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A Commitment to Service



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Guidance for Outdoor Group Recreation for Youth and Adults June 11, 2020

This document provides guidance for outdoor group recreation during the COVID-19 pandemic. This provides Napa County Public Health guidance for private and public outdoor recreation programs including lessons, sports practices, etc. The purpose of this document is to balance the physical and emotional health needs of the general community while protecting the public health and well-being of all attendees, staff and families.

COVID-19 Overview

COVID-19 is a respiratory illness caused by a novel (new) virus. There is currently no vaccine to protect against COVID-19. At this point, the best way to prevent infection is to minimize potential exposure to the virus that causes it. Minimizing the spread of the virus through everyday practices is the best way to keep people healthy. More information on COVID-19 is available at www.cdc.gov/coronavirus/2019-ncov

Symptoms of COVID-19 include the following:

- Fever (temperatures above 100 degrees)/Feverish/Chills
- Cough
- Shortness of breath
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Nausea/Vomiting
- Diarrhea
- Unusual or new headache in last 24 hours
- Loss of taste or smell
- Tingling or numbness

More information is available at: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>



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COVID-19 Transmission

COVID-19 is thought to be spread from person to person by respiratory droplets. Respiratory droplets transmitting this virus are produced mainly by coughing or sneezing, but laughing, singing, or even talking can produce similar droplets.

Larger droplets usually fall within three feet, smaller droplets within six feet – but tiny droplet nuclei might travel farther in some circumstances. For this reason, we are recommending a minimum of six feet be maintained between people as much as feasible, recognizing that in childcare, educational and recreational program settings, especially with young children, this may not be possible. Farther away is better. Shorter duration of interaction is better. Risk of transmission is lower outside than indoors.

Because infectious droplets may fall onto surfaces, we can pick them up on our hands and introduce them into the respiratory tract by touching our eyes, nose or mouth with unwashed hands. While this is not thought to be the main way the virus spreads, we recommend frequent handwashing and frequent cleaning and disinfection of high-touch surfaces.

Limiting the number of contacts outside the household is another way of minimizing the spread of disease in a community. As public health guidance gradually lifts restrictions, the number of contacts can “expand” in slow increments, such as by allowing children to mix in small groups, staying within the guidelines below.

Outdoor Group Recreation for Youth and Adults

Operations must comply with the following conditions:

- This guidance is specific to outdoor group recreation only.
- Participants are encouraged to bring their own equipment. There shall be no shared equipment unless equipment can be fully sanitized between uses. Equipment that does not require touching with hands (i.e. soccer balls) can be shared, however, that equipment should be sanitized before touching with the hands.
- Each participant shall bring their own water bottle and sanitizer for personal use.
- Operators must provide appropriate sanitation supplies for any shared equipment or general use spaces.
- Non-contact sports are allowed. Activities that would otherwise require person to person contact should be limited to individualized skill training, such as individually practicing free throws rather than playing basketball.



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Physical Distancing Guidance

Physical distancing means deliberately increasing the space between people to avoid spreading illness. A minimum distance of at least six feet is generally required to reduce the risk of spreading COVID-19.

Operators shall:

- Establish physical distancing requirements and provide instruction to participants of the requirements. Signage or designation of spaces using chalk or other markers is encouraged.
- Stagger arrival and/or dismissal times. These approaches can limit the amount of crowding in high-traffic situations and times.
- Encourage those picking up or dropping off participants to wait in their cars.
- Arrivals and departures by vehicle should be limited to those in an immediate household. Carpooling is discouraged.
- Establish procedures for registration/check-in to maintain physical distancing. Provide hand sanitizer or handwashing facilities for staff. Do not share pens. If check-in is electronic, clean and disinfect the screens or keyboards frequently.

Create a communications plan for the clients you serve

- Include strategies for sharing information with staff, clients, and families if youth are involved
- Include information about steps being taken to prepare for physical distancing and how you will communicate with clients
- Share resources to help clients understand how to prevent spread and when to stay home.
- Any communication to clients should include information that helps them make safe, informed decisions and educates them on how to remain healthy.
- Clients should avoid close contact with those who are sick.

Health Screening

- Screen staff, volunteers and participants for fever or cough before entering the program.
- If a staff member, volunteer or participant shows signs of respiratory illness (a new cough, complaints of sore throat, or shortness of breath) or a fever of 100°F or above, they should leave the group immediately and return home. Youth can be taken to a separate room or safely isolated with a staff member, and should be sent home as soon as possible.

Stay Home when Sick

- Staff, volunteers and participants should stay home when they are sick with any illness.

When It's Safe to Return to A Group Activity

Those with symptoms associated with Covid-19 should not return to providing or participating in the program until:

- a. Their respiratory symptoms are improving,



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- b. They have had no fever for 72 hours without the use of fever-reducing medicines, and
- c. At least ten days have passed since illness onset or they have tested negative for Covid-19.

Personal Hygiene Practices

- Participants, volunteers and staff should wash hands with soap and water or use alcohol-based hand sanitizer containing at least 60% alcohol (if hands are not visibly dirty) before and after eating, drinking, touching eyes/nose/mouth, and physical contact with each other or shared surfaces.
- Participants, volunteers and staff should cover coughs with a sleeve or tissue. Keep tissues and “no touch” trash cans close by. Discourage spitting.
- Staff and participants should wear a [cloth face covering](#) over their nose and mouth except when engaged in physical activity. Face coverings may not be appropriate for individuals who would have difficulty removing the covering without assistance or have medical problems affecting their breathing. A cloth face covering is not intended to protect the wearer but may prevent the spread of virus from the wearer to others. This would be especially important if someone is infected but does not have symptoms. N 95 respirators are still reserved for healthcare workers and other first responders, as recommended by current CDC guidance. Acceptable face coverings can be made of a variety of cloth materials, be factory-made or hand-sewn, or can be improvised using bandanas, scarves, t-shirts, sweatshirts or towels. Face coverings should be washed frequently with detergent and hot water and dried on a hot cycle. Ideally, wash your face covering after each use and have a dedicated laundry bag or bin. Make sure the covering is comfortable – you don’t want to have to keep adjusting the mask, which means touching your face. Always wash your hands, or use hand sanitizer before AND after touching your face or face coverings.

Cleaning and Disinfecting Services

The Center for Disease Control (CDC) recommends the following practices:

- Shared outdoor spaces should develop a schedule for cleaning and disinfecting.
- [Routinely clean, sanitize, and disinfect](#) surfaces and objects that are frequently touched.
- Use all cleaning products according to the directions on the label. For disinfection, most common EPA-registered, fragrance-free household disinfectants should be effective. Guidance is available for the selection of appropriate disinfectants for childcare settings.
https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV20_19.aspx
- If possible, provide EPA-registered disposable wipes to staff members so that commonly used surfaces such as keyboards, desks, and remote controls can be wiped down before use. If wipes are not available, please refer to CDC’s guidance on [disinfection for community settings](#).

If You Are Made Aware of a Confirmed Case of COVID-19

Inform your clients who have had contact with the person and monitor all staff and participants for symptoms.