



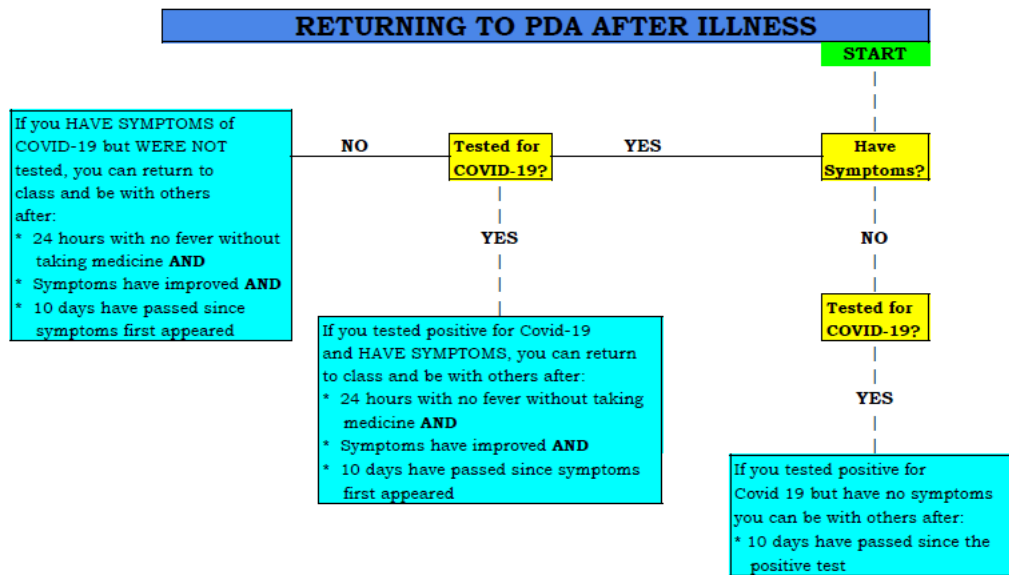
Pike Dive Academy Dryland 2020-2021 COVID-19 Guidelines

Our priority is to provide a safe and healthy environment for our participants, staff, and community. Please make sure to only come to our dryland training when you are healthy.

- **We ask that each child/staff arrive well rested, nourished, and hydrated.**
 - **If staff or children display COVID-19 symptoms or is exposed to or diagnosed with COVID-19 while away from our clinic, please notify Pike Dive Academy (PDA) as soon as possible at info@pikediveacademy.com, seek medical attention as necessary, and refer to the “What to Do if You are Sick” link at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.htm>**
1. There will be designated daily drop-off/pick-up areas for our clinic. We ask that you arrive no earlier than 15 minutes before the session start time for COVID-19 check-in.
 2. **The following must be done in order to enter the facility:**
 - Temperatures taken daily for staff and children (face covering must be worn) at curbside drop-off/lobby area. Parent/guardian and child must remain in the drop-off area until instructed that they have been granted entry after having their temperature checked.
 - Temperatures <100.4°F: child allowed to enter facility with face covering and sanitized hands.
 - Temperatures ≥100.4°F: child must go home immediately and cannot return to practice until they have met the criteria for discontinuing home isolation (see diagram below)
 - Health screening performed at each session
 - Signed COVID-19 waivers for PDA and pool training facilities submitted to PDA by your child's first clinic day



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3. If staff or child becomes sick during the class, they will be placed in the designated isolation area away from others and asked to wear a face covering until they can be sent home. Parents/guardians must pick up their child **within 30 minutes** of being contacted.
4. Any exposures and/or closures (including COVID-19-related) will be communicated to staff and parents via email. Please make sure to confirm that the contact information you provide is correct as this information will be used to communicate updates.
5. Signage will be posted in the facility encouraging hand hygiene, social distancing and COVID-19 prevention materials.
6. Staff to child ratio will be one or two staff to ≤ 10 children. Children in each session will remain together throughout the day to limit commingling of groups.
7. Staff/children in assigned groups are **required** to wear face coverings when they are **not** involved in physical activity or when social distancing of 6ft cannot be maintained. Each staff/child should come to class **with** a face covering each day. Staff and children are **required** to wear face coverings when in restrooms.
8. Social distancing of 6ft will be reinforced throughout our designated areas and hygiene including hand washing/hand sanitizing and covering coughs will be reinforced throughout the day.
9. Our designated areas will be cleaned daily with EPA-approved products against SARS-CoV-2. Our designated areas will also be disinfected between group rotations (including



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shared equipment) with EPA-approved products against SARS-CoV-2. Air circulation within the designated areas is in compliance with current recommended guidelines.

10. Snacks/drinks will not be provided; however, we do **require** that each child bring a nutritious snack and water as they will work up an appetite. Social distancing spaces of 6ft apart will be designated to eat snack/water while masks are off. Masks will be put back on immediately after snack/water is finished. Everyone will dispose of their own garbage in designated trash cans and their hands sanitized before moving to the next activity.
11. All children **must** be dismissed to a parent/guardian at the designated pick-up area.

* These guidelines were created using CDC, State, and Local COVID-19 guidelines and are subject to change as new information becomes available.