As a result of the COVID-19 pandemic, all of our activities since March have been delivered remotely through Zoom. We will continue to host activities through Zoom while Cuyahoga County is at a high-risk level*. We will start our outdoor activities again, when it is safe, while keeping everyone’s risk level low and healthy. We have put together guidelines that will allow us to restart our activities in a careful, phased approach.

*Quantum LEAP will host activities once Cuyahoga County’s risk level is lowered. It has yet to be determined as to when we will start in-person activities. Visit the Ohio Public Health Advisory System portal for information and check your counties alert.

The CDC has the following recommendations:

- Practicing good hygiene:
  - Wash your hands often with soap and water for 20 seconds.
  - If soap and water are not readily available, use a hand sanitizer that contains at least 70% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
  - Avoid touching your eyes, nose, and mouth with your hands.
  - Cover your coughs and sneezes with a tissue or use the inside of your elbow then wash or sanitize your hands immediately.

- Physical distancing and face covering:
  - Avoid close contact: Maintain 6 feet of distance.
  - Face coverings must be worn by all participants, staff, parents, etc. Face coverings are intended to reduce the risk of spreading COVID-19 from the person wearing the mask.

- Monitor your health:
  - Be alert for symptoms: Watch for fever, cough, shortness of breath.
  - Take your temperature
    - Normal average body temperature is 98.6 degrees. There is an accepted range between 97 degrees and 99 degrees. A temperature of 100.4 or above is considered a fever. You should contact your health care provider if you have a fever.
Key Points for Participants:

- COVID-19 is transmitted through respiratory droplets. To decrease the potential exposure, we need to practice social distancing and the use of facial coverings. We will continue to follow the guidelines from the governor as well as CCBDD.
  - LEAP **REQUIRES** everyone wears a face covering during the public health crisis.
  - Cloth face coverings are acceptable.
  - This includes but not limited to: Quantum LEAP participants, group home staff, parents, guardians and anyone else in attendance at Quantum LEAP events.

- All Quantum LEAPers and volunteers must complete a waiver form for COVID-19.
  - This waiver must be complete prior to participation.

- Temperature screenings must be done at home, prior to leaving the house. If anyone in attendance, including participants, caregivers, parents, staff, etc., has a temperature of 100.4 degrees, they must stay home.
  - Quantum LEAPers, caregivers, parents, staff, etc., must answer the health screening questionnaire prior to leaving the house to be in attendance.
  - Anyone with a pre-existing health condition listed on the Activity Waiver should seek advice from their primary medical provider prior to participation.

- Quantum LEAP will provide hand sanitizer at each activity.

- We will not distribute snacks or water at the events. We recommend bringing your own water bottles to drink.

- There will be no person to person contact such as high fives.

- It is recommended that participants return home and shower after attending an activity.

- This is a fluid situation and the virus could spike at any time. We may, at any point in time, postpone or cancel activities because of the threat of rising cases.

**The first 4 weeks of activities - TBD**

- Quantum LEAP will host a limited number of activities per week. These activities will be outside, in an open space, with social distancing measures in place.
  - Activities will start with 4-week periods instead of 6 weeks.
  - Each activity is limited to 10 participants. Each participant must wear a face covering. Staff/parents must also wear face coverings.
2020 Quantum LEAP

Return to In-Person Activity Guidelines

• Anyone attending these activities must take their temperature at home. This includes participants, caregivers, parents, etc. Each person must answer the health screening questionnaire prior to leaving home.

• Participants, caregivers, parents, etc. experiencing any symptoms should stay home and contact their medical provider. If you attended any activity prior to experiencing symptoms, please contact the Quantum LEAP staff.

• Quantum LEAP will evaluate and monitor each activity to ensure they are being performed safely.
  o Quantum LEAP may suspend or cancel an activity at any point due to the threat of the number of coronavirus cases rising.

• There will be no snacks or water given out after the activities to limit direct contact that individuals have.

The second 4 weeks of activities -TBD

• Quantum LEAP will host a limited number of activities per week. These activities will be outside, in an open space, with social distancing measures in place.
  o Activities will start with 4-week periods instead of 6 weeks.
  o Each activity is limited to 20 participants, as allowed by the Governor’s orders regarding gatherings. Each participant must wear a face covering. Staff/parents must also wear face coverings

• Anyone attending these activities must take their temperature at home. This includes participants, caregivers, parents, etc. Each person must answer the health screening questionnaire prior to leaving home.

• Participants, caregivers, parents, etc. experiencing any symptoms should stay home and contact their medical provider. If you attended any activity prior to experiencing symptoms, please contact the Quantum LEAP staff.

• Quantum LEAP will evaluate and monitor each activity to ensure they are being performed safely.
  o Quantum LEAP may suspend or cancel an activity at any point due to the threat of the number of coronavirus cases rising.

• There will be no snacks or water given out after the activities to limit direct contact that individuals have.
2020 Quantum LEAP
Return to In-Person Activity Guidelines

The third 4 weeks of activities -TBD

• Quantum LEAP will host a limited number of activities per week. These activities will be outside, in an open space, with social distancing measures in place.
  o Activities will start with 4-week periods instead of 6 weeks.
  o Each activity is limited to 30 participants, as allowed by the Governor’s orders regarding gatherings. Each participant must wear a face covering. Staff/parents must also wear face coverings.

• Anyone attending these activities must take their temperature at home. This includes participants, caregivers, parents, etc. Each person must answer the health screening questionnaire prior to leaving home.

• Participants, caregivers, parents, etc. experiencing any symptoms should stay home and contact their medical provider. If you attended any activity prior to experiencing symptoms, please contact the Quantum LEAP staff.

• Quantum LEAP will evaluate and monitor each activity to ensure they are being performed safely.
  o Quantum LEAP may suspend or cancel an activity at any point due to the threat of the number of coronavirus cases rising.

• There will be no snacks or water given out after the activities to limit direct contact that individuals have.

Quantum LEAP will continue to monitor COVID-19 and move forward to best ensure the health and safety of everyone involved. It is an ever-evolving situation and we all must be flexible, as these current guidelines could change. The colder months will move us inside to do activities. We will determine the best plan of action at that point in time.

We appreciate everyone’s patience with us through these unprecedented times.

Sincerely,
Quantum LEAP Team

Jayme Jirousek  LeRoy Woods  Gary Edler

Jayme Jirousek  LeRoy Woods  Gary Edler