

Special Considerations for FLC Youth Parent and Student Information

COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans. The virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet).

People with COVID-19 have had a wide range of symptoms reported - ranging from none to mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

The most common symptoms of fever, cough, and / or shortness of breath are seen in about ¾ of children that test positive for COVID.

First Lutheran Church will follow guidance from the CDC, and the Public Health Department.

Participants of FLC activities should check their temperature at home; ultimately the parent or guardian holds the responsibility to identify illness in their child.

- Participants will be asked if they have experienced any of the above symptoms in the last 24 hours. **If the athlete answers yes to any of these symptoms or has a fever greater than 100.3 they will not participate.**
- Participants that miss practice due to illness that is not diagnosed as COVID 19 such as StrepThroat will not be allowed to participate until they have been **symptom and fever free for 72 hours without fever reducing medications.**
- If we have a participant test positive for COVID, we will follow the public health recommendations as to when that person may return. Expect that should you have a confirmed COVID test you will be out a minimum of 2 weeks.
- It is very likely that if we have a participant test positive, all youth or adults in attendance of that group will be put into isolation for 14 days.
- Participants that have come in close contact with a confirmed case will not be allowed to participate until advised to do so by the public health department. (Expect a 14 day isolation.) This situation should be reported to the FLC staff immediately.

Any of the above recommendations may change within the season. We will follow current CDC and public health guidelines.

Other mitigation efforts to ensure player, coach, and spectator safety:

- No one should attend if they have any of the symptoms listed above or have had direct contact with a confirmed COVID case.
- Participants should bring their own water / beverage. There will be no shared drinking fountains or coolers.
- Parents should remain in their cars during drop off and pick up.
- Participants are encouraged to provide their own hand sanitizer.
- Participants may wear a mask if they choose.
- FLC staff will follow guidance provided by the Public Health department and CDC in regards to sanitizing, transportation, and social distancing during gatherings.

Updates for YouthGroup

So much has changed in the past 3 months. While this time apart has been a learning experience, it's now time to start easing back into Youth. Here is all the current info we have...

YouthGroup meetings will be scheduled from 7:00 – 8:30, except the Sunday Night group which will run 6:30 to 8:00. I will oftentimes be there much earlier if anyone arrives early, and students are allowed to stay until midnight as long as parents are alright with it.

Because of social distancing and gathering rules, Youth will be limited to 9 students and myself. This was hard to go through and separate our groups into smaller sections, but hopefully everyone will have some of their friends in the group they are in. Sadly, this also means some kids just physically cannot be apart of things. The fairest way I came up with to make these groups was by attendance, so those who did not attend much are not part of these groups currently. A list of students and days is on the backside of this sheet.

We'll be making Snapchat groups for each different group. The day they are scheduled for Youth, I'll send an RSVP out to the kids around noon, and if anyone isn't able to make it, then those in the group can invite others to attend to fill in those spots.

All meetings will be held outside of the church in the front yard. As long as the weather is alright, then we will plan on being outside. We're working on getting internet outside, and will have pop up tents available if there is light rain or extreme sun.

We'll be changing our whole structure during this time as well. There will be no physical games that involve being closer than 6 feet, and there will also be no snack and pop being served afterwards. Students are allowed to bring their own, but none will be available at the church itself.

While these are the current guidelines we are following, there will be more changes ahead. Whenever things start to change, we will send more info home with the kids as well as post it on the church website and Facebook page.

In the midst of all that is going on in the world currently, I'm excited to start meeting back up with everyone. To get a chance to share what has happened, what is happening, and what we HOPE to happen next. Great things are ahead.

If you have any questions – feel free to call or text me anytime -
Mark Willand 641-390-1032

Sheet1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Weston	Dylon	Madalynn	Anthoni	Colby	Emma
Camryn	Yaneli	Emma	Billy	Evan	Taylor
Sophie	Clair	Marisa	Dante	Kooper	Andrew
Emmy	Collin	Haddie	Monte	Andrew	Jadyn
Hayzin	Tyler W	Lexy	Isaiah	Brody	Thomas
Linca	Ian	Lindsey	Pete	Hadley	Logan
Kolton	Ellie	Chloe	Grady	Kyle	Bella
Logan	Hannah	Mallory	Damon		Sarah
Analicia	Kylie	Reese	Ben		Tyler H

Parent and Youth COVID 19 Consent Form

Student Name _____ Date _____

1. I have reviewed and understand the symptoms of COVID 19.
2. I understand that I should not come to activities if I am ill or have come into contact with a confirmed COVID case.
3. I will answer the screening questions honestly.
4. Should I become ill, I will notify FLC staff immediately. I will follow the recommendations set forth by the Centers for Disease Control and the Worth County Public Health Department.
5. I will not hold the First Lutheran Church responsible should my child become infected with COVID 19.

Student Signature

Parent / Guardian Signature