



WHEATON PARK DISTRICT COVID- 19 Participant Guidelines

The Wheaton Park District ("District") is dedicated to providing a safe environment for our employees, patrons, volunteers, trainers, independent contractors and vendors **a/k/a "individual"**. Therefore, the District is implementing and administering the procedures and protocols set forth as a top priority to mitigate the spread of the COVID-19 virus. These procedures and protocols are established from information provided by the Centers for Disease Control (CDC, the Department of Commerce and Economic Opportunity (DCEO) and the Illinois Department of Public Health (IDPH).

These protocols are subject to change as more information becomes available. Further, participants and patrons should understand that the guidelines below are prepared as an outline highlighting key changes where participants/patrons will have an active role rather than a comprehensive overview of each and every step the District is taking to limit the risk of potential exposure to COVID-19.

How COVID-19 Spreads

While much is unknown about COVID-19, including how it spreads, public health agencies and epidemiologists generally agree that COVID-19 spreads through respiratory droplets that are produced when an infected person coughs or sneezes and can land in the mouths or noses of people who are generally within 6 feet of one another. The droplets that remain in the air can also be inhaled into the lungs of a person walking by. Another way COVID-19 can be spread is by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

Definition of "Close Contact"

The Centers for Disease Control defines "close contact" as when any individual who is within 6 feet of an infected person for at least 15 minutes starting from two days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated. The DuPage County Health Department has stated the 15 minutes is consecutive.

Symptoms of COVID -19

People with COVID-19 can have a wide range of symptoms ranging from mild to severe illness. Symptoms typically appear 2 – 14 days after exposure to the virus. Symptoms can consist of a cough, shortness of breath or difficulty breathing, fever of 100.4 or higher, chills, fatigue, headache, congestion, runny nose, muscle or body aches, sore throat, new loss of taste or smell, nausea, vomiting, or diarrhea. This list does not include all possible symptoms.

Individuals are encouraged to seek a COVID-19 test at a state or local government testing center, healthcare center, or other testing location.

If an individual is showing any of these emergency signs, contact 911 immediately: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face, any other symptoms whether COVID-19 related or not that appear to be a medical emergency.

Wellness Self-Check (Applies to All Park District Programs and Facilities)

Individuals should perform a self-check for symptoms of the virus prior to arriving and/or bringing their child to a District event or program. We advise that participants' temperatures are taken at home just prior to arriving to the program or facility.

Wellness Self-Check Questions:

1. Are you or anyone in your household experiencing the following: fever of 100.4 or higher, cough, shortness of breath, sore throat, chills, muscle or body aches, fatigue, headaches (not related to caffeine, diet, hunger, migraines, or tension), new loss of taste or smell, congestion or runny nose, nausea or vomiting, and diarrhea?
2. In the last 14 days, have you or anyone in your household been in close contact with anyone that has tested positive for or been diagnosed with COVID-19 or has symptoms of COVID-19?
3. Have you or anyone in our household tested positive for COVID-19?

If the answer is "YES" to any of the above questions: You should **not** attend the program/facility and should notify one of the Wheaton Park District contacts listed below as soon as possible.

Notification of Exposure

To be able to protect everyone, we ask that individuals immediately contact the District to report any of the following conditions during the past 14 days:

- When the individual has been in close contact to someone with COVID-19 during the past 14 days,
- When the individual has symptoms of COVID-19,
- When the individual has been diagnosed with COVID-19, whether through a positive test or symptom-based diagnosis.

In the event of an individual being diagnosed with COVID-19, the DuPage County Health Department will be notified and parents/guardians/participants who had close contact with the individual diagnosed with COVID-19 will receive written notice and will be required to refrain from programming for a 14-day self-quarantine period from the date of last contact with the positive case.

When a Participant May Return

The length of time of self-isolation or self-quarantine will vary on a number of factors and will be assessed in conjunction with the DuPage County Health Department and/or the individual's treating medical provider.

Further, when an individual has COVID-19 or symptoms of COVID-19, the District will require a medical provider's note clearing the individual to return to the District (though the District reserves the right to be flexible with such notes should the healthcare system become overwhelmed). In general, however, the clearance guidelines are:

- 1) An individual has tested positive for COVID-19, has been diagnosed/confirmed with COVID-19, or has symptoms of COVID-19, may return when they meet the following criteria:

- a. Must have isolated for a minimum of 10 days* after symptom onset (or specimen collection date if asymptomatic), **AND**
- b. 24 hours with no fever without the use of fever-reducing medications, **AND**
- c. Other COVID-19 symptoms have improved (for example, cough, shortness of breath, etc.) **AND**
- d. Must provide a doctor's note clearing the individual to return to programming, **OR**
- e. ⁽¹⁾ 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart **AND**
- f. Must provide a doctor's note clearing the individual to return to programming.

⁽¹⁾ Note, the CDC and IDPH generally no longer recommend the test-based strategy of two (2) negative tests in the majority of cases.

If at any time the medical provider confirms the cause of the fever or other symptoms are **NOT** related to COVID-19, and approves the return to programming prior to the recommended timeframes above, the individual must present a note from their medical provider **PRIOR** to their return.

