



## **Unplugged Adventures - 2020 Program Guidelines**

### **SAFETY CONSIDERATIONS**

Participant and staff safety is paramount. While outdoor recreation provides a safer environment, to ensure the safety of all those involved in our adventures, Unplugged Adventures has implemented the following:

- All participants will maintain physical distancing by remaining 6 feet away from others, whenever possible.
- All participants (kids and staff) must have a face covering, per Commonwealth of Massachusetts (CoM) guidelines, for use when physical distancing (at least 6') is not possible.
- Participants will not make physical contact with other participants or staff (except in the case of an emergency).
- Groups are limited to no more than 8 participants and no more than 2 staff (10 total).
- When there are multiple groups, adequate physical distance and group separation will be maintained at all times. Groups should be at least 20 feet apart at all times.
- Registration and payment will be completed online (touch-free) prior to the event.
- Unplugged Adventures will provide hand sanitizer to use when participants might come in contact with a shared or public object.
- Unplugged Adventures WILL NOT provide snacks or a water refill station. We will have extra bottled waters in case anyone runs out of water.
- Participants are encouraged to wash their hands when they return home from their adventure.
- Participants/staff will not share water or food with other participants/staff.
- Families should contact Unplugged Adventures immediately if a participant becomes ill after an event.
- Unplugged Adventures requires a signed waiver from every participant, prior to date of the event.

### **Responsibilities of Unplugged Adventures**

- Unplugged Adventures has trained and educated all currently active staff on safety protocols.
- Unplugged Adventures has plans in place to communicate with the local health department in the event of a confirmed case of COVID-19 at Unplugged Adventures programs.
- If an Unplugged Adventures participant or staff member contracts COVID-19, all events will be suspended for 14 days.
- Unplugged Adventures is providing staff with PPE (masks) and sanitizing products.
- Unplugged Adventures will not allow participants and parents to congregate in parking lots or at drop off zones before or after an event.
- Unplugged Adventures will ensure adequate space at the event location to allow for proper physical distancing (6').
- Unplugged Adventures requires all waste to be placed in trash receptacles by the respective parent, participant or staff member originating the waste.



- Unplugged Adventures require participants to have their own water, sanitary products (hand sanitizer, facial tissues, and PPE).

### **Responsibilities of Unplugged Adventures Staff Members**

- Unplugged Adventures staff understand some parents/guardians may require their child to wear a face covering at all times.
- UA staff will be asked to ensure participants arrive dressed for action and leave immediately after the event. No loitering is allowed.
- As participants arrive, our staff will inquire how participants are feeling, and may send them home if they believe they are acting or look ill.
- Staff have been instructed to ensure that no handshakes, fist or elbow bumps, or any other physical contact occurs between staff/participant or participant/participant.
- UA staff will practice and encourage proper hygiene, washing hands frequently with soap and water, for at least 20 seconds at a time. Our staff will use alcohol based hand sanitizer (at least 60% alcohol), will cover coughs and sneezes with tissues or sleeves, and have been instructed to not touch their face (eyes, nose, mouth with unwashed hands). Staff will launder all attire after each event.
- Follow all state and local health protocols.
- Staff will abide by the physical/social distance requirements from participants and parents, and will have a face covering available at all times.

### **Parent Responsibilities**

- Ensure your child's health. Take temperature daily. The average normal body temperature is generally accepted as 98.6°F (37°C). Some studies have shown that the "normal" body temperature can have a wide range, from 97°F (36.1°C) to 99°F (37.2°C). A temperature over 100.4°F (38°C) most often means you have a fever caused by an infection or illness.
- If your child has any symptoms, even mild ones, public health urges you to stay home and isolate until:
  - You have had no fever for at least 72 hours (without the use of medicine) AND
  - Other symptoms (cough, shortness of breath) have improved AND
  - At least 7 days have passed since your symptoms first appeared.
- Notify Unplugged Adventures immediately if your child has become sick after participating in an event.
- Adhere to physical/social distance requirements posted by the State.
- Ensure that your child has water bottles and a snack for the event, and hand sanitizer.
- Ensure that your child washes his or her hands after the event.
- Ensure your child's clothing is washed after the event.

### **Participant Responsibilities**

- Practice proper hygiene, washing hands frequently with soap and water, for at least 20 seconds at a time. Use alcohol based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth with unwashed hands).



- Have your own hand sanitizer with you.
- Wear a face covering before and immediately after each event. Face coverings may be removed (or moved off nose/mouth) while participating in the event, provided participants are able to maintain at least 6 feet of distance from other persons present.
- Practice physical distancing at all possible times. Your belongings should remain in your space when not in use.
- Bring your own water bottle and snack. Do not touch anyone else's belongings as sharing will not be permitted.
- No group celebrations, hugs, handshakes, fist bumps, etc.

**Disclaimer**

Participants, parents, and family taking part in outdoor recreation and related activities do so with the knowledge of risk and potential exposure involved. In doing so they agree to accept any and all inherent risks to their personal health.