Carlisle Parks and Recreation
COVID-19 HEALTH AND SAFETY PLAN

This plan, as of August 6, 2020, is subject to change as new information becomes available.

The well-being of all individuals including but not limited to participants, renters, guests, instructors, staff, volunteers, caregivers and spectators is our highest priority. It is Carlisle Parks and Recreation’s intent to put our best efforts into limiting exposure to Covid-19, while maintaining health and safety in our community. This Health and Safety Plan has been created based on recommendations and guidance from the Center for Disease Control (CDC) and the Pennsylvania Department of Health, with specific details outlined below.

HEALTH & SAFETY PROTOCOL

- **MASKS/ FACE COVERINGS**
  - Individuals MUST have a mask/face covering.
  - Individuals MUST wear face coverings when indoors in close quarters for extended periods of time, but DO NOT need to wear masks, as long as social distancing can be maintained.
  - Although face coverings are recommended at all times when social distancing cannot be maintained with persons outside of your household, individuals may remove their face covering while eating, drinking or during physical activity.
  - Individuals that fall under the exception to the Pennsylvania mandated order preventing them from wearing a mask should report to the Director of Parks and Recreation 717-226-1562.

- **HYGIENE**
  - All individuals should wash hands or use hand sanitizer:
    1. When entering and exiting the facility.
    2. Before eating, after handling supplies/equipment, blowing their nose, coughing, sneezing, or using the restroom.
  - Hand sanitizer has been placed throughout the Stuart Community Center to supplement handwashing.
  - Individuals should use proper etiquette when coughing and sneezing, etc.

- **SOCIAL DISTANCING**
  - Individuals should stay at least 6 feet from people outside of your household, when possible, especially without a face covering.
  - Social distancing will be encouraged through increased spacing, small group sizes, and staggered scheduling, whenever feasible.

- **SHARED EQUIPMENT/ SUPPLIES**
  - The sharing of items that are difficult to clean or disinfect will be discouraged.
  - If shared objects are used, instructors and staff should provide opportunity for participants to wash or sanitize their hands immediately following the use of the shared objects.
  - Individuals are encouraged to bring their own supplies and water bottles to minimize sharing of materials. The water fountains are currently unavailable.

- **GROUP SIZES**
  - Interaction between programs and public rentals will be limited.
  - Capacity limitations are subject to the current PA Department of Health mandates due to COVID-19.
WHEN TO STAY HOME
- Any individual who is sick, is coming from a household where someone has symptoms of COVID-19, or has been exposed to COVID-19 in the last 14 days, is required to stay home to ensure the safety of others.
- All individuals should follow the current recommended travel restrictions from the Department of Health and federal guidelines.

PROCEDURES FOR CLEANING
- A contracted cleaning company is used to ensure proper cleaning and disinfection of the Stuart Community Center.
- Additionally, instructors and staff will clean and disinfect frequently touched surfaces on a routine basis.

PROTOCOLS FOR ACTIVITIES
- Avoid handshakes, high-fives, fist bumps and other forms of physical contact whenever possible.
- Occupancy guidelines for its facility use will be based on the current guidance from the PA Department of Health.

DROP-OFF AND/OR ARRIVAL PROCESS
- Participants and/or their parent/guardian may be asked a series of health screening questions.
  1. Have you or someone in your household had any of these symptoms in the past 14 days:
     - fever (100.4 or above)
     - cough
     - difficulty breathing
     - body aches
     - new loss of taste or smell
  2. Have you or anyone in your household been exposed to suspected or confirmed COVID-19 in the past 14 days?
  3. Have you traveled outside of Pennsylvania in the last 14 days?
- All individuals should wash hands or use hand sanitizer on arrival.
- Individuals who are sick should stay home.
- In order to limit exposure, it is preferred that non-participants remain outside of the facility. Non-participants who choose to remain in the facility, are required to:
  1. Wear a face covering
  2. Maintain physical distance of at least 6 feet
  3. Practice healthy hygiene (wash/sanitize hands, do not touch your face, cover coughs and sneezes, etc.)

SYMPTOMATIC & CONFIRMED CASES

SYMPTOMATIC CASE RESPONSE
- Report any suspected case or exposure to COVID-19 to Director of Parks and Recreation 717-226-1562 immediately.
- Symptoms may appear 2-14 days after exposure to the virus. Individuals 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

If an individual becomes ill or begins to show symptoms of Covid-19 while at a program or facility, the following protocol is in place:
• The individual will be asked to leave the location as soon as possible. If the individual is a minor, the parent/guardian will be contacted immediately.
• Staff will clean and disinfect all areas used by the sick person.
• Staff will open outside doors and windows to increase air circulation in the areas, if possible.

WHEN CAN YOU RETURN TO PROGRAMS AND FACILITIES?

• Individuals with confirmed COVID-19 or exposure should follow the Confirmed Case Response - Return to Programs guidance (see below).
• Other individual with non COVID-19 illnesses may return to programs when:
  o At least 24 hours have passed since symptoms first appeared; and,
  o At least 24 hours have passed since last fever without the use of fever-reducing medications; or,
  o A negative COVID-19 test provided to staff

CONFIRMED CASE RESPONSE

• Report any suspected case or exposure to confirmed COVID-19 to the Director of Parks and Recreation 717-226-1562 immediately.

• If a confirmed case of COVID-19 is discovered, specifically in a participant or instructor, the following actions will take place:
  • Staff will notify the Borough of Carlisle, Manager’s Office and the Emergency Management Coordinator and a proper course of action will be determined.
  • Parks and Recreation staff will inform individuals based on the level of exposure.
  • All individuals at the particular site of exposure will be sent home and the site will be closed.
  • After a 24-hour wait time, the site will be professionally cleaned and disinfected.
  • The site will then reopen.

WHEN CAN YOU RETURN TO PROGRAMS AND FACILITIES?

• Individuals who know or suspect they had confirmed COVID-19, and/or experienced symptoms, may return to the program when:
  o At least 10 days have passed since symptoms first appeared; and,
  o At least 3 days (72 hours) have passed since last fever without the use of fever-reducing medications; and,
  o Symptoms (e.g. cough, shortness of breath) have improved
• Individuals who know they have been exposed to confirmed COVID-19 may return to a program in 14 days after quarantine.
• Individuals who test positive for COVID-19, but experienced NO symptoms, may return to programs after 10 days, assuming they have not subsequently developed symptoms since their positive test.