

Wasatch Family Fitness and Stretch-n-Grow of Utah Covid-19 Policy and Procedures - Specialty Programs

The following policy and procedure provides for meeting guidelines from Summit County Health Department in preventing the spread of Covid-19 for programs provided by Stretch-n-Grow of Utah and Wasatch Family Fitness. These programs provide early childhood fitness, wellness, and sports readiness facilitated by Certified Youth Fitness Coaches from Stretch-n-Grow of Utah and Wasatch Family Fitness.

1. Class sizes will be limited to a maximum of 20 including children and adults. One parent per child will be requested.
2. All parents/guardians and Coaches will be required to :
Complete and submit an electronic questionnaire for themselves and their child/children to the Stretch-n-Grow of Utah and Wasatch Family Fitness Office each day prior to the start of the program. Reporting will include:
 - a. The morning of the class, my self- administered temperature is: _____degrees Fahrenheit
The morning of the class, my child's/children's temperature is/are: ____ degrees Fahrenheit
 - b. Have you or anyone residing in the household had international travel within the last 14 days traveled to countries with sustained community transmission of Covid-19?
 - c. Have you or anyone residing in the household experienced sign or symptoms of a respiratory infection such as a fever, cough, or sore throat?
 - d. In the last 14 days, have you or anyone residing in the household had any contact with someone with or under investigation for Covid-19, or are ill with a respiratory illness?
 - e. Has anyone in your household resided /are in a community where community-based spread of Covid-19 is occurring?

If any of the answers to these questions (b-e) is a "yes," the respective person(s) will not be allowed to participate in the class. If this questionnaire is not completed each day prior to the start of the class, the respective person(s) will not be allowed to attend the class until compliance is achieved. Temperatures will need to be less than 100.4 degrees Fahrenheit.

If symptoms are positive, the parent or guardian will be referred to their primary care provider for further evaluation.

3. Spacing for class attendees will meet the 6 foot social distancing required by Summit County Health Department by using cones or a taped area that children and parents can easily identify as their space for the fitness activities.
4. Each child/parent unit will be provided equipment by Stretch-n-Grow of Utah and Wasatch Family Fitness, and will be sanitized according to CDC requirements before and after each class.
5. A hand sanitizing station will be set up each day of class. Children, parents and Coaches will be required to use before and after each class.
6. All adults will wear masks to prevent the spread of Covid-19. Parents/Guardians will need to bring their own mask. Stretch-n-Grow of Utah and Wasatch Family Fitness will provide masks for their Coaches.

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