



Town of Merrimack

PARKS AND RECREATION DEPARTMENT

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COVID-19 PARTICIPANT GUIDELINES

The Town of Merrimack Parks & Recreation Department is dedicated to providing a safe environment for our employees, patrons, volunteers, trainers, independent contractors and vendors. Therefore, the Parks & Recreation Department 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) and the New Hampshire Department of Public Health.

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 Parks & Recreation Department is taking to limit the risk of potential exposure to COVID-19. For some Parks & Recreation Department programs, additional steps may be added but participants will be notified of those special circumstances.

HOW COVID-19 SPREADS

While much is unknown about COVID-19, public health agencies and epidemiologists generally agree that COVID-19 spreads through respiratory droplets and aerosols that are expelled into the air by an infected person 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 one's own mouth, nose, or possibly eyes.

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, 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. Not all infectious individuals exhibit symptoms.

Participants are encouraged to seek a COVID-19 test at a state or local government testing center, healthcare center, or other testing location if they experience symptoms or have contact with someone with a diagnosed or suspected case of the virus.

DAILY WELLNESS SELF-CHECK (APPLIES TO ALL PARKS & RECREATION DEPARTMENT PROGRAMS AND FACILITIES)

Parents/guardians/participants/instructors/contractors/coaches should conduct a health questionnaire prior to arriving and/or bringing their child to a event or program. We advise that participants' temperatures are taken at home just prior to arriving to the program or facility.

HEALTH QUESTIONNAIRE

1. Are you or anyone in your household experiencing the following: fever (100.4 degrees Fahrenheit or higher), cough, shortness of breath, sore throat, chills, muscle aches, headaches (not related to caffeine, diet, hunger, migraines, or tension), new loss of taste or smell, or gastrointestinal concerns (e.g., abdominal pain, vomiting, 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 is suspected to have COVID-19?
3. Have you 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 Merrimack Parks & Recreation Department contact listed below as soon as possible.

HEALTH HYGIENE AND INFECTION CONTROL PREVENTION PRACTICES

The Parks & Recreation Department has implemented the following practices to be adhered to by its employees, participants, visitors, coaches, trainers, independent contractors, and the community as noted below. Anyone not adhering to these practices may be removed from the program, camp, fitness center, or sports program.

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

- Apply hand sanitizer before joining the program.
- Participants, Independent Contractors and Employees will be asked to wash their hands or reapply hand sanitizer frequently:
 - **Every 20 Minutes for 20 Seconds and after:**
 - Participating in the activity
 - After eating
 - After sharing any equipment
 - After using the restroom
 - After blowing their nose
 - After coughing/sneezing

In addition, the Parks & Recreation Department will:

- Engage in daily cleaning & sanitizing of high touch areas and surfaces of the Function Hall, and deep cleaning and sanitizing when necessary. Custodians will disinfect the facility between every activity that utilizes the building. At a minimum, this will be done at least 1x each day.
- 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 & entrances.
- Install barriers for employees that interact with the public and work areas with close workstations
- Post signage to encourage proper hygiene practices.
- Instructors will limit sharing of items but will clean any item that is shared before it is used by someone else.
- Hand Sanitizer and trash barrels will be readily available for all participants, contractors and employees.
- Take other safety measures as needed to enforce its COVID-19 related policies and procedures.

MASKS/FACE COVERS/PROGRAM MANAGEMENT

- Participants, Independent Contractors and Employees are required to wear a cloth face cover over their mouth and nose when they initially enter a Parks & Recreation facility. Participants should provide their own face cover but extras will be available for anyone who forgets.
- Independent Contractors and Employees will lead small groups of participants and will promote social distancing thru classroom management. The class will have a maximum of 10 participants in it. Once participants have gotten to their assigned socially distant area; they will be able to remove their mask.

- Masks/Face Coverings will need to be worn anytime that the minimum 6 foot social distancing cannot be maintained. Instructors that will need to work 1:1 with a participant will need keep their mask on during the entire class.
- Tables & Chairs will be setup so that they are 6 feet away from any other table.

NOTIFICATION OF EXPOSURE

To be able to protect everyone, we ask that participants immediately contact the Parks & Recreation Department to report any of the following conditions during the past 14 days:

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

In the event of a participant being diagnosed with COVID-19, the New Hampshire Department of Public Health 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 Parks & Recreation Department programs & facilities for a 14-day self-quarantine period.

WHEN A PARTICIPANT MAY RETURN

When an individual with COVID-19 or symptoms of COVID-19 is safe to end self-isolation varies on several factors and will be assessed in conjunction with the New Hampshire Department of Public Health and/or the individual's treating physician. Further, when an individual has COVID-19 or symptoms of COVID-19, the Parks & Recreation Department will require a doctor's note clearing the participant to return to public programming. In general, however, the clearance guidelines are:

- 1) A participant with COVID-19 symptoms and has not been tested can return when:
 - They have had no fever for at least 72 hours (that is 3 full days of no fever without the use of medicine that reduces fevers); and
 - Other symptoms have improved for at least 3 days (for example, your cough has improved, or shortness of breath have improved); and
 - At least 10 days have passed since your symptoms first appeared.
 - Alternatively, a physician may clear you after you have received two negative COVID-19 tests more than 24 hours apart.
- 2) A participant with COVID-19 symptoms that have been tested can return when:
 - They have had no fever for at least 72 hours (that is 3 full days of no fever without the use of medicine that reduces fevers); and
 - Other symptoms have improved for at least 3 days (for example, your cough has improved, or shortness of breath have improved); and
 - At least 10 days have passed since your symptoms first appeared.
 - Alternatively, a physician may clear you after you have received two negative COVID-19 tests more than 24 hours apart.
- 3) A participant that has tested positive for COVID-19 and is asymptomatic (has no symptoms) can return when:
 - At least 10 days have passed since the positive test.
 - Alternatively, a physician may clear you after you have received two negative COVID-19 tests more than 24 hours apart.
- 4) A participant that has been in close contact with someone (including but not limited to a household member) with the virus and is asymptomatic (has no symptoms) can return when:

- The participant has been home in self-quarantine for 14 days from the last time they were in close contact with someone with COVID-19.

- 5) A participant has been in contact with someone (including but not limited to a household member) reasonably suspected to have COVID-19 (but not diagnosed or known) can return when:
- The participant has been home in self-quarantine for 14 days from the last time they were in close contact with someone suspected to have COVID-19: or
 - The participant submits paperwork from the local public health agency or a medical provider clearing them to return in light of the person with the suspected case testing negative.

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

PICK-UP PROTOCOL

If a participant exhibits any of these symptoms while attending a program/facility, the participant will be directed to wait in an isolated outdoor area. If inclement weather makes this unsafe, the participant will be directed to an isolated area inside and away from others and will be required to wear a mask. At all times, minor participant 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 | TELEPHONE # | EMAIL ADDRESS |
|-------------------------|--------------------------------|--------------|----------------------------|
| James Golisano, M.Ed | Program Coordinator | 603-420-1664 | jgolisano@merrimacknh.gov |
| Matthew Casparius, CPRE | Director of Parks & Recreation | 603-420-1661 | mcasparius@merrimacknh.gov |

RESOURCES

Center for Disease Control & Prevention

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

New Hampshire Department of Public Health

<https://www.covidguidance.nh.gov/>