

Quantum LEAP / Community Education Classes Return to In-Person Activity Guidelines



As a result of the COVID-19 pandemic, our activities have been delivered remotely through Zoom. We will continue to host activities through Zoom while also restarting in-person activities.

We have put together guidelines that will allow us to restart our in-person activities in a careful approach.

We will continue to monitor Cuyahoga County's risk level. Visit the **Ohio Public Health Advisory System portal** for information and check your counties alert at <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/public-health-advisory-system>.

The CDC has the following recommendations:

(<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>)

- Get Vaccinated and stay up to date on your COVID-19 vaccines and test to prevent spread to others.
- 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 60% alcohol. Cover all surfaces of your hands and rub 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 everyone. 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 w/an accepted range between 97 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.

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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.
 - **LEAP REQUIRES everyone wears a face covering during the public health crisis.** This includes but not limited to: participants, group home staff, parents, guardians and anyone else in attendance at Quantum LEAP events.
 - Cloth face coverings are acceptable. LEAP has KN95 masks available upon request.
- All participants and volunteers **must complete a waiver form for COVID-19** prior to participation. Anyone with a pre-existing health condition listed on the Activity Waiver should seek advice from their primary medical provider prior to participation.
- Temperature screenings must be done at home, prior to leaving the house. If anyone planning to attend, 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 **daily checklist prior to leaving the house to be in attendance.**
 - ANYONE 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.
- All participants will run through the “**Daily Checklist**” prior to attending each activity.
- LEAP will provide hand sanitizer at each activity.
- There will be no snacks or water given out after the activities to limit direct contact that individuals have. 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.

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

Sincerely,

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