

Decathlon Sports Club of Los Altos

Pandemic Response Plan

January 29, 2021



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1. Promote Healthy Hygiene Practices

- We will educate staff, campers and their families about when they should stay home and when they can return to camp. Actively encourage staff and campers who are sick or have recently had a close contact with a person with COVID-19 to stay home.
- Ensure adequate supplies to support healthy hygiene behaviors, including soap, tissues, no-touch trash cans and hand sanitizers. DSC will provide and ensure staff use face coverings and all required protective equipment.
- Teach and reinforce washing hands, avoiding contact with one's eyes, nose, and mouth, and covering coughs and sneezes among campers and staff.
- Campers and staff should wash their hands frequently throughout the day, including before and after eating; after coughing or sneezing; after classes where they handle shared items, such as outside recreation, art, and before and after eating meals
- Camp staff and campers should wash their hands with soap and water for at least 20 seconds or clean their hands with handsanitizer immediately after drop-off, immediately before pickup, and as often as possible throughout the day.
- Teach and reinforce the use of face coverings.
- Face coverings must be used in accordance with CDPH guidelines unless a person is exempt as explained in the guidelines.
- A face covering may be removed for meals, snacks, or when it needs to be replaced.

2. Cleaning and Disinfection

- We will suspend use of drinking fountains and instead encourage the use of refillable water bottles.
- Staff will clean and disinfect frequently touched surfaces at camp at least daily, and, as practicable, frequently throughout the day.
- Frequently touched surfaces in the camp include, but are not limited to door handles, light switches, sink handles, bathroom surfaces, tables, etc.
- We will limit use of shared playground equipment in favor of physical activities that require less contact with surfaces.

- Children’s programs may use shared equipment for sports and recreational activities within each stable group of children. All shared equipment should be sanitized between uses by different groups of children.
- We will limit sharing of objects and equipment, such as toys, games and art supplies, to the extent practicable. When sharing is allowed, clean and disinfect after use.
- Provide physical guides, such as tape on floors or sidewalks and signs on walls, to ensure that camp staff and campers remain at least 6 feet apart in lines and at other times (e.g., guides for creating “one-way routes” in hallways).

3. Implementing Distancing

ARRIVAL AND DEPARTURE

- Drop off/pick up should occur outside, with staff coming outside to greet the children at the beginning of the day and to bring the children to their parents or caregivers at the end of the day.
- Limit the number of persons in the camp to the number appropriate for maintaining physical distancing.
- Parents or caregivers should not enter the facility if it can be avoided.
- Minimize contact between camp staff, campers and families at the beginning and end of the day.
- Staff should maintain physical distancing of at least six feet from parents or caregivers at all times.
- Stagger arrival and drop off-times and locations as consistently as practicable as to minimize scheduling challenges for families.
- Designate routes for entry and exit, using as many entrances as feasible. Put in place other protocols to limit direct contact with others as much as practicable.
- Children should wash their hands with soap and water for at least 20 seconds or clean their hands with handsanitizer immediately after drop-off.

RECREATIONAL SPACE

- Campers should remain in the same space and in groups as small (14 maximum campers and 2 staff members) and as consistent as practicable. We will keep the same campers and staff with each group.
- Maximize space (minimum 6-foot separation) between seating, markings on floors to promote distancing, arranging seating in a way that minimizes face-to-face contact.

- We will restrict nonessential visitors, volunteers, and activities involving other groups at the same time.
- Instructors, camp counselors and other staff who supervise children's programs cannot work with multiple groups of children. For instance, if a camp counselor works with one group of children for a Monday/Wednesday camp, that same camp counselor may not work with a different group of children for a Tuesday/Thursday camp during the same week(s).
- Each camp counselor must remain with the same group of children throughout the duration of the camp. If camp staff are sick or hurt, or can't work for another reason, a substitute may take over.
- We will restrict communal activities where practicable. And if this is not practicable, stagger use, properly space occupants, keep groups as small and consistent and disinfect in between uses.
- We plan to include regular use of outdoor space, and will consider ways to maximize that outside space.
- Minimize congregate movement as much as practicable.

MEALS

- Have campers bring their own meals as feasible, and practice physical distancing when eating or within their smaller group.
- Use disposable food service items (e.g., utensils and plates).
- If food is purchased by campers our caterer will serve instead of a buffet or family-style meal.
- We plan to implement physical distancing during employee lunch and breaks by staggering times, providing additional break space, or other ways for staff to physical distance.
- We will hold meetings virtually, particularly where physical distancing is a challenge, if possible.

4. Limit Sharing

- Keep each camper's belongings separated and in their designated areas. Ensure belongings are taken home each day to be cleaned and disinfected.
- Ensure adequate supplies to minimize sharing of high-touch materials (art supplies, equipment, etc.) to the extent practicable or limit use of supplies and equipment to one group of children at a time and clean and disinfect between uses.

5. Training of Staff and Families

- Train all camp staff and families in the following safety actions:
 - Enhanced sanitation practices
 - Physical distancing guidelines and their importance
 - Proper use, removal and washing of cloth face coverings.
 - Screening practices, COVID-19 specific, and exclusion criteria
 - Designate a staff person (e.g., camp nurse or healthcare provider) to be responsible for responding to COVID-19 concerns. All camp staff and families should know who this person is and how to contact them. This will be Linda Berridge, camp director and a registered nurse.

