



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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COVID-19 Safety Plan Birthday Parties- Sinking Spring Branch

BACKGROUND:

This plan is designed to help the YMCA program area staff employ a thoughtful approach to offering Birthday Parties that ensure the health and safety of staff and participants. This plan is designed using guidance from the CDC and The Department of Health.

TRANSMISSION AND SYMPTOMS OF COVID-19:

COVID-19 is mostly spread by respiratory droplets released when people talk, cough, or sneeze. It is thought that the virus may spread to hands from a contaminated surface and then to the nose or mouth, causing infection. Therefore, prevention practices and environmental cleaning and disinfection are important principles.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People 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

STEPS TO HELP PREVENT COVID-19 IF YOU ARE SICK:

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community. Stay home except to get medical care.

Stay home. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

YMCA OF READING & BERKS COUNTY

631 Washington Street, Reading, PA 19601

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Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.

Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.

Avoid public transportation, ride-sharing, or taxis.

Separate yourself from other people

As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you. Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

POINT OF CONTACT:

The primary point of contact for this plan is:

Sinking Spring YMCA
Branch Executive Director
Zach Rubin
610-678-0484
zrubin@ymca-berkscounty.org

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WHEN PROVIDING BIRTHDAY PARTIES, THE FOLLOWING GUIDELINES WILL APPLY:

1. All participants must sign a COVID-19 waiver upon entry. Members under the age of 18 must have a parent sign on their behalf. We strongly suggest that these are reviewed and signed prior to arriving for your party for both you and your guests.
2. You may arrive no earlier than thirty minutes before your scheduled party time to check and must exit the facility no later than thirty minutes after your party has ended. Party guests are expected to arrive no earlier than the start of the party and leave no later than the end of the party.
3. All party participants shall wear face coverings at all times, no exceptions.
4. All party participants are required to wash/sanitize hands upon arrival. Participants will use the restroom in the party area.
5. Hand sanitizer will be available in the party area for use.
6. If a party participant falls ill, the party will end immediately and all guests will be asked to leave.
7. Participants are expected to social distance at all times, when possible.
8. The YMCA will conduct temperature checks for all participants upon their arrival to the Y. Participants who are feeling ill, who have traveled and/or have been exposed or potentially exposed to COVID-19 will not be permitted inside the facility.
9. You shall bring your own food, beverages and decorations—The YMCA will not provide these items. The YMCA encourages you offer individually packaged food for birthday party guests.
10. No more than 23 people will be permitted in the birthday party room (does not include YMCA staff).
11. The YMCA will inform the birthday party host of any cleaning requirements.
 - a. Cleaning & disinfecting will be recorded and posted outside the birthday party area.
 - b. The birthday party area will be cleaned in between each party by a YMCA staff member.
12. The nursery area will NOT be available for use. For birthday parties, participants will have access to the adventure center area only.

Fees: \$300 for two hours; \$375 for three hours

Availability: Saturdays- 3:00pm ; Sundays 10:00am & 3:00pm

I agree to and understand the above guidelines for birthday parties, provided by the YMCA of Reading & Berks County.

Name _____ Signature _____
Date _____

RESOURCES:

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

PA Department of Health

<https://www.health.pa.gov/Pages/default.aspx>

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