



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.