- 2) An individual is asymptomatic and tests positive for COVID-19, may return when they meet the following criteria:
 - a. Must isolate for a minimum of 10 days from the date of the positive test results, **AND**
 - b. A doctor's note is provided clearing the individual to return to programming.

*A limited number of persons with severe illness or who are severely immunosuppressed may produce replication-competent virus beyond 10 days; this may warrant extending duration of isolation and precautions for up to 20 days after symptom onset or first positive test (if not symptoms).

- 3) An individual that has "close contact" with the following:
 - a. A person who has tested positive for COVID-19; or has been confirmed/diagnosed with COVID-19 may return when the following is met:
 - i. 14 days self-quarantine from the date of the last close contact;
 - b. A person who has tested positive for COVID-19; or has been confirmed/diagnosed with COVID-19 AND the individual can avoid further close contact may return when the following is met:
 - i. 14 days self-quarantine from when the person with COVID-19 began home isolation away from other members of the household;
 - c. A person who has tested positive for COVID-19; or has been confirmed/diagnosed with COVID-19 AND has had additional close contact with someone else who tested positive for COVID-19 or has been confirmed/diagnosed with COVID-19 may return when the following is met:
 - i. Restart self-quarantine for 14-days from the last day of close contact with anyone who has COVID-19. Any time a new household member gets sick with COVID-19 and close contact occurs; quarantine will need to be restarted.
 - d. A person the individual lives with tested positive for COVID-19; or has been confirmed/diagnosed with COVID-19 AND cannot avoid continued close contact (e.g., shared kitchen/bathroom, etc.) may return when the following is met:
 - i. Quarantine for 14 days after the person who has COVID-19 meets the criteria to end home isolation.
 - e. A person who is suspected of having COVID-19 and is waiting for test results may return when the following is met:

- i. Quarantine for 14 days from the last close contact; **OR**
- ii. The individual waiting for the test results has one negative test.

If the individual with close contact develops symptoms, they should follow isolation rules in 1) above.

If an individual had close contact with another person that had close contact with someone who tested positive or was confirmed/diagnosed with COVID-19, no quarantine or isolation is needed for the individual.

Health Hygiene and Infection Control Prevention Practices

All participants, employees, volunteers, visitors, contractors, and patrons will:

- Wash their hands with soap and water frequently for the recommended 20 seconds. This includes after touching items and surfaces, after using the restroom, coughing, sneezing, before eating or food preparation, after putting on or removing mask or face covering, before and after using shared items.
- Wear masks or face coverings over their nose and mouth when entering the premises and when in the presence others. This includes common areas such as hallways, stairways, restrooms, classrooms/ programming space, waiting areas, bleachers. Modifications can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering so long as the modification does not create a direct threat of safety for others. Brief exception for participants wearing masks or face coverings are made when eating, playing a wind instrument, or when outside. During these periods, participants will be required to adhere to social distancing.
- Maintain a distance of 6-feet apart from other individuals. However, personal trainers must maintain 10 ft. distance while training clients.
- Cover their mouth and nose with a tissue or use the inside of the elbow when coughing or sneezing. Trash containers are located throughout the facility. Avoid touching the eyes, nose, and mouth.
- Use hand sanitizer regularly.

In addition, the District will:

- Engage in daily cleaning and sanitizing of high touch areas and surfaces at the facility, and deep cleaning and sanitizing when necessary.
- Limit the number of people allowed to gather in rooms and communal areas at a time.
- Use signs, tape marks, or other visual cues on the floor, placed 6 feet apart, to indicate where to stand for people in common areas and entrances.
- Install barriers for employees that interact with the public and work areas with close workstations.
- Post signage to encourage proper hygiene practices.
- Take other safety measures as needed to enforce its COVID-19 related policies and procedures.

Pick-up Protocol

If an individual exhibit any of these symptoms while attending a program/facility, the individual will be directed to wait in an isolated outdoor area. If inclement weather makes this unsafe, the individual will be directed to an isolated area inside and away from others. At all times, the minor individual will be supervised. The parent/guardian will be called and must pick-up their child within thirty (30) minutes of notification. The parent/guardian should wait at the designated pick-up area. Transportation will not be provided for participants.

QUESTIONS & CONTACT INFORMATION

STAFF MEMBER	TITLE	EMAIL CONTACT	AREA LEAD
Diane Hirshberg	<i>Human Resource Manager</i>	dhirshberg@wheatonparks.org	Wheaton Park District Designated COVID Contact
Mary Beth Cleary	<i>Director of Athletics</i>	mbcleary@wheatonparks.org	Youth Sports
Vicki Beyer	<i>Director of Recreation</i>	vbeyer@wheatonparks.org	Recreation Programs Day Camps
Michelle Artis	<i>Fitness Manager</i>	martis@wheatonparks.org	Parks Plus Fitness Center

RESOURCES

Illinois Department of Commerce & Economic Opportunity

<https://dceocovid19resources.com/restore-illinois/restore-illinois-phase-4/>

Centers for Disease Control & Prevention

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Illinois Department of Public Health

<http://dph.illinois.gov/covid19>