



The
**GYMNASTICS
TRAINING
CENTER**
OF ROCHESTER, INC.

HEALTH & SAFETY PLAN HANDBOOK: 2020

Policies & Procedures for Re-Opening
After COVID-19

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OVERVIEW

The Purpose of This Document

As we emerge from the protection of the New York State Pause Phase of our Finger Lakes Region response to COVID-19, we at The Gymnastics Training Center of Rochester, Inc. (GTC) are reimagining a new and fluid normal, which will be continuously reviewed and guided by our motto:

“Safety First, Last and Always”

The health and safety of our staff, athletes and families is our top priority. As we design our written Health & Safety Plan and re-open after the disruption due to the COVID-19 Pandemic, every decision, policy, and procedure is made in the interest of our students’ and staff’s safety and health, both mental and physical.

This document was developed to help prevent the spread of COVID-19 and adhere to current New York State and Department of Health (DOH) and Monroe County Department of Public Health (DOH) as well as CDC and OSHA guidelines. The Health & Safety Plan will be retained on the premises and made available to the New York State DOH or local health or safety authorities in the event of inspection.

A Fluid Health & Safety Plan is a Responsive Plan

The experience of 2020 to-date has been constantly changing and each country, state, region, industry, family and individual has been impacted differently and is approaching recovery in a personal manner. The only certainty that we can rely on is that the situation will continue to change, including COVID-19’s impact on pediatric patients, and that it is our response to these changes that will help determine and improve the outcome. GTC’s response will be based on scientific facts as known, will be purposeful, will follow federal, state and local regulations & guidelines, and The Health & Safety Plan will be modified as new industry-specific guidelines are presented and to best meet the physical, social and financial wellbeing of our students, families and staff.

GTC'S FACILITY PRECAUTIONARY EFFORTS SUMMARY

GTC has modified several areas within the facility that previously did not minimize physical distance, and has extensively cleaned the facility.

Sanitizing and Disinfecting:

- Cleaned every mat, bottom to top
- Cleaned every piece of equipment, bottom to top
- Sterilized all carpeted areas
- Stripped all tiles down to flooring & re-waxed with new finish
- Emptied all foam pits and cleaned from bottom to top removing any damaged pieces
- Disassembled tumble track to clean surface and underneath
- Cleaned every baseboard around the gym
- Cleaned every storage cubby

Entry/Exit Doors:

The main entrance doors will now be one-way only – Enter. The only time this will not be the case is with the exception of class dismissal times after 8PM. The lobby will now be the site of Student and Staff Active Screening process. Customers and students who enter the main door, must exit the facility from one of the side doors prior to 8PM. Four options are available. Recreation floor door is recommended if classes are being dismissed at the same time of departure.

Lobby:

Plexiglas has been installed at the front desk with transaction pass-thru that will provide protection between office staff and customers, and will also position customers with proper distancing.

Parent Lounge:

All items that previously had been shared (toys, magazines, books, clothes) have been recycled or donated. Cloth table cloths have been replaced with vinyl tablecloths to allow for sanitization throughout the day. All surfaces and picture frames were thoroughly cleaned.

Customer Bathrooms:

Stalls have been eliminated to maximize physical separation and to provide personal hand washing areas for each usable bathroom facility.

Staff Lounge:

Entry is one way into the staff lounge, with exit being done through the Preschool room. All items that previously had been shared (pens, calculators, time cards) will be removed. Mail boxes should not store personal items, only reference papers or mail/communication.

Equipment:

- Foam Pits have been covered to ensure no students or staff utilize.
- Boys Pommel Horse layout has been modified to meet distancing requirements
- Recreational and Team beams have eliminated the use of one beam to meet distancing requirements.

HEALTH PARTNERSHIP & RESPONSIBILITY**Partnership and Mandatory Adherence to the Health & Safety Plan Handbook**

We realize that as we outline new processes and procedures to help stop the spread of COVID-19 and exceed all safety guidelines, the success of the plan requires the agreement and support of our families and staff. We also realize that as each family makes choices based on what is best for themselves and their children. While we will try our best to create policies that are appropriate for all, we respect families who have to make the difficult decision to delay their return until the global situation or a policy outlined within our Handbook has changed.

Based on our goal to protect the health and safety of our staff, students and families, GTC will be enforcing all policies and procedures as described in the Health & Safety Plan Handbook 2020 during our re-opening phase and beyond as needed. Should a family, athlete or employee be unable or unwilling to follow these policies and procedures, they will not be able to attend GTC until either an included policy or procedure has changed or until they are willing to follow them as described. A summary of the policy will need to be agreed to during future registration processes and in order to return to practice/class or work upon the facility's re-opening.

We all have a Part to Play

Due to the nature of how a virus is spread, all of us at GTC must do our part to ensure the health & safety of GTC and in turn, ensure healthy and safe families and communities. Maintaining a healthy and safe environment for our students, families and staff is going to require the cooperation of our staff, athletes and families.

STAFF	ATHLETES/STUDENTS	FAMILIES
Responsible for ensuring GTC facility policies are being explained, taught & executed. Responsible outside of work for their own health, travel & leisure activities and report to front office staff any changes to health.	Responsible for following the guidelines, policies and directions given by all coaches & staff. To support teammates