



Phase 4 Participation Guidelines (Excluding Sports, Fitness, and Events)

The following participation guidelines apply to Frankfort Park District programs during Phase 4 of the Restore Illinois Plan. The Illinois Department of Commerce & Economic Opportunity Phase 4 Indoor & Outdoor Recreation Guidelines, in addition to information from public health organizations, was used in the development of the guidelines. The guidelines are subject to change as new information becomes available.

Participants:

- Participants must conduct a self-assessment daily and not attend the program if they are ill or exhibiting symptoms of COVID-19. At the time of drop-off program staff will ask the participant, or the parent/guardian, if the participant is currently exhibiting COVID-19 symptoms. If an individual begins to exhibit symptoms during the program they must be isolated from others until they leave the premises.*
- If a participant has symptoms, they must wait to enter the premises until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10 days have passed since their symptoms first appeared.
- When outdoors, participants should wear face coverings over their nose and mouth whenever not actively exercising or participating in an activity, and when unable to maintain a safe distance (6 feet) from others.
- When indoors, participants should wear face coverings over their nose and mouth at all times, including while participating in an activity.
- Program participants are required to provide their own face coverings. The Frankfort Park District recommends participants have additional face coverings on hand, if needed.
- Personal items should have proper separation, at least 6 feet, and should not be shared with other participants.
- Participants must bring their own water bottle. No sharing of water bottles between participants is to be permitted.
- Handwashing or hand sanitizing will be encouraged often. Additional handwashing breaks will be implemented between activities whenever possible.
- Check-in with the instructor upon arrival to the program location.
- Do not arrive more than 5 minutes prior to the class start time. Parents should arrive to pick up their child no earlier than 5 minutes before the program ends. If you arrive earlier, please remain in your car until it is time to enter the building.
- Maintain 6-foot distancing, except when instruction requires close interaction with the instructor/coach or other participants.
- Parent/child class participation will be limited to one guardian/parent.

**Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle or body aches, headache, sore throat, new loss of taste or smell congestion or runny nose, nausea or vomiting and diarrhea.*

Sanitization:

- Cleaning/sanitizing products will be used for sanitizing equipment before and after use by participants.
- Whenever possible, equipment and personal items should have proper separation, at least 6-feet, and should not be shared with others. Participants are encouraged to provide their own supplies for the program and a list will be given at the time of registration (if applicable). If equipment must be shared among participants, staff should sanitize equipment before and after use at programs.
- Indoor public areas and restrooms will be cleaned approximately every hour while programs are scheduled in the building, particularly on high-touch surfaces such as faucets, toilets, doorknobs and light switches.
- Supplies for handwashing, including soap and materials for drying hands will be checked and stocked every time the restroom is cleaned.
- The number of participants permitted to use the restroom at any one time will be limited based on the facility size and current social distancing guidelines.