

Plast Cleveland Health and Wellness Guidelines 2020-2021

The safety, welfare, and health of all Plast members is the guiding principle in planning for a new year of Plast activities. To ensure the continuity of the Plast program during an uncertain time, the majority of activities are being planned to occur virtually. In order to reduce the risk of exposure to COVID-19 and to help prevent its spread, all members of Plast and their families will be expected to comply with the following policies and instructions. Please read these guidelines carefully and sign at the end (Plast members in novatstvo/yunatstvo, hereinafter "Plast member," and both parents/guardians) to acknowledge that you have read and understand what is expected of you, and that you understand and assume the risks related to COVID-19 and returning to in-person Plast activities.

1. **Health Check Prior to Attending In-Person Plast Activities.** Prior to coming to any in-person Plast activity, parents shall conduct a health check of their Plast member to assess whether the Plast member is experiencing symptoms of COVID-19. This check shall include:
 - a. Taking the Plast member's temperature.
 - b. Through discussion with the Plast member and personal observation of the parent, assess if the Plast member is experiencing one or more of the following symptoms:
 - i. Fever over 100°F
 - ii. Chills
 - iii. Cough
 - iv. Shortness of breath or difficulty breathing
 - v. Fatigue
 - vi. Muscle or body aches
 - vii. Headache
 - viii. New loss of taste or smell
 - ix. Sore throat
 - x. Congestion or runny nose
 - xi. Nausea or vomiting
 - xii. Diarrhea

For current information about COVID-19 symptoms, parents/guardians should visit the website of the Center for Disease Control ("CDC") at: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

If the Plast member has a fever greater than 100°F or is experiencing any other symptom listed above (or as updated by Plast leaders), the Plast member must stay home from in-person Plast activities.

The Plast member must also stay home from in-person Plast activities if, within 14 days prior to the activities, they have been exposed to or diagnosed with or presumed to have COVID-19, a member of their household is exhibiting symptoms, has been diagnosed with or presumed to have COVID-19, or the Plast member or a member of their household have traveled to and returned from a location with current travel restriction guidelines issued by the United States federal government or state of Ohio. Further, if a Plast member, family member, or other volunteer attends an in-person activity and within

14 days of attending, develops COVID-19 symptoms, or tests positive for COVID-19, the parent must notify Plast leaders immediately.

- 2. Temperature Check Upon Arrival at Plast Activities.** Plast members shall have their temperature taken upon arrival at an in-person Plast activity. Plast members who have a fever greater than 100°F or who have other symptoms will not be allowed to join in-person Plast activities. Parents/guardians shall remain on site of the Plast activity until the Plast member has had their screening, and shall take their Plast member home should they have a fever greater than 100°F or exhibit other symptoms.
- 3. Hand Washing and Sanitizing.** Plast members are expected to wash their hands frequently for at least 20 seconds, including if their hands are dirty, after using the restroom, at other appropriate times (i.e. after blowing their nose/coughing/sneezing, and after touching garbage), and as otherwise instructed. Hand sanitizer shall be available and Plast members are expected to use the hand sanitizer upon arrival and prior to joining the in-person Plast activities.
- 4. Social Distancing.** Plast members must practice social distancing whenever possible. Social distancing means:
 - a. Maintaining six feet of space between oneself and others whenever possible.
 - b. If maintaining six feet of space is not possible, maintaining as much space between oneself and others.
 - c. Following all directions given regarding social distancing.
 - d. Avoiding sharing items, materials, food, drinks, and spaces with others.
- 5. Face Masks.** Face masks shall be worn by Plast members at all times during in-person Plast activities when required by law, regulation, or governmental order and where required by Plast leadership. In addition, any parent/guardian who attends an in-person Plast activity will wear a mask through the duration of the in-person Plast activity. To be effective, face masks should cover the nose, mouth, and chin of the Plast member and should be made of cloth. Bandannas and fleece face coverings do not meet this requirement.

It is important to note that protocols are subject to change as state and federal mandates and recommendations are changed. Should the Ohio Public Health Advisory System designate Cuyahoga County as a Level 3 (red) or Level 4 (purple) Public Emergency, all Plast activities will automatically transition to virtual meetings. Information about the Ohio Public Health Advisory System can be found at: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/public-health-advisory-system/>

Our number one objective is to keep Plast members and family safe and healthy. We hope these guidelines will help us reach that goal.

HEALTH AND WELLNESS GUIDELINES 2020-2021
ACKNOWLEDGEMENT AND ASSUMPTION OF RISK

We, the undersigned parent(s) and Plast member(s), acknowledge and agree that, as a member of Plast in Cleveland, Ohio and as parent(s) of the Plast member(s), participating during in-person Plast activities, having personal contact with Plast leaders, members, and other Plast volunteers, involves a certain degree of risk, namely of parent(s) and/or Plast member(s) acquiring a communicable disease, including COVID-19, and then potentially passing it on to others, including family members. Due to the highly contagious nature of COVID-19, the characteristics of the virus, and the close proximity of the Plast member(s), Plast leaders, and volunteers, there is an elevated risk of the Plast member(s) contracting the disease simply by being on the premises of an in-person Plast activity. The same is true for the parent(s) of the Plast member.

By signing below, we acknowledge and agree that after carefully considering the risks involved, and having the opportunity to discuss these risks with any healthcare professional(s) of our choosing, we voluntarily and willingly accept those risks and acknowledge that returning to in-person Plast activities is the choice of each family, including ours. If the Plast member(s) or parent(s) who participate during in-person Plast activities have underlying health concerns which may place them at greater risk of contracting any communicable disease, including COVID-19, we acknowledge and agree that we will consult with a health care professional before the Plast member(s) or parent(s) return to in-person Plast activities. Moreover, we acknowledge that while adherence to safety and precautionary measures (which may include social distancing guidelines, facemasks, handwashing, etc.) may reduce possible exposure to the risk of contracting a communicable disease, the possibility of serious illness and death remains despite all efforts to reduce that risk. We do hereby accept and assume sole responsibility for any illness acquired by the Plast member(s) or parent(s) while at the in-person Plast activity, including possible infection with COVID-19.

We further acknowledge, understand, and agree that we have obligations to Plast, its leaders, members, and others to take certain precautions and make certain disclosures to prevent the spread of communicable diseases such as COVID-19. Specifically, we agree to comply with these guidelines and all other Plast rules and requirements relating to communicable diseases such as COVID-19, including rules relating to whether or under what circumstances the Plast member(s), parent(s), family members, or volunteers may come to the in-person Plast activities.

Parent Name: _____

Parent Signature*: _____

Date: _____

Parent Name: _____

Parent Signature*: _____

Date: _____

*Both parents need to sign this Acknowledgement and Assumption of Risk

Plast Member Name: _____

Plast Member Signature: _____

Date: _____

Plast Member Name: _____

Plast Member Signature: _____

Date: _____

Plast Member Name: _____

Plast Member Signature: _____

Date: _____

Plast Member Name: _____

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