

Girls on the Run Greater Tampa Bay COVID-19 Health & Safety Plan

Girls on the Run Greater Tampa Bay has outlined the following health and safety plan for our programming and is informed by the [CDC](#) and Florida Health Department. Girls on the Run is prepared to deliver its evidence-based, life skills curriculum to girls of all abilities during the 2020-2021 school year, using a program that can respond to the changing and unpredictable landscape and follow the guidelines put forth by the federal and state government as they apply to the red, yellow and green phases.

Girls on the Run understands the knowledge regarding COVID-19 is constantly evolving, and as new information becomes available, these recommendations will be adjusted as needed in order to decrease the risk of exposure for our coaches, girls and staff.

Contact Information

Any questions regarding this Health and Safety Plan should be directed to the following Girls on the Run team members:

Laura Moore
Executive Director
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At Girls on the Run, we are:

- Implementing new COVID-19 health and safety policies and best practices for coaches including a Contagious Disease Policy, healthy hygiene practices, cleaning and disinfection protocols, personal protective equipment, physical distancing, hydration, and pick-up guidelines
- Preparing coaches to create a safe and trauma-informed space through our standard coach training and providing new content regarding how to best support girls through this difficult time
- Reducing team sizes to a max of 12 girls to ensure adequate physical distancing
- Relaxing the absentee policy to avoid impacting girls who are absent due to COVID-19
- Activating program modifications to adjust to the season in response to site/school closures (e.g. 5K options, condensed and/or extended season)
- Implementing revised program activities aligned with CDC guidance around physical distancing

Red Phase:

Schools are closed. In our fall season, Camp GOTR sessions will be paused until schools re-open; virtual programming will continue as scheduled. In our spring season, Girls on the Run programming starts, transitions, or finishes with Girls on the Run Coach led virtual programming. This will include physical activity, social-emotional learning, and provide girls with an opportunity to still build meaningful connections with their peers. Virtual lessons have two components: (1) the virtual session (~40 min) and (2) independent activities (~20 min) in which girls use the journal to complete additional lesson components.

Yellow & Green Phase:

Schools are open and programming can be delivered following this Health and Safety Plan and with the permission of the school district and school principal.

The following **COVID-19 Health and Safety Policies and Guidance for Screening** are being implemented in our Fall 2020 season to mitigate the health risks in accordance with the aforementioned recommendations:

COVID-19 HEALTH & SAFETY POLICIES

Healthy Hygiene Policy:

All Girls on the Run teams will be equipped with hand sanitizer that meets the CDC guidelines of containing 60-95% alcohol. Coaches and participants will frequently wash and/or sanitize hands to minimize spread during practices. Coaches will identify key times before and during practice to allow proper hand washing or sanitizing including, but not limited to, entering the school/classroom/common area, after using the restroom, after removing PPE if applicable, after touching frequently touched surfaces, materials and after coughing or sneezing.

Cleaning and Disinfection:

All Girls on the Run teams will be equipped with disinfectant wipes that are [EPA-approved against COVID-19](#). If inside, Coaches will ensure high-touch surfaces and objects are reasonably cleaned and disinfected including, but not limited to writing utensils, doorknobs and handles, light switches, and tabletops. Coaches will clean and sanitize all equipment at the end of each practice. Girls will be given a drawstring bag with individual materials to use throughout the season in order to minimize the sharing of materials.

Personal Protective Equipment (PPE):

Girls on the Run Coaches will be asked to follow guidelines put forth by the CDC and FL Health Department. Coaches and girls will be asked to wear cloth face coverings inside and outside when social distancing is difficult to maintain. Coaches and girls will be provided masks by GOTR. Coaches will also follow protocols put forth by the school district regarding PPE protocols.

Physical Distancing:

Girls on the Run considers spacing of under 6 feet for more than a few minutes to be close contact. To ensure adequate physical distancing, team sizes have been reduced to a maximum of 12 girls. Coaches will follow the *Girls on the Run Curriculum Activity Modification Guide*, which includes revised program activities aligned with CDC and FL Health Department guidance around physical distancing. During practice, coaches will also manage the distribution of snacks, minimize the sharing of materials, and provide a “physical marker” to assist the girls in maintaining a 6-foot distance during practice. All practices must be held outside. In the event of inclement weather, practice must be rescheduled.

