

McKinleyville Parks & Recreation
2021 Kids Camp
Parent & Child Handout

Hello!

I am excited you are taking a part in our McKinleyville Kids Camp Program! I have been working hard to make changes to our program so that it meets all Humboldt County and State of California requirements to be as safe as possible in the current COVID-19 pandemic. The staff have also been working hard to plan programming and activities that are fun, engaging, and follow social distancing requirements. Please review the following handout for more information!

We can't wait to hang out masked and 3-6 feet away from you!

Kirsten & Camp Staff

Locations

- The McKinleyville Activity Center
 - 1705 Gwin Road
 - 707-839-6310
 - Please park by the side single door entrance
- Parks & Recreation Office (not a Child Care Site)
 - Currently CLOSED to the Public
 - All registration, payments and general info will take place through the office or you can register online
 - Please call the office at 707-839-9003 if you can't get through to the Activity Center or the line is busy

Drop Off/Pick Up

- We will be doing a curbside drop off/pick up each day!
 - Hours: 8am to 5:30pm, Monday through Friday. Please keep in mind the following:
 - Your child(ren)'s staff leader will be on-site with their group for an 8-hour day.
 - Parents/guardians please stay in your car, staff will come out to you!
 - Staff will sign in/out on the roster
 - Staff will ask you the Health Screening questions at drop off each day
 - Staff will take and record each child's temperature with a no touch thermometer at drop off and pick up (must not be 100 degrees or higher)
 - Staff and children will wash their hands first thing when entering the building
 - At pick up staff will help the children gather their belongings and walk them out to your car
 - If you are doing a late drop off or an early pick up you can call or just knock on the door
 - All doors will remain locked from the outside, to prevent anyone from just walking into any of the facilities. Emergency exit doors (are still able to be opened from the inside when locked from the outside)

What to Bring/What to Leave at Home

- Please Bring
 - Lunch (Please make sure your child(ren) can open everything themselves)
 - Morning/Afternoon Snacks
 - **Water bottle (drinking fountains are closed at this time)**
 - Face mask (ideally also an extra, in case it gets dirty, breaks, etc.)
 - Wear comfortable clothes and closed toe shoes (keep in mind we will have arts & crafts projects that might get on your child clothes)
 - Jacket/Sweater/Hat (weather dependent layers)
 - Please apply sunblock at home
- Please Leave at Home
 - All toys, sports equipment, electronics, and games
 - Books

When and How to Wash Your Hands

- *Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.*

Wash Your Hands Often to Stay Healthy

- You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:
 - **Before, during, and after** preparing food
 - **Before** eating food
 - **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
 - **Before** and **after** treating a cut or wound
 - **After** using the toilet
 - **After** blowing your nose, coughing, or sneezing
 - **After** touching garbage

Follow Five Steps to Wash Your Hands the Right Way

- Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.
- Follow these five steps every time.
 - **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
 - **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
 - **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
 - **Rinse** your hands well under clean, running water.
 - **Dry** your hands using a clean paper towel. Use the same paper towel to turn water off.

Use Hand Sanitizer When You Can't Use Soap and Water

- You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

- Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.
- **Sanitizers can quickly reduce the number of germs on hands in many situations. However,**
 - Sanitizers do **not** get rid of all types of germs.
 - Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
 - Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.
- **Caution!** Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use. Learn more here.
- How to use hand sanitizer?
 - Apply the gel product to the palm of one hand (read the label to learn the correct amount).
 - Rub your hands together.
 - Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Virus Prevention Steps

- Health screening of both youth and staff upon arrival
 - Temperature taken before entry, if over 100.0 degrees staff or youth is sent home and encouraged to contact their primary care provider. Staff will keep a record of temps taken each day.
 - Families and staff are asked at drop off if medication was used to lower temperature, or if they have had contact with anyone who has had a confirmed case of the Coronavirus or is currently awaiting test results in the last 14 days. Staff and youth cannot attend the program if any of the above questions are answered with a yes. Staff will then contact the Recreation Coordinator for next steps.
- Staff will keep a running log of youth or staff that is out each day due to illness.
- Youth & Staff will wash hands upon arrival and will wash thoroughly before and after eating meals or snacks.
- Ratios will be 1:10.
- The guidelines from the State and County have recently changed the social distancing spacing for Schools and Child Care from 6 to 3 feet. Whenever possible we will still space out at 6 feet.
- Encourage social distancing in groups, keeping children 6 feet away from each other, if possible.
- Incorporate as much outside time as possible. Groups must maintain 6 feet distance from each other while outdoors, no combining of groups.
- Do not combine groups for meals or snacks.
 - Children will eat meals at their own “desk” table while maintaining social distancing.
 - All snacks and meals must be provided from home, no meal sharing at this time.
- Hard to clean items will not be available at this time.
- Games, sports equipment, and other supplies will be cleaned and sanitized between uses.
- When one group leaves an area or plays with games, sports equipment, or other supplies, they must be cleaned before another group comes to the area or plays with the toy.
- Disinfect all hard surfaces at least daily, paying special attention to high use items such as doorknobs, light switches, telephones, countertops, and tables.
- Restrooms: toilets, faucets and paper towel dispensers will be sanitized after each use.

- Disinfect toys as appropriate at the end of each day and allow them to dry overnight.
- Make sure hand sanitizer and facial tissue is available in high traffic areas throughout the facilities.

First Aid/CPR

- All Staff are trained in First Aid and CPR
- During this time, we will be talking each child through administering their own non-emergency first aid as needed
 - Examples
 - Minor cuts/scrapes: Child will be given instructions on cleaning the wound and applying the bandage(s) to themselves
 - Nose Bleeds: Child will be handed tissues, from a gloved staff and talked through applying them and keeping pressure
 - Bumps/bruises: Child will hold their own ice pack on injured area
- All staff have their own CPR Mask

Should I (my child(ren)) stay home?

- If you or someone within your household has cold/flu like symptoms, you are encouraged to stay home until fever or symptoms free for at least 72 hours.
- People at higher risk of severe illness are encouraged to work from home if eligible or utilize PTO if available and stay away from large groups of people as much as possible.
- People at higher risk include:
 - People 60 and older
 - People with underlying health conditions including cancer, heart disease, lung disease, or diabetes
 - People who have weakened immune systems

If a Positive Coronavirus Case is Found in the Program

If you receive a call that a staff/child/parent has tested positive for Coronavirus:

- Immediately contact your supervisor/Recreation Coordinator, who will then contact the Recreation Director. The Recreation Director will notify, Human Resources, the General Manager and Department of Health. The Recreation Director and Recreation Coordinator will circle back to the staff to communicate next steps.
- If Public Health determines the Program needs to be closed, all facilities will need to be deep cleaned and sanitized before reopening.
- Recreation Coordinator will work with staff on next steps to sanitize the area.

Humboldt County Health Department

(707) 445-6200

Humboldt County Health Clinic

(707) 445-6201

Parks & Recreation Office (Recreation Director & Coordinator)

(707) 839-9003