



City of Framingham Parks & Recreation Department

475 Union Avenue
Framingham, MA 01702
(508) 532-5960

Parks.Recreation@framinghamma.gov

Guidelines for Staying Home

The Framingham Health Department and Framingham Parks & Recreation Department would like everyone to review the guidelines for keeping a participant home from a recreation program due to illness or injury.

If you or your child should get sick at home prior to joining a recreation program, it would be most appropriate to stay home from a recreation program. If you are sick, you may spread illness to other participants and staff.

A participant should not come to a recreation program if they have:

1. Fever of 100.4 or above in the last 24 hours. Participants must be fever-free for at least 24 hours without the use of Tylenol, Motrin, or other fever reducing medication prior to returning to a recreation program.
2. Vomiting more than once in the last 24 hours
3. Diarrhea more than once in the last 24 hours
4. Chills with other symptoms of illness
5. Sore throat that has been present for more than 24 hours
6. Strep throat – participants may return after 24 hours of antibiotic treatment, if they are well enough to participate in recreation programs
7. Any eye inflammation accompanied by discharge may possibly be conjunctivitis. Participants with conjunctivitis may return after 24 hours of antibiotic treatment, if they are well enough to participate in a recreation program
8. Bad cold, with a runny nose or a productive cough that has kept the child awake at night and/or will interfere with the child's performance in a recreation program
9. Head lice – please consult with your physician
10. A communicable disease, such as Novel Coronavirus (COVID-19), chicken pox, scabies, impetigo, pertussis, ringworm, and other diseases. Each of these diseases has state requirements for returning to a recreation program. Please consult with your physician.
 - a. In the past 14 days, if the participant has had close contact with a person known to be infected with the novel coronavirus (COVID-19)
 - b. Click [HERE](#) for additional novel coronavirus (COVID-19) guidelines
11. An injury that occurs at home or off city grounds should be evaluated by your primary care provider. The participant should return to a recreation program with a doctor's note.



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For health and safety reasons, communication between the parent and the parks and recreation department is very important. Parents/guardians should report all participant injuries and important medical information (fractures, sprains, surgeries, serious illnesses, etc.) to the recreation department as soon as possible. A doctor's note, indicating physical restrictions or limitations, is required for all participants returning to a recreation program with any activity-restricting device, such as crutches, casts, slings, braces, etc.

If you or your child becomes ill at a parks and recreation program and the staff feels it appropriate for the child to go home, it is essential that the parks and recreation department have a current list of your emergency contacts. If your phone numbers change, please make sure you inform the parks and recreation department.

Thank you for observing these guidelines. Please note that these guidelines do not include all possible illnesses or health concerns. Should you need further information, please consult with your physician and/or recreation department. Your cooperation will help provide a healthier and more productive environment for all of the participants and staff in the community.



Daily Health & Wellness Check/Participant Screening

To comply with MA guidelines, every day each participant must complete this wellness check PRIOR to attending a program.

All responses and individual temperature check results will be maintained on file.

Participant's Name: _____ Date: ____/____/2020

1. Today or in the past 24 hours, has the participant or **any household members** had any of the following symptoms?

- A. Fever (temperature of 100.0°F or above), felt feverish, or had chills? Yes No
 - o Current temperature: _____°F
- B. Cough? Yes No
- C. Sore throat? Yes No
- D. Difficulty breathing? Yes No
- E. Gastrointestinal symptoms (diarrhea, nausea, vomiting)? Yes No
- F. Abdominal pain? Yes No
- G. Unexplained Rash? Yes No
- H. Fatigue? Yes No
- I. Headache? Yes No
- J. New loss of smell/taste? Yes No
- K. New muscle aches? Yes No
- L. Any other signs of illness? Yes No

2. In the past 14 days, has the participant had close contact with a person known to be infected with the novel coronavirus (COVID-19)? Yes No

I, _____ (self/parent/caregiver signature), am reporting all responses accurately. I understand that if any of the above answers are yes, myself or my child will not be allowed to enter the facility/program and therefore must return home.

