

## STRETCH-N-GROW of Utah COVID-19 PROCEDURES and DISCLOSURE for STAFF

As Stretch-n-Grow (SNG) Owners ("Affiliates") and staff ("Coaches") return to preschool and school age classrooms, it is imperative that we abide by Centers for Disease Control ("CDC") Guidelines for prevention of the COVID-19 virus along with the specific requirements of each child care center or other venue where SNG is provided ("facility"). This document provides Affiliates and Coaches (collectively referenced as "you" herein) with Stretch-n-Grow's expectations for performance during this crisis. Specifics may vary based on the facility's requirements; however, you should always comply with the more protective guidelines. It is the Affiliate's responsibility to communicate with the facility director; coaches should report directly to their Stretch-n-Grow owner or management team ("Team") unless otherwise directed by the Affiliate or Team member. Personal Protective Equipment (PPE) will be provided to you by the Affiliate and shall be used as prescribed in this directive.

1. If you have been exposed to COVID-19 or anyone in your household has symptoms or has displayed symptoms within the last 14 days and you are scheduled to teach classes, notify the main office so that a qualified well Coach can be found who can provide coverage with as much notice as possible prior to the scheduled classes.
2. To enter any facility, you must be free from COVID-19 symptoms. If you are experiencing any of the symptoms shown below or if any develop during the course of the day, immediately notify the Stretch-n-Grow of Utah Owner or Management designee. Symptoms include:
  - i. Fever of 100.4 degrees Fahrenheit or higher
  - ii. Cough
  - iii. Shortness of breath or difficulty in breathing
  - iv. Fatigue
  - v. Headache
  - vi. New loss of taste or smell
  - vii. Sore throat
  - viii. Congestion or runny nose
  - ix. Muscle or body aches
  - x. Nausea and vomiting
  - xi. Diarrhea

While we understand that many of these symptoms can also be related to non-COVID-19 issues, we must proceed with an abundance of caution during this pandemic. This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

3. You must abide by the precautionary measures requested at each facility. These may include, but are not restricted to, the following:
  - a. Complete the SNG of Utah daily screening form for COVID-19 prior to going to your first class of each day.
  - a. Temperatures may be taken upon arrival and throughout the day while on facility premises. This action will be determined by the Director of the facility.
  - b. Face masks are required at all times while on facility premises.
  - c. Physical distancing measures will include the following:
    - Teach outside whenever possible, provided there is a physical boundary for children to be away from streets or other hazards.

- Set up Coach Space using cones or other measures so you are 6 feet away from the children. Educate the children as you review the rules of the class that this is your space for exercising. Ask for teacher help in maintaining this space.
- Use spots to space children out in the space available. At the end of each routine have teacher(s) help with replacing the spots to spread children out again, or,
- Modify routines so children exercise primarily on their spots.

4. You are responsible for taking measures to lessen the spread of the virus by following CDC guidelines for cleaning hands, equipment and clothing, at minimum between centers and between classes.

- Wash your hands using CDC recommended handwashing procedures before and after each class, using warm running water and rubbing with soap for at least 20 seconds; or use an approved alcohol-based hand sanitizer.
- A minimum of equipment will be used in lesson plans during the COVID-19 pandemic. All equipment must be sanitized with an approved sanitizing spray/wipe per CDC between facilities and between classes.
- Your shoes should be sanitized between facilities, and between classes if requested by the facility, using an approved sanitation spray/wipe. If possible, carry an extra pair of shoes in a bag to change in and out of at the door of the facility, and leave your regular shoes at the door. Both pairs of shoes should be sprayed/wiped down each time you remove them.

5. While working in facilities, you will be in contact with children, families and staff who are also at risk of community exposure. Immediately notify the Owner or Management designee if you become aware of any staff member, child or parent who exhibits any of the symptoms listed in Item 2 above or if the facility does not appear to be following CDC guidelines to lessen exposure to the virus.

