

# **Jump Start Sports**

## **Program Health Guidelines**

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### **Social Distancing**

- No more than 20 children will participate in each session to ensure social distancing.
- Children, staff and spectators will adhere to social distancing protocols, maintaining a distance of 6 feet apart where possible.
- Class times will be scheduled with a 15-minute window in-between.
- Unnecessary physical contact, such as high-fives, handshakes, fist bumps, and hugs are not permitted.
- Parents and spectators are encouraged to bring their own seating and remain socially distanced from other families.

### **Healthy Hygiene Practices**

- Classes will be conducted outdoors to provide sufficient air ventilation.
- All staff will wear face coverings. Children are not required to wear a face covering, but it may be worn as desired. We recommend all parents/guardians/spectators to wear masks or face coverings if not remaining socially distanced from others.
- Children, staff, parents, and other spectators are encouraged to wash their hands often and use hand sanitizer frequently.
- Equipment and shared objects will be cleaned between use as feasible.
- Sharing of equipment will be minimized or eliminated where possible.
- Parents/guardians will be required to check their child(ren) for COVID-19 symptoms and must accompany the player to the class to confirm that their child appears healthy. Individuals experiencing COVID-19 symptoms should contact a local health care facility immediately. Please do not bring children or other family members to class who may be sick or experiencing symptoms.
- All players will be encouraged to cover coughs and sneezes with a tissue or to use the inside of their elbow.
- No food (including gum) will be permitted in the play area and use of all trash receptacles is required.