

# Northampton Parks & Recreation

## Gym Warrior 2021 PROGRAM INFORMATION SHEET

Hello and welcome to our Gym Warrior Program! This sheet contains information that you will need to know to prepare yourself for this program. If you still have a question, please give us a call at (413)587-1040 or email [rlearnard@northamptonma.gov](mailto:rlearnard@northamptonma.gov). Please note that this program will be focusing on activities that allow for social distancing.

### DETAILS

**Days:** Sundays

**Dates:** January 31, February 7, & February 14, 2021

**Times:** Gym Warrior 1:15pm-2:15pm

**Location:** Gym, Smith Vocational High School

### WHAT TO BRING

- Players must bring their own ***filled* bottle of water**.
- Clothes they are ready to play in.
  - There are no changing facilities at the gym. Participants should come ready to play, wearing their sneakers.
- A towel or mat to place on the ground

### DROP OFF

Participants and guardians will enter the main doors to the gym lobby.

Only one parent/guardian is allowed per player at drop off.

There will be cones to ensure social distancing while in line.

The participant will be checked in, use hand sanitizer,

& put their personal equipment in the designated area.

The guardian will then exit the gym through the designated exit door.

### PICK UP

**Do not enter the facility for pick up.**

Participants will be dismissed in small groups to avoid crowding while exiting the gym. They will exit out of the designated exit door in the corner of the gym.

Guardians should line their cars up along the sidewalk in front of the gym to pick up their child.

You will then circle behind the gym building and exit.

It is important that guardians arrive on time for pick up.

(diagram of building on page 4)

## **PROGRAM CHANGES**

Please check our cancellation hotline (413)587-1044 or the website, [www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation), click on cancellations. These will be updated if there is bad weather or if the school closes for any reason.

## **GUIDELINES FOR COVID-19**

- **All participants, coaches and guardians will have to wear masks for this program.**
- Participants, staff, and guardians will need to self certify with a health screen before attending (see page 3).
- Participants will be required to sanitize their hands at the start of the program and frequently during each practice.
- Teams are capped at 9 players to ensure social distancing.
- No Contact activities or camp games will be allowed.
- Participants will have a designated area to keep their personal belongings.
- Attendance will be kept for the purposes of contact tracing.
- Bathrooms and high touch areas will be sanitized after each group.
- Participants that show signs or symptoms of COVID-19 are asked to not attend the program.
- If a participant develops signs or symptoms of COVID-19 during the activity, they will be removed from the group and the guardian will be called to pick the child up.
- Locker rooms and water fountains will not be available.

## **NORTHAMPTON PARKS & RECREATION**

Phone(413)587-1040 | Fax:(413)587-1045

email: [recreation@northamptonma.gov](mailto:recreation@northamptonma.gov) | website: [www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)



## Health Screening Self-Certification

**Prior to arrival of the program, each participant and guardian must self-certify that they:**

1. In the past 24 hours, have not had a new onset of **one** or more of the following signs or symptoms, that cannot be explained by a preexisting condition or alternative diagnosis:
  - Cough
  - Shortness of breath or difficulty breathing,
  - New olfactory or taste disorder (loss or altered sense of taste and/or smell)
2. In the past 24 hours, have not had a new onset of **two** or more of the following signs or symptoms, that cannot be explained by a preexisting condition or alternative diagnosis:
  - Fever (measured or subjective)
  - Chills,
  - Rigors (shakes)
  - Myalgia (body aches)
  - Headache
  - Sore throat
  - Abdominal pain
  - Nausea
  - Vomiting
  - Diarrhea
  - Fatigue
  - Congestion or runny nose
3. In the past 14 days, have not had “close contact” with an individual diagnosed with COVID-19. “Close contact” is defined as:
  - Living in the same household as a person who has tested positive for COVID-19;
  - Providing direct care for a person who has tested positive for COVID-19;
  - Being within 6 feet of someone for a total duration of at least 10-15 minutes, with or without a face mask, within 2 calendar days before or within the period of isolation following the date of symptom onset or positive test, whichever date comes first.
  - Exposure through direct contact with infectious body fluids (such as droplets produced by a cough or sneeze), within 48 hours before or during the isolation period following the date of symptom onset or positive test, whichever date comes first.
4. Have not been asked to self-isolate or quarantine by their doctor or a local public health official
5. In the past 14 days you have not travelled to a state considered high risk for community transmission; <https://www.mass.gov/info-details/covid-19-travel-order#lower-risk-states->

If you meet any of the criteria above, please notify your supervisor you are unable to report for your shift. Additionally, please contact your Primary Care Provider (PCP) to discuss possible COVID-19 testing or go to [mass.gov/](https://mass.gov/) for find testing locations to get tested without a physician’s order.

If you have any questions regarding symptoms or are having difficulty obtaining testing, please contact the Northampton Health Department at 413-587-1214.

Please note, if you meet the above criteria in section 1 and/or 2, and decline testing, you will be asked to remain out of work for a period of at least ten (10) days.

If you have any questions regarding symptoms or are having difficulty obtaining testing, please contact the Northampton health department at 413-587-1214

**For drop off:** Please park in parking lot and enter with your child. Remember only one parent/guardian per player for drop off.

**For pick up:** Park along the sidewalk in front of gym as shown below. You can then drive around the building to get back to the road.

