



Mindfulness, Meditation & Yoga for Youth!  
 After School & Camp Program

**Covid-19 Guidelines**

<p>San Diego County Regulations</p>	<ul style="list-style-type: none"> <li>★ Stable groups of 10 children or fewer - <i>7 roster spots exist on current ZenTots camp rosters</i></li> <li>★ Children shall not change from 1 group to another</li> <li>★ Childcare providers must remain solely with 1 group of children</li> </ul>
<p>Caring for our Children (CFOC) Regulations</p>	<ul style="list-style-type: none"> <li>● Keep objects &amp; surfaces in childcare settings as clean &amp; free of pathogens as possible - clean frequently &amp; apply sanitizer/disinfectant often</li> <li>● Toys that cannot be cleaned/sanitized will not be used. Toys that children have placed in their mouths or that are otherwise contaminated by body secretion/excretion will be set aside until cleaned by hand with water &amp; detergent, rinsed, sanitized, then air-dried.</li> </ul>
<p>CDC: Considerations for Youth Camps</p>	<ul style="list-style-type: none"> <li>★ <b>Lowest Risk:</b> Small groups of campers stay together all day, each day. Campers do not share objects. Outdoor activities are prioritized. All campers are from the local geographic area (e.g., city, town, county, community).</li> <li>★ Hand Hygiene/Respiratory Etiquette: teach &amp; reinforce handwashing with soap &amp; water for at least 20 seconds/increase monitoring to ensure adherence among campers</li> <li>★ Cloth Face Coverings: may be challenging for young campers to wear in all-day settings. Face coverings should be worn as feasible &amp; are most essential in times when physical distancing is difficult.</li> <li>★ Adequate Supplies: provide supplies including soap, hand sanitizer with at least 60 percent alcohol, paper towels, tissues, disinfectant wipes, cloth face coverings (as feasible) &amp; no-touch/foot pedal trash cans.</li> </ul>
<p>Additional Resources:</p>	<ul style="list-style-type: none"> <li>● <a href="https://www.nbcsandiego.com/news/local/10-kids-or-fewer-county-guidelines-for-san-diego-daycare-facilities-in-times-of-covid-19/2288458/">https://www.nbcsandiego.com/news/local/10-kids-or-fewer-county-guidelines-for-san-diego-daycare-facilities-in-times-of-covid-19/2288458/</a></li> <li>● <a href="https://nrckids.org/CFOC/Database/3.3">https://nrckids.org/CFOC/Database/3.3</a></li> <li>● <a href="https://www.cdc.gov/coronavirus/2019-ncov/community/schools-child-care/summer-camps.html">https://www.cdc.gov/coronavirus/2019-ncov/community/schools-child-care/summer-camps.html</a></li> </ul>