6. Outside of work, please comply with all local social distancing orders, masking, and handwashing, making every effort to limit your exposure.

No list of restrictions, guidelines or practices will remove 100% of the risk of exposure to COVID-19 as the virus can be transmitted by persons who are asymptomatic and before some people show signs of infection. We must all work together to minimize the risk, and you play a crucial role in keeping everyone in the facility safe and reducing the risk of exposure by following the practices outlined herein.

ACKNOWLEDGMENT AND ACCEPTANCE BY COACH (if applicable):

I, \_\_\_\_\_, certify that I have read, understand, and agree to comply with the provisions listed herein. I acknowledge that failure to act in accordance with the provisions listed herein, or with any other policy or procedure outlined by the facilities where I teach, may result in disciplinary action up to and including termination. I acknowledge that my employment may be terminated if it is determined that my actions, or lack of action unnecessarily exposes another Stretch-n-Grow staff member, facility, employee, children, or their family members to COVID-19.

\_\_\_\_\_  
Coach Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Stretch-n-Grow of Utah Manager or Owner

\_\_\_\_\_  
Date

STRETCH-N-GROW OF UTAH COVID-19  
SPECIAL PROGRAM ATTENDANCE  
PARENT/GUARDIAN ACKNOWLEDGMENT AND DISCLOSURE

Stretch-n-Grow of Utah ("SNG") is dedicated to keeping you, the parent/guardian, your children, the facility staff, and our SNG team members as safe as possible by limiting everyone's exposure to COVID-19. In addition to the guidelines implemented by the facility your child attends, we ask that you review and agree to these SNG guidelines. While these guidelines do not supersede those of the facility, our team members will adhere to the most protective guidelines at all times. Please read and initial each statement below.

1. \_\_\_ I understand that during this COVID-19 Pandemic I will NOT be permitted to enter the facility to observe my child's Stretch-n-Grow class or to communicate with the SNG team member. I understand that this procedure change is for the safety of all persons present in the facility and to limit to the extent possible everyone's risk of exposure. I understand that it is my responsibility to inform any Emergency Contact persons of the information contained herein. You may contact the SNG Office with any questions or concerns by telephone at 435-658-9999.
  
2. \_\_\_ I understand that IF there is an emergency requiring me to enter the facility beyond the designated drop-off and pick-up area to remove my child from an SNG class, I MUST wash my hands before entering, remove my shoes and wear a mask. While in the facility I must practice social distancing and remain 6 feet away from children other than my own, facility staff, and any Stretch-n-Grow team members.
  
3. \_\_\_ I understand that to participate in any SNG class my child must be free from COVID-19 symptoms. If, during a SNG class, any of the following CDC-identified symptoms appear my child will be separated from the rest of the SNG class and taken to a facility staff member who will contact me with pickup instructions. Symptoms include:
  - Fever of 100.4 degrees Fahrenheit or higher
  - Cough
  - Shortness of Breath or difficulty in breathing
  - Fatigue
  - Headache
  - New loss of taste or smell
  - Sore Throat
  - Congestion or Runny Nose
  - Muscle or Body Aches
  - Nausea and Vomiting
  - Diarrhea

While we understand that many of these symptoms can also be related to non-COVID-19 related issues, we must proceed with an abundance of caution during this public health emergency. These symptoms typically appear 2-14 days after being infected so please take them seriously.

4. \_\_\_ I understand that my child's temperature may be taken before and/or during a Stretch-n-Grow class.
  
5. \_\_\_ I understand that my child may be required to wear a mask at all times during a Stretch-n-Grow class if required by Federal, State, Local, or Facility guidelines. This requirement may be waived if a

child is younger than 2 years, has any trouble breathing, or is unable to remove the mask without assistance.

