after the use of the bathroom is required.
4. Drop-off and Pick-Up Protocol
 - 4.1. Social distancing during drop off and pick up times is required.
 - 4.2. Drop off and pick up is required to take place outdoors.
 - 4.3. Staggered drop-off and pick-up protocols are encouraged.
 - 4.4. Programs will utilize different entry and exit points on the fields separate teams/groups.
 - 4.5. Programs will utilize different pick-up/drop-off zones for separate teams/groups.

5. Outside Visitors/Spectators

- 5.1. Outside visitors, including parents/guardians, are not allowed in any indoor space utilized by the program.
- 5.2. Spectators are not permitted.
- 5.3. Where appropriate, parents and guardians are permitted to observe outdoor programs/activities.

6. Registration

- 6.1. All participants must be pre-registered with the program, e.g. closed registration.
- 6.2. Drop-in registrations are not permitted.

7. Transportation

- 7.1. Not permitted.

8. Competitions, Scrimmages and/or Games

- 8.1. Outdoor competitions, games, and/or scrimmages are permitted for programs within Gunnison County. No indoor competitions, games, and/or scrimmages are permitted for programs within Gunnison County.
- 8.2. No competitions, games, and/or scrimmages are permitted with programs outside of Gunnison County; e.g. a team may not travel to another county for a competition, nor may a team from another county travel into Gunnison for a competition.

9. Health Screening Guidance

- 9.1. Signs of illness to monitor for include:
 - 9.1.1. Fever (100.4 or greater)
 - 9.1.2. Cough
 - 9.1.3. Fatigue
 - 9.1.4. Shortness of breath
 - 9.1.5. Body aches
 - 9.1.6. Runny and/or stuffy nose
 - 9.1.7. Sore throat
 - 9.1.8. Vomiting and/or diarrhea
 - 9.1.9. Headache
 - 9.1.10. Loss of smell and/or taste
 - 9.1.11. New rash

- 9.2. If a child has one symptom listed in Section 9.1 that can be explained by a more likely diagnosis (teething, pink eye, etc.), they may return to the program as they would under normal guidance.
- 9.3. If a child has two or more symptoms listed in Section 9.1, they should stay home for 10 days and wait to return to care after symptoms have resolved for 72 hours without use of medication. This is required even if a child tests negative for COVID-19. The program is required to contact the Gunnison Call Center at 970.641.7660.

ORANGE LEVEL PUBLIC HEALTH ORDER GUIDELINES:

AT RISK: Required to stay home

OUTDOOR GROUP SIZE: 10 maximum

INDOOR GROUP SIZE: 10 maximum

OUTDOOR EVENT SIZE: 10 maximum

INDOOR EVENT SIZE: 10 maximum

UNLICENSED YOUTH PROGRAMS: Closed

YOUTH SPORTS PROGRAMS: Closed

RED LEVEL PUBLIC HEALTH ORDER GUIDELINES:

AT RISK: Required to stay home

OUTDOOR EVENT SIZE: 1 maximum

INDOOR EVENT SIZE: 1 maximum

UNLICENSED YOUTH PROGRAMS: Closed

YOUTH SPORTS PROGRAMS: Closed

Referenced Documents

¹ Standard Precaution Training

<https://ecpd.costartstrong.org/ets/home>

² Standard Precaution Training Registration Instructions (in Early Childhood forms folder)

<https://drive.google.com/drive/folders/1oEIbvIQztPmblqn5AcyDcPh9YffgUTte>

Appendix

1. Gymnastics Operations Plan + Approval Letter



HEALTH AND HUMAN SERVICES DEPARTMENTS

Human Services Phone: (970) 641-3244 Fax: (970) 641-3738
Public Health Phone: (970) 641-0209 Fax: (970) 641-8346
225 N Pine St, Gunnison, CO 81230
Website: www.GunnisonCounty.org

Dear Proper(s),

Date: August 6th, 2020

Thank you for taking the time and energy to create a proposal for your tentatively planned event in Gunnison County during the COVID-19 pandemic. We are very grateful to have community members that recognize not only the importance and significance of our Community's events, but, also recognize the necessity to adapt our expectations of events to help prevent future transmission as much as possible and decrease the possibility of a resurgence. Your commitment and creativity are critical!

Under current CDC and public health understanding, the novel coronavirus (COVID-19) is still spread easily between people in close contact and symptoms do not have to be present to transmit this virus. We also currently know that physical (social distancing), face coverings, frequent hand washing/sanitizing and routine cleaning and disinfecting of high touch surfaces will help with future spikes in this ongoing outbreak. Over the past few weeks in Gunnison (and Colorado), we have seen a flattening of the curve, yet we are still cautious and expect a future resurgence. Everything we can consider and do to help prevent a future spike in this ongoing outbreak is necessary.

