



FVSRA

**Fox Valley Special
Recreation Association**

Phase 5 Participant Program Guide

Last Updated: 8.2.2021

(Updated include FVSRA Programs By Phase and Contact Tracing Flow Chart)

Participant/Guardian Guide

Guidance Used in Decision Making

Fox Valley Special Recreation Association is committed to the health and safety of all stakeholders; employees, guardians, community members, and participants. In order to best prevent the spread of COVID-19 in our workplace and within agency programs the following procedures have been updated utilizing the most recent information from local and federal health organizations. Using the guidelines set forth by the Center for Disease Control (CDC), Illinois Department of Public Health (IDPH), and local county health officials, FVSRA developed a risk analysis tool for use in evaluating in-person programming.

FVSRA Programs by Phase

Below is the current plan of how FVSRA will respond to Phase 5. Should Illinois digress to a prior phase, we will adjust accordingly. FVSRA may be unable to provide personal care, hand over hand physical assistance, lifting and transfer support, or behavior support which would require staff and participants to be within 6 feet of one another (emergency support such as CPR & First Aid will be provided) for all patrons. We understand that these restrictions will limit some participants from returning to in-person programming. FVSRA is dedicated to provide alternative programming opportunities such as virtual recreation.

Governor's Phase 5	Modified Kane County Substantial 8/2/2021	Fully Vaccinated (14 days post final dose)	Not Vaccinated, Not Fully Vaccinated, or Prefer Not To Disclose
Programs	Virtual and In-Person; must meet Participant Requirements with or without reasonable accommodation	Virtual and In-Person; must meet Participant Requirements with or without reasonable accommodation	Virtual and In-Person; must meet Participant Requirements with or without reasonable accommodation
Face Covering	Indoor: Mask required regardless of vaccination Status. Outdoor: Mask required for those not vaccinated. Optional: Mask optional for outdoor Athletics regardless of vaccination status.	Only required if FVSRA Administration designates, or program activity/location requires it or when using FVSRA transportation	Required unless FVSRA Administration designates otherwise such as eating/drinking, outdoor competition, etc.
Physical Distancing	Indoor: Required Outdoor: Required Transportation: Encouraged but cannot be guaranteed.	Encouraged in programs, but not required among those fully vaccinated. Required to maintain 6ft + from those not fully vaccinated, not vaccinated, prefer not to disclose or choose to still maintain distance.	Required unless FVSRA Administration designates otherwise.

Transportation	Offered on a limited basis. Face covering required for all. Distancing will be encouraged, but cannot be guaranteed.	Face coverings required for all riders. Physical distancing encouraged to maintain 6ft + from those not fully vaccinated, not vaccinated, prefer not to disclose or choose to still maintain distance	Face covering required. Physical distancing encouraged but cannot be guaranteed.
Physical/Behavior Support	FVSRA staff will maintain 6ft physical distance. Participants are expected to meet eligibility requirements with or without reasonable accommodation.	Expected to meet Participant Eligibility requirements with or without reasonable accommodation. Reassessment needed to determine participant modifications based on vaccination status.	Expected to meet Participant Eligibility requirements with or without reasonable accommodation.
Contact Tracing	See Flow Chart at end of Guide	See Flow Chart at end of Guide	See Flow Chart at end of Guide

Participant Requirements

Participant Eligibility for Phase 5

All in-person programs since the beginning of the pandemic, have enhanced essential eligibility requirements in order to comply with state and federal COVID-19 regulations and best practices. These measures are necessary to keep all participants and staff members safe. We understand these measures may be difficult for some of our participants and may exclude them from returning to in-person programming at this time.

If a participant is unable to meet the following expectations, they might not be able to participate at this time. Participants who are unable to meet the following expectations may request a re-assessment to determine program eligibility and reasonable accommodation.

- Independently attend to personal self-care such as bathroom needs, hand washing, eating, dressing, and personal hygiene.
- Maintain physical distance of 6 feet or greater from other participants, staff, and community members with minimal verbal reminders.
- Independently put on, wear, and take off a face covering, when necessary and for the duration of the program.
- Participate in the activity without the need for physical assistance (i.e. hand over hand, lifting/transferring).
- Follow FVSRA’s Code of Conduct and participate without emotional outbursts that require direct or close proximity or, which expose others to respiratory droplets (i.e. yelling, spitting or biting).
- Conduct a personal health screening prior to each program. Must be able to honestly answer

“No” to all questions: (<https://www.fvsra.org/personal-health-screening>)

- Respect others’ property by using your assigned supplies within your assigned area
- Notify a staff person immediately with concerns regarding mask usage, skin sensitivities to soap and other cleaning products

To determine if in-person programs are a good fit, participants must consider their responses to the following statements:

YES / NO I am able to maintain 6-feet or more of personal space from others

YES / NO I am able to supply, put on, and wear for the duration of the program a face covering.

YES / NO I can cover a sneeze or a cough.

YES / NO I can independently wash my hands and/or apply hand sanitizer.

YES / NO I demonstrate safe behavior towards myself and others consistently, with limited verbal reminders from others. This includes but is not limited to refraining from yelling, spitting, biting, putting objects in your mouth, and eloping (running away from program space).

YES / NO I am able to complete activities of daily living such as toileting, feeding, changing or transferring without the need for physical assistance.

YES / NO I can provide my own transportation to and from program locations.

If a participant answered “Yes” to all statements, in-person programming may be a good fit.

If they answered “No” to one or more statements, virtual programs may be the best way to participate until guidelines are updated. It is recommended to contact the Superintendent of Recreation, Jackie Salemi (jackies@fvsra.org) for a reassessment to evaluate eligibility or reasonable accommodation based on vaccination status modifications.

FVSRA will review all registrations and contact participants if there are questions regarding the participant’s ability to follow updated eligibility and safety practices.

By signing up for in-person programs, guardians/participants are confirming they can meet the criteria listed above. FVSRA staff will also utilize previous participant program experience to assist in evaluating the above criteria. Guardians can expect ongoing communication from staff if there are concerns with participants meeting these requirements. Please direct any questions, concerns, or requests for accommodations to Jackie Salemi, Superintendent of Recreation at JackieS@FVSRA.org. Program Staff are NOT to make accommodation decisions.

Participant and Staff Health Screening Protocols

All participants, staff and volunteers are required to complete their own personal health assessment before attending any shift. FVSRA will not record or request proofs of this, but by attending/working a program, participants, staff and volunteers are confirming they can answer “no” to the following questions for new or unexpected symptoms. If anyone answers “yes” to any of these questions, they may not be allowed to attend until cleared by a medical professional **or are 24 hours symptom free without the support of medication.**

- **Do you have a fever of 100.4 Fahrenheit or higher?**
- **Do you have a cough or sore throat?**
- **Have you been experiencing difficulty breathing or shortness of breath?**

- **Do you have muscle aches?**
- **Have you had a headache (e.g. not typical to the individual)?**
- **Have you noticed a loss of taste or loss of smell?**
- **Have you been experiencing chills or rigors (i.e. sudden feeling of cold with shivering accompanied by a rise in temperature)?**
- **Do you have any gastrointestinal concerns (e.g. abdominal pain, vomiting, diarrhea)?**
- **Have you tested positive for COVID-19 in the last 14 days?**
- **To the best of your knowledge, in the last 14 days, have you, or someone in your household, come into close contact with anyone who has tested positive for or been diagnosed with COVID-19? (For those who are not fully vaccinated only)**

If the individual displays any of the above symptoms, FVSRA must take precautions as if the individual has COVID-19 if they are not vaccinated. If the individual has illness such as allergies or other non-contagious conditions that may appear similar to a contagious illness, a note from a medical professional may be required prior to participation or 24 hours symptom free without the support of medication. FVSRA has the right to refuse any individual who appears to have any of the above symptoms from programs or work.

Face Coverings

When face coverings are required, staff and participants must provide their own face covering and must be able to independently put on, wear, and take off a face covering, when necessary and for the duration of the program. If food or drink is consumed, face coverings may be removed but physical distancing of 6 feet is required. Each program and situation will be assessed separately and staff will indicate when face coverings may safely be removed.

Cloth face coverings should: 1) Fit snugly but comfortably around the face; 2) Be secured with ties or ear loops; 3) Include multiple layers of fabric preferred; 4) Allow for breathing without restriction; and 5) Be clean. Disposable face coverings should not be worn more than one time. Fabric face coverings should be laundered regularly and not be re-used when attending programs without being cleaned. If staff or volunteers are provided another form of face covering, follow recommendations for said covering.

FVSRA will have additional single use face coverings for participants, staff or volunteers to wear in the event theirs becomes soiled, breaks, or does not appear to be properly fitting.

Participant Education

In order to prepare participants to return to in-person programs FVSRA will provide resources both virtually and onsite at programs to help educate participants regarding necessary protocols such as wearing a face covering, hand washing, and social distancing. Resources may include videos and visuals on our website as well as verbal and visual reminders at programs, such as:

- Stay more than 6 feet away from others
- Avoid touching your face
- Proper hand washing and/or sanitizing
- Coughing etiquette
- Wearing face covering appropriately
- Alternative greetings to maintain physical distance from others (i.e. air high fives)

Physical and Verbal Reminders of Distance

FVSRA staff will provide frequent verbal reminders for physical distancing and as needed throughout the program. When possible, physical, and visual reminders will be used as well. Examples include: changing the location of equipment and furniture to allow for distancing, taping areas/markers on the floor, creating physical barriers, and displaying signage with reminders/expectations.

Guardians can expect on going communication from staff if there are concerns with participants meeting physical distance requirements. Please direct any questions, concerns, or requests for accommodations to Jackie Salemi, Superintendent of Recreation at JackieS@FVSRA.org.

Other Expectations/Information

- FVSRA Transportation will continuously be evaluated and guardians will be made aware if and when it is available, as well as any restrictions.
- Hand washing and/or sanitizing upon entry and at intervals throughout the program may be required and participants need to be able to independently comply with requests.
 - Equipment sharing may be limited: shared items with multiple users will be sanitized before and after the program, as well as during depending on frequency or duration of shared usage.
- Staff will clean/sanitize frequently touched surfaces/equipment will be cleaned according to CDC guidelines prior to the start of a program and as deemed necessary throughout the program.

Post Exposure

If someone involved in the program has tested positive for COVID-19, FVSRA will follow guidelines from local health officials. Guardians, participants and staff will be notified if they may have been exposed. In order to maintain confidentiality, the name of the individual will not be released.

There will be many factors taken into consideration for next steps to determine whether the program needs to be suspended for mitigation. These may include, timeline of confirmed case, time lapse since the individual was last at the program location, type of program location, re-evaluation of program risk-assessment, etc. FVSRA Administration will communicate program updates when available. The safety of participants and staff is our top priority.

FVSRA will follow the following criteria flow chart based on exposure to determine when a participant may return to in-person programs.

Return to Programs Following a COVID-19 Related Absence (7.30.21)

Individual, having no symptoms, had close contact with someone who tested positive or someone who is suspected of having COVID-19

Individual tested positive or is suspected of having COVID-19 AND HAD SYMPTOMS

Individual tested positive for COVID-19 BUT HAD NO SYMPTOMS

Individual exhibits one or more symptoms of COVID-19, BUT is not suspected of having COVID-19

Individual returns from international travel to CDC "Level 3" Country
Refer to CDC COVID-19 Travel Recommendations by Destination



Not Vaccinated: May not work until 10-day quarantine from date of last contact with individual OR may return after 7 days after receiving a negative test result where the test occurred on day 5 or later.
Vaccinated: May continue to work wearing face covering and physical distance for 14 days, or until you receive a negative test result taken 3+ days after exposure.

Symptom Based Strategy:
May return after (1) at least 10 Days since symptom onset; **and** (2) at least 24 hours since resolution of fever (**without medication**) **and** improvement of other symptoms

Time Based Strategy:
May return after at least 10 days since date of first positive COVID-19 test

Some Examples:
Seasonal Allergies;
Ear Infection;
Seasonal Flu, Strep
Throat, Migraine, etc.
*May be possible to return in fewer than 10 days after onset of symptoms **and** 24 hours fever **and** improvement of symptoms* (provided not new onset of symptoms and symptoms are attributable to condition)
Evidence of alternative reason for symptom (ex: allergy diagnosis) or release from doctor may be required

Recommended 10-day Quarantine from date of return from trip

For all of the scenarios: Return based on release from Health Care Provider would also apply.
Subject to change: Follow any updated guidance from CDC, IDPH or local Health Department.
Column 2-5 are regardless of vaccination status.