



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COVID-19 Safety Plan Kids Court (Child Watch) Services

BACKGROUND:

This plan is designed to help the YMCA staff employ a thoughtful approach to Child Watch Services that ensure the health and safety of staff and members. 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

P 610-378-4700 F 610-378-4702 www.ymca-berkscounty.org



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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:

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Sinking Spring YMCA
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**WHEN PARTICIPATING IN CHILD WATCH SERVICES,
THE FOLLOWING GUIDELINES WILL APPLY:**

1. Participants over the age of two years and parents will wear face coverings at all times unless doing so jeopardizes your health.
2. All members and their children will check in at the Welcome Center prior to entering the Kids Court Area. Each member will sign in and agree to health and temperature screens upon each visit to The Y. All members are required to complete a Covid-19 Waiver on their first visit. Members under the age of 18 must have a parent sign on their behalf.
3. The YMCA will limit capacity in the Kids Court Area. Reservations must be made in advance to utilize Kids Court Services.
4. Everyone entering the Kids Court Area is required to wash/sanitize hands upon arrival. Members will use the restroom in the Kids Court Area.
5. Hand sanitizer will be available near the front desk and in the Kids Court Area for member use. Please use regularly to minimize the spread of germs.
6. If a member or their child falls ill while checked into the Kids Court Area, the ill member or child will be asked to leave the facility immediately.
 - a. Every effort will be made to isolate the ill individual from others, until the member can leave.
 - b. Ill individual will be asked to contact their physician or appropriate healthcare professional for direction and may need a note to return to facility.
7. Members and their children will be encouraged to social distance as much as possible.
8. Please DO NOT bring personal items from home. This includes food, toys, books, tablets, etc. Water bottles will be the only beverage permitted in the Kids Court Area. Water bottles must be labeled with the child's name.
9. The YMCA staff will fulfill cleaning requirements.
 - a. Staff will disinfect chairs toys, common-use areas, equipment, etc. after each Child Watch session. Soft infant equipment (bouncers, highchairs, exersaucers, etc.) will be washed after each use.
 - b. Items that are not easily cleaned/disinfected will be removed from the Kids Court area or will be closed and will not be available for use (books, bounce house, legos, playport, etc.)
 - c. Cleaning & disinfecting will be recorded and posted outside the Child Watch area.
 - d. Floors will be cleaned at the end of each day by YMCA staff.

I agree to and understand the above guidelines for Child Watch Services, provided by the YMCA of Reading & Berks County.

Participant Name: _____ Parent Name _____

Date: _____ Parent Signature: _____



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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>