



# PARTICIPANT ILLNESS & WELLNESS REQUIREMENTS POLICY

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## Overview

The City of Sunnyvale has long maintained an illness policy for recreation participants. However, the COVID-19 pandemic requires additional measures. Health checks, hand washing requirements, and strict “feeling sick” requirements will be in place until further notice because the health and safety of our community and program participants is a priority for the City of Sunnyvale.

The City has implemented additional health measures and requirements to address concerns and recommendations related to COVID-19. The City may update this policy from time to time to incorporate new recommendations from the CDC, California Department Public Health and other health authorities as appropriate. The Participant Policy and Wellness Requirements are for everyone’s benefit during this unique time.

## Policy

Recreation participants must comply with the following health and illness policies. Refusal or failure to comply with health and illness requirements will be grounds for termination of participation.

### 1. General Requirements for Participants.

- DO NOT ATTEND PROGRAMS if you or a household member are sick, have any symptoms of illness, have been directed by health authorities to quarantine or isolate
- Cover coughs and sneezes
- Wear face covering when directed by staff
- Wash or clean hands frequently and as directed by staff
- Comply with any social distancing protocols specified by staff or facility signage
- Comply with staff direction regarding participants who become sick during a program. For example, participants who demonstrate symptoms of illness may be directed to leave, or isolated and parents may be required to immediately pick up minor participants
- Realize that programming may change or be forced to close in the event of exposures

## **2. Stay Home When Participant or Household Members are Sick or Show Symptoms of Illness**

- Common symptoms of COVID-19 include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, new loss of taste or smell, and gastrointestinal symptoms like nausea, vomiting, or diarrhea
- Other conditions for which you should stay home include, lice, pink eye or hand, foot and mouth disease, other communicable diseases, diarrhea, rash or swelling on any part of the body, runny nose with yellow/green mucus, persistent cough, or other cold/flu symptoms
- Making the Call/Mild Symptoms: If you or a family member in your household has experienced mild symptoms, please err on the side of caution and stay home

## **3. Standards for Returning to In-Person Programs After Illness**

If you have been sick, you may not return to in-person programs until you meet the following criteria:

- At least 3 days (72 hours) have passed since recovery (defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms such as cough, shortness of breath); *and*
- At least 10 days have passed since symptoms first appeared

## **4. Health Screenings**

- The City reserves the right to ask health screening questions and conduct temperature checks prior to allowing participation for in-person programs such as camps