This is a Notice of Approval for the reviewed proposal for your event. This event: **Gunnison Parks and Recreation Indoor and Outdoor Gymnastics; only 6 persons allowed indoors to practice gymnastics**

- is currently approved to commence under the proposal elements that were reviewed and approved by the Public Health Director and Review Team;
- proposal elements are subject to change as COVID-19 outbreak conditions change resulting in Public Health Order updates, and these changes impact your event (e.g. travel updates, physical (social) distancing updates, number of people allowed at an event)
- Requires this Approval Notice be present (available for review) during the event

If for any reason the elements of your proposal change post approval, Nicole Stone with Health and Human Services is to be notified via email (nstone@gunnisoncounty.org) of the changes prior to the event.

Sincere and healthy thoughts,

A handwritten signature in cursive script that reads "Joni Reynolds".

Joni Reynolds, RN/CNS, MSN
Gunnison County Public Health Director

Indoor Gymnastics

Gunnison Parks & Recreation

*This plan is drawn out for operating in the Blue level, but will be re-evaluated for the winter months with Blue risk level status per the public Health Director

- Recreational Gymnastics
 - o Ages 1-12
 - Parent Tot = 1-3
 - Tumble Tot =3 & 4
 - Beginner = 5+
 - Intermediate = 6+
 - Advanced = 7+
 - o We currently are not holding any of these classes, but would like to offer some type of class(es) this fall and into the winter.
- Competitive Gymnasts
 - o Ages 7-17
 - o This group is currently working on stretching & conditioning skills outdoors with minimal equipment that is disinfected (using Lysol spray and/or Clorox wipes) after each use/gymnast.
 - o Looking to move small groups inside
 - 1:5 instructor to gymnast ratio
 - No more than 6 People TOTAL in gym at a time
 - Gymnastics Room Square Footage is approx. 2100 sqft
- Proposal for a Typical Practice Indoors with COVID precautions
 - Temperature check and symptom logs will be recorded upon arrival for participants and coaches
 - Gymnasts will leave all personal belongings in hallway cubbies
 - Gymnasts will wash hands upon arrival inside the Rec Center. Handwashing is encouraged and available as needed throughout each indoor practice.
 - Gymnasts will also sanitize hands and feet before entering gym
 - At all times 6-10 foot social distance will be required between gymnasts
 - Coach will be responsible to create practices that follow this guideline
 - All coaches and participants are to wear their masks as directed in the Gunnison County 10th Amended Public Health Order, including:
 - Before entering into a practice that is indoors or outdoors
 - Keeping their mask on if requiring first aid or helping with spotting
 - The mask can be removed by those engaged in moderate to high cardio activity with proper distancing also being practiced
 - Gymnasts will be supplied a mask if they do not bring one, although we will encourage them to bring their own clean masks

- There will be a 6ft x 6ft “cool down zone” by each *event for gymnasts to use after they work out on the event
 - Gymnasts will wash hands with soap and water after each indoor session
 - After each group of 5 gymnasts, the hallway cubbies will be cleaned and disinfected
 - Rec Center Bathrooms are available to gymnasts and are cleaned 4 times per day
 - Personal water bottles will be required
- *EVENTS (or specific equipment usage)
 - Many of these ideas/protocols are coming from other Colorado gymnastics programs – privately owned and municipality coordinated.
 - Bars
 - Gymnasts will sanitize hands before their use of the bars
 - Each gymnast will have their own bag of chalk that will come with them to the gym each practice
 - The usual “water spray bottle” use to help chalk hands will now have 70% alcohol solution rather than just water
 - This is widely used in other Colorado gyms as a method to mitigate virus spread
 - Beam
 - Gymnasts will sanitize hands & feet before their use of the bars
 - A Lysol spray will be applied to the beam after each use by each gymnast
 - Vault
 - Gymnasts will sanitize hands & feet before their use of the vault
 - A Lysol spray will be applied to the spring board, runner and vault after use by each gymnast
 - Floor
 - Gymnasts will sanitize hands & feet before their use of the floor and matting
 - Any matting used will be Lysol sprayed down after use by each gymnast
 - If a cough, sneeze or other bodily fluid should soil the flooring/matting, we will promptly clean and spray disinfect.
- We will follow all other guidelines outlined in the youth programming sector plan.
- This plan is drawn out for operating in the Blue level, but will be re-evaluated for the winter months with Blue risk level status per the public Health Director
- If move to a yellow risk level on the corona meter we will cease classes, and classes will be canceled in the Orange and Red risk levels.