- 6. \_\_\_ I understand that my child may be required to wash their hands using CDC recommended handwashing procedures before and after SNG class using warm running water and rubbing with soap for at least 20 seconds.
- 7. \_\_\_ I agree that outside of care, in order to control my child's exposure in the community, I will comply with any and all state, county and local stay-at-home orders and will follow any recommendations from the CDC that limits my child's risk for exposure including wearing a mask in all public areas and remaining 6 ft from all other people if mandated.
- 8. \_\_\_ I will immediately notify facility management and SNG of Utah if I become aware of any person with whom my child or I have had contact exhibits any of the symptoms listed in Item 3 above, is advised to self-isolate, quarantine, or has tested positive for COVID-19. Further, I will immediately notify facility management and SNG of Utah if anyone from my place of employment is presumed positive or tests positive for COVID-19 whether or not I have had direct contact with that person.
- 9. \_\_\_ I understand that while participating in SNG of Utah classes, my child will be in contact with children, families, facility employees, and SNG team members who are also at risk of community exposure. I understand that no list of restrictions, guidelines or practices will remove 100% of the risk of exposure to COVID-19 as the virus can be transmitted by persons who are asymptomatic and before some people show signs of infection. I understand that I play a crucial role in keeping everyone in the facility and my child's SNG class safe and reducing the risk of exposure by following the practices outlined herein. I agree to hold Stretch-n-Grow of Utah and its team members blameless in the event my child is exposed to COVID-19 at the facility.

I, \_\_\_\_\_ certify that I have read, understand, and agree to comply with the provisions listed herein. I acknowledge that failure to act in accordance with the provisions listed herein, or with any other policy or procedure outlined by the facility hosting the SNG class will result in termination of services. I acknowledge that SNG of Utah classes for my child will be terminated if it is determined that my actions, or lack of action, unnecessarily exposes a facility employee, child or their family member, or a Stretch-n-Grow of Utah team member to COVID-19.

Child's Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Phone: \_\_\_\_\_

\_\_\_\_\_  
Parent Signature

Date: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Phone: \_\_\_\_\_

\_\_\_\_\_  
Parent Signature

Date: \_\_\_\_\_

STRETCH-N-GROW of UTAH COVID-19  
SPECIAL PROGRAM ALLOWANCE  
ACKNOWLEDGMENT AND DISCLOSURE  
FOR A FACILITY CLIENT

Stretch-n-Grow of Utah ("SNG") is dedicated to keeping your facility staff, the children in your care, and our SNG team members as safe as possible by limiting everyone's exposure to COVID-19. You have been provided with the guidelines we have implemented with our SNG staff, who are also expected to follow them at your facility. Prior to SNG providing classes at your facility, we ask that you review and initial each statement below:

1. \_\_\_\_ I have received a copy of the SNG COVID-19 Procedures and Disclosure signed by my SNG representative and their coach (if applicable) detailing the steps they are taking for the safety of everyone at my facility.
  
2. \_\_\_\_ I understand that these SNG procedures are meant to be in addition to the guidelines being followed at my facility and that it is my responsibility to ensure my staff follow our facility guidelines.
  
3. \_\_\_\_ I understand that no list of restrictions, guidelines or practices will remove 100% of the risk of exposure to COVID-19 as the virus can be transmitted by persons who are asymptomatic and before some people show signs of infection, and I agree to hold SNG blameless in the event of any positive COVID-19 test result in my facility unless it can be proven SNG staff did not follow SNG and facility guidelines.
  
4. \_\_\_\_ I have the full authority to allow SNG into my facility to provide classes and have taken all steps necessary to notify staff and parents.

I, \_\_\_\_\_ certify that I have read, understand, and agree to the provisions listed herein. I acknowledge that failure by facility staff to act in accordance with the provisions listed herein may result in cancellation of Stretch-n-Grow classes or service and that the class may be rescheduled but no refunds will be given.

\_\_\_\_\_  
Facility Representative Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Title

\_\_\_\_\_  
Facility Name

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Facility Address

\_\_\_\_\_  
City, State

\_\_\_\_\_  
Zip Code