Hydration:

Girls will be encouraged to bring their GOTR water bottle to each practice. The sharing of water bottles will not be allowed by girls or coaches.

Pick up Procedures:

Girls on the Run Teams should implement pick up procedures consistent with school policies. As applicable, Parents/Guardians will be asked to remain in their cars at time of pick up. A GOTR coach will approach a parent/guardian vehicle while using a face covering and ask for the name of their girl and to present ID to compare with the Authorized Pick-up list.

Coach Training:

We are committed to equipping our coaches with the skills and knowledge they will need to lead their girls through a transformative season. This fall, Girls on the Run will be preparing coaches to create a safe and trauma-informed space through our standard coach training and providing new content regarding how to best support girls through this difficult time of COVID-19 and coach virtual facilitation and engagement.

COVID Impact Training:

Coaches will explore the different ways the COVID-19 crisis has impacted girls and families, and learn specific

strategies to continue to foster a safe, supportive environment for all girls as we come back together. Coaches will review best practices for supporting girls in adjusting to new routines and social norms, answering COVID-19 related questions, and supporting girls dealing with ongoing stress and trauma related to the crisis.

GUIDANCE FOR REPORTING, SCREENING, PERSONS SHOWING COVID-19 OR POSITIVE CASES

Reporting:

Any participant or program volunteer who knows or has reason to believe they are infected with COVID-19 must report as soon as possible to Girls on the Run Council staff.

Screening Girls and Coaches for Symptoms:

Coaches and Parents/Guardians of GOTR girls are asked to perform a visual inspection every day that Girls on the Run practice is being held.

- **Visual Inspection** - If a girl or coach has signs of illness, which could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness, cough, or shortness of breath, the girl or coach should stay home.
- **Exposure** - If a girl or coach has been exposed to anyone with a confirmed case of COVID-19 in the past 14 days, they should return or remain home.

Plan for “If” a Coach or Girl may be Sick:

- If a coach or girl is sick with COVID-19 or think they are infected with the virus, please stay home. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your health-care provider for medical advice.
- Notify Girls on the Run staff immediately who will then notify the school administration.
- It will be determined if others who may have been exposed need to be notified, isolated, and /or monitored for symptoms.
- If a Positive case of COVID-19 is diagnosed, [Contact Tracing](#) may be implemented with the assistance of local health professionals and the CDC/FL DOH.

Plan for When a Coach or Girl Becomes Sick at a GOTR Practice:

- Coaches or girls who develop symptoms of COVID-like illness (cough, shortness of breath, or any 2 of the following symptoms: Fever, chills, muscle pain, sore throat, new loss of taste or smell) will be sent home immediately.
- Every effort will be made to isolate the individual from others, until the girl or coach can be picked up or leave the school. A GOTR coach will stay with the girl while she is waiting to be picked up.
- For girls, a parent/guardian will be contacted immediately and arrangements will be made for her to be picked up.
- Notify Girls on the Run staff immediately who will then notify the school administration.
- Ill individuals will be asked to contact their physician or appropriate healthcare professional for direction.
- A girl or coach who has COVID-like illness can return to practices if:
 - Initial COVID-19 testing is negative
 - A clinician has evaluated the child and documented an alternative diagnosis
 - COVID-19 testing was not done and all of the following are true: (1) at least 10 days since the onset of symptoms AND (2) fever-free off anti-fever medications for 3 days AND (3) symptoms are improving.

Plan for a Coach or Girl with a confirmed diagnosis of COVID-19:

- **Notify Girls on the Run staff immediately who will then notify the school administration.**

- **All girls and coaches on the team will be notified and should quarantine at home for 14 days and anyone who develops symptoms during that time should contact their healthcare provider to request testing.**
- **In accordance with CDC guidance, the COVID positive individual should remain home until all of the following are true: (1) at least 10 days since the onset of symptoms AND (2) until fever free off anti-fever medications for 3 days AND (3) symptoms are improving.**