----- Staff Use Only -----

Staff Member's Name: _____ Group: _____ Location: _____

- 1. Participants Non- Contact Temperature Check: _____°F Time: _____:_____ AM /PM
- 2. Visual inspection: Do you notice any flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness? Yes No

Once this form is completed, reviewed, and the participant performs hand hygiene, they are allowed on site



Isolation and Discharge of Sick Participants and Staff

1. **Planning for Isolation and Discharge:** Framingham Parks and Recreation will take the following actions to prepare for a potential exposure.
 - a. Designate a separate space to isolate participants or staff who may become sick, with the door closed (or a solid barrier) if possible. Isolated participants must be supervised at all times. A private or separate bathroom must be made available for use by sick individuals only. Others must not enter an isolation room/space without PPE appropriate to the care setting. A location with an open window and/or good air circulation is optimal.
 - b. If one of our facilities does not have designated isolation rooms/spaces, we will determine a pre-specified location/facility to which we will be sending patients presenting with COVID-19 symptoms.
 - c. Have an emergency back-up plan for staff coverage in case a participant or staff member becomes sick.
 - d. Know the contact information for the local board of health in the city or town in which the program is located.
 - e. Have masks and other cloth face coverings available for use by participants and staff who become symptomatic, until they have left the premises of the program.
 - f. Designate a separate exit from the exit used to regularly exit for those being discharged due to suspected infection.

2. **If a Participant Becomes Symptomatic:** If a participant becomes symptomatic, Framingham Parks & Recreation will follow the protocols below:
 - a. Immediately isolate from other participants and minimize exposure to staff.
 - b. Whenever possible, cover participant nose and mouth with a mask or cloth face covering.
 - c. Contact the participant's emergency contact/parents and send home as soon as possible.
 - d. Follow the program's plan for the transportation of a participant who has developed symptoms if unable to transport self.

3. **If a Staff Becomes Symptomatic:** If a staff member becomes symptomatic, they must cease work duties immediately and be removed from others until they can leave. Staff must regularly self-monitor during the day to screen for new symptoms. If new symptoms are detected among a staff member, follow the requirements above in Section 1A-B on how to handle symptomatic individuals.

4. **If a Participant or Staff Member Contracts COVID-19:** Sick participants or employees who are COVID-19 positive or symptomatic and presumed to have COVID-19 must not return until they have met the criteria for discontinuing home isolation and have consulted with a health care provider. Determine the date of symptom onset for the participant/staff. Determine if the participant/staff attended/worked at the program while symptomatic or during the two days before symptoms began. Identify what days the participant/staff attended/worked during that time. Determine who had close contact with the participant/staff at the program during those days (staff and other participants).



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- a. If the individual tests positive for COVID-19 but is asymptomatic, isolation may be discontinued when at least 10 days have passed from the date of the positive test, as long as the individual remains asymptomatic. For example, if the individual was tested on April 1, isolation may be discontinued on or after April 11.
5. **Notifying Required Parties:** In the event that a program experiences an exposure, Framingham Parks and Recreation will notify the following parties.
 - a. Employees and families about exposure but maintain confidentiality.
 - b. Local board of health if a participant or staff is COVID-19 positive.
 - c. Funding and licensing agencies if a participant or staff member has tested positive.
6. **Self-Isolating Following Exposure or Potential Exposure:** In the event that a staff member or participant is exposed to a sick or symptomatic person, the following protocols will be followed.
 - a. If a participant or staff has been exposed to COVID-19, regardless of whether the individual has symptoms or not, the participant or staff must not be permitted to enter the program space and must be sent home. Exposed individuals will be directed to stay home for at least 14 days after the last day of contact with the person who is sick. The program will consult the local board of health for guidance on quarantine for other participants and staff and what additional precautions will be needed to ensure the program space is safe for continued services.
 - b. If an exposed participant or staff subsequently tests positive or their doctor says they have confirmed or probable COVID-19, they must be directed to stay home for a minimum of 10 days from the 1st day of symptoms appearing AND be fever-free for 72 hours without fever reducing medications AND experience significant improvements in symptoms. Release from isolation is under the jurisdiction of the local board of health where the individual resides.
 - c. If a participant's or staff's household member tests positive for COVID-19, the child or staff must self quarantine for 14 days after the last time they could have been exposed.
7. **If an Exposed Participant or Staff Remains Asymptomatic and/or Tests Negative for COVID-19:**
If the exposed individual remains asymptomatic and/or tests negative for COVID-19, they must remain in quarantine and continue to monitor for the full 14 days.