6. Checking for Signs and Symptoms

- Train staff, and educate campers and their families about when they should stay home and when they can return to camp.
- We will implement screening procedures for all staff and campers before they enter the facility.
- Staff and children should be screened for Covid-19 symptoms prior to starting each shift, meaning they should be asked if they feel or recently felt feverish, and have or recently had other symptoms such as cough, shortness of breath, chills, night sweats, sore throat, nausea, vomiting, diarrhea, tiredness, muscle or body aches, headaches, confusion, or loss of sense of taste/smell.
- We will conduct visual wellness checks of all campers upon arrival and take campers' temperatures at the beginning of each day with a no-touch thermometer.
- We will ask all individuals (or their parents or caregivers) about COVID-19 symptoms within the last 24 hours and whether anyone in their home has had COVID-19 symptoms or a positive test.
- Each day prior to drop-off, parents or caregivers should screen their children for Covid-19 symptoms.
- We will make available and encourage use of handwashing stations or hand sanitizer.
- We will document/track incidents of possible exposure and notify local health officials, staff and families immediately of any positive case of COVID-19 while maintaining confidentiality.
- We will exclude any child, parent, caregiver or staff showing symptoms of COVID-19. Staff should discuss with parent/caregiver and refer to the child's

health history form and/or emergency card to identify if the child has a history of allergies, which would not be a reason to exclude.

- We will monitor staff and campers throughout the day for signs of illness; send home campers and staff with a fever of 100.4 degrees or higher, cough or other COVID-19 symptoms. Send persons to the appropriate medical facility rather than their home when necessary. We will encourage staff and campers who are sick or who have recently had close contact with a person with COVID-19 to stay home.

7. Plan if a Staff Member or Camper Becomes Sick

1. For serious injury or illness, call 9-1-1 without delay. Seek medical attention if COVID-19 symptoms become severe, including persistent pain or pressure in the chest, confusion, or bluish lips or face.
2. We will have an isolation room or area to separate anyone who exhibits symptoms of COVID-19.
3. Any campers or staff exhibiting symptoms should immediately be required to wear a face covering and be required to wait in an isolation area until they can be transported home or to a healthcare facility, as soon as practicable.
4. We will establish procedures for safely transporting anyone sick to home or a healthcare facility, as appropriate, when an individual is exhibiting COVID-19 symptoms:
 - o Fever
 - o Cough
 - o Shortness of breath or difficulty breathing
 - o Chills
 - o Repeated shaking with chills
 - o Fatigue
 - o Muscle pain
 - o Headache
 - o Sore throat
 - o Congestion or runny nose
 - o Nausea or vomiting
 - o Diarrhea
 - o New loss of taste or smell

5. Close off areas used by any sick person and do not use before cleaning and disinfection. To reduce risk of exposure, wait 24 hours before you clean and disinfect. If it is not possible to wait 24 hours, wait as long as practicable. Ensure a safe and correct application of disinfectants using personal protective equipment and ventilation recommended for cleaning. Keep cleaning and disinfectant products away from children.
6. Notify local health officials, staff, and all family members of the cohort of any positive case of COVID-19 while maintaining confidentiality as required by state and federal laws.
7. All campers and staff in the covid positive cohort group will be instructed to self quarantine.
8. Advise sick staff members and campers not to return until they have met CDC criteria to discontinue home isolation, including 3 days with no fever, symptoms have improved and 14 days since symptoms first appeared.

8. Maintain Healthy Operations

- Monitor staff absenteeism and have a roster of trained back-up staff.
- Monitor the types of illnesses and symptoms among your camp staff and campers to help isolate them promptly.
- Designate a staff liaison or liaisons to be responsible for responding to COVID-19 concerns. Employees should know about who they are and how to contact them. The liaison should be trained to coordinate the documentation and tracking of possible exposure, in order to notify local health officials, staff and families in a prompt and responsible manner. This will be Linda Berridge, camp director and a registered nurse.

9. Considerations for Partial or Total Closures

When a camper or staff member tests positive for COVID-19 and has exposed others at the camp, implement the following steps:

1. In consultation with the local public health department, the appropriate camp official Scott Berridge (director) or Jeff Berridge (director) may consider if closure is warranted and length of time based on the risk level within the specific community as determined by the local public health officer.

2. Given standard guidance for isolation at home for at least 14 days after close contact, the group area where the patient was based will typically need to close temporarily. Campers and staff will be instructed to isolate.
3. Additional close contacts at camp should also isolate at home.
4. Additional areas of the camp facility visited by the COVID-19 positive individual may also need to be closed temporarily for cleaning and disinfection.
5. Implement communication plans for camp closure to include outreach to campers, parents or caregivers, staff and the community.
6. Maintain regular communications with the local public health department.

10. Affiliate Links

Our Pandemic Response Plan is based on the most current guidance available from the California Department of Health

<https://files.covid19.ca.gov/pdf/guidance-day-camps--en.pdf>
[State of CA Interim Guidance on Day Camps](#)

And the Santa Clara County Public Health Department

<https://www.sccgov.org/sites/covid19/Documents/Mandatory-Directives-Programs-Serving-Children-or-Youth.pdf>
https://www.sccgov.org/sites/covid19/Documents/camp_guidance.pdf