



COVID-19 Program Preparedness Plan

We are excited to resume some of the activities we've been missing, but maintaining safety at our programs will take the cooperation of everyone.

Do your part to keep your friends, family, and community healthy!

VH Parks & Rec

Develop a Preparedness Plan which aligns with current CDC and MDH guidelines. Update and adjust plan as guidelines change.

Distribute and make plan available to current and potential program participants.

Monitor guidelines and adjust plans as needed.

Train instructors and volunteers in their responsibilities within the plan.

Develop programs which conform to the Preparedness Plan and CDC and MDH guidelines.

Instructors & Coaches

Read and understand Preparedness Plan.

Ask participants if they have any symptoms when they arrive and monitor throughout; if a participant arrives with symptoms or develops them during the program, send them home immediately.

Wash/sanitize hands regularly; cover cough or sneeze with sleeve or tissue.

Wear a face covering.

Ensure participants are remaining 6' away from each other.

Disinfect any shared program equipment used at the end of each session.

Program Participants

Before you leave home:

Not feeling 100%? Stay home.

Wash your hands just before leaving.

At the program:

Arrive as close to the start of the program as possible.

Stay 6' away from anyone you don't live with.

Sanitize hands regularly including when you arrive, as you're leaving, and after you cough or sneeze.

Avoid touching your face.

Wear a face covering.

Only touch your equipment or equipment assigned to you.

After the program:

Leave right away after the program.

Wash your hands when you get home.

Parents/ Guardians

Before you leave home:

Check for symptoms in all program participants. If participants or anyone at home is sick, stay home.

Wash your hands as you're leaving.

At the program:

Arrive as close to the start of the program as possible.

Stay 6' away from anyone you don't live with.

Follow any spectator guidelines provided to you prior to the program start date.

Wear a face covering.

After the program:

Leave right away after the program.

Wash your hands when you get home.

Sanitize any equipment that may have been used.

Please review the complete Preparedness Plan before participating in any programs. If you have any questions about the plan, please contact us.