



## **HG COVID Programming Guidelines**

For **ALL** Higher Ground Stakeholders:

**Our guidelines have been developed for the health and safety of all. This is a baseline for our guidelines; more specific guidelines will be developed for each individual program. This information is consistent with the health and safety recommendations and ongoing monitoring efforts stated by the U.S. Centers for Disease Control and Prevention (CDC), as well as the state and local government guidelines for our three chapters in Idaho, California and New York. These guidelines are subject to change at any time.**

**Potential participants will be sent a copy ahead of the program and be required to sign off on our expectations. Refusal to comply with the following guidelines will result in being asked to leave the program.**

### **PRE Camp/Program**

Programming directors and staff will maintain the right to select participants which present the lowest risk of spreading COVID-19 and additionally, deny participation of those that may be at higher risk for developing serious illness or death from COVID-19 which includes but is not limited to:

- Participants over the age of 60
  - Per the [CDC Information for Older Adults](#)
- Those with any pre-existing conditions that are known to create an increased risk with COVID-19 (cardiovascular illness, diabetes, chronic lung condition, etc.)

The following questions will be asked prior to attending HG programming and on an ongoing basis as necessary. Should the answer to any of the following questions be **yes**, participants will need to provide sufficient proof, as determined by program directors and staff, that they are not infected with COVID-19 before attending or returning to HG programming. If sufficient proof cannot be obtained, participants will be prohibited from attending until all questions can be answered **no**.

- Are you currently experiencing any of the following?
  - 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
- Have you been in contact or living with someone who has shown symptoms or tested positive for COVID-19 within the past 30 days?

### **DURING Camps/Programs**

**ALL** HG Programs will operate within the following guidelines:

- Procedures will be developed and implemented to check for signs and symptoms in participants and employees daily upon arrival, as feasible. It is recommended that daily temperature checks be used to screen participants and staff while conducting programming. Baseline should be established on the first day of participant arrival.
- All activities in which participants cannot be separated by more than six feet and are located within an enclosed space, will require the utilization of a properly worn face covering.
  - A face covering is defined as a cloth, bandana, or other type of material that covers an individual's mouth and nose. The CDC lists five criteria for "cloth face coverings," which should:
    - fit snugly but comfortably against the side of the face
    - be secured with ties or ear loops
    - include multiple layers of fabric
    - allow for breathing without restriction
    - be able to be laundered and machine-dried without damage or change to shape.
- Activities taking place in open environments and are suitable for social distancing measures, will not require the utilization of a face covering.
- Any physical interaction with participants will require the use of a face covering and proper PPE utilization.
- Encourage social distancing through increased spacing, small groups, and limited mixing between groups, and staggered scheduling, arrival, and drop off, where applicable.
- Participants who are taking part in programs for the first time since Covid reopening should sign the latest Move United waiver.
- Any shared equipment, supplies, belongings, or toys will be properly sanitized by staff with CDC recommended disinfectants at the conclusion of each day or before another participant utilizes such equipment.

### **For any programming involving food and beverage:**

- All participants will properly clean hands before eating. Hand washing is the preferred method; however, hand sanitization (with at least 60% alcohol) is sufficient when a hand washing station is not available. Both handwashing and sanitization stations will be posted with proper technique notification signs.
- The sharing of food or beverage with individuals outside of family members residing within the same household is prohibited.
- It is recommended that single serve or pre-packaged meals be used as frequently as possible for programming that provides meals.
- For programming which requires the service of food, staff will be the only authorized individuals to serve and will be required to utilize face coverings and gloves. It is recommended that food be covered when not actively being served.
- All meals are encouraged to take place in outdoor environments.
- Participants will be encouraged to bring a sufficient amount of full reusable water bottles labeled with their name for the programming duration. Should the water bottles need refilling, one of the below courses of action will be taken:
  - Staff will be the only authorized users of shared water coolers and utilize PPE
  - Participants will be required to sanitize hands before touching shared surface such as the spigot on a water cooler
  - Provide a foot pump water cooler for refilling that prevents contact with shared surface

### **For any program presentation and/or exchange of materials:**

- Social distancing should be followed
- If handshakes are incorporated into a presentation, staff and participants will be masked and will disinfect between handshakes
- Staff and participants should develop the routine of sanitizing between item exchanges
- HG likes to memorialize our programs with group photos, however, during this pandemic, everyone shall be masked in any group photos taken close together. People can be unmasked if using a panoramic photo where people can be appropriately socially distanced.

### **For any program utilizing shared restrooms:**

- Restrooms will be cleaned and disinfected regularly, particularly high-touch surfaces such as faucets, toilets, doorknobs, and light switches. Clean and

disinfect restrooms daily or more often if possible. Ensure safe and correct application of disinfectants and keep products away from children.

- Ensure restrooms are regularly stocked with supplies for handwashing, including soap and materials for drying hands (preferably throw-away towels) or hand sanitizer with at least 60% alcohol.
- Where possible, place trash cans outside of restroom doors for disposal of throw-away hand towels in order to reduce contact with bathroom door handles.
- When feasible encourage participants and staff to utilize restrooms one at a time to avoid close contact with other individuals.

**For overnight programming:**

- Minimum sleeping space allowance for individuals outside of family members residing in the same household will be 72 sqft (9 ft x 8 ft) of floor space.
- Shared sleeping areas should be set-up in head-to-toe arrangements and staggered between adjacent beds. Adjacent beds should be no closer than 6 feet apart.

**For programming with individuals outside the state of program location:**

- Encourage travel by car to program location and encourage use of proper social distancing and preventive measures while traveling.
- Discourage participation by individuals traveling from an area with substantial community spread or case rates higher than Idaho.

**For programming with outside organizations or vendors:**

- When collaborating with outside vendors and organizations, it will be required that all previously stated guidelines, where applicable, are met at a minimum.
- Should outside organizations or vendors have additional guidelines or restrictions in place, Higher Ground staff, participants, and volunteers will be required to adhere to said guidelines or restrictions for the duration of the collaboration.

**POST Camp/Program**

After the program, staff will do a follow-up health check with program participants at 7 days and 14 days. Email, phone and text will be the means of contact.

If a participant reports they are experiencing any COVID-19 related symptoms, HG staff will contact other program participants to report on the possibility of exposure (following HIPPA guidelines, the potentially exposed participant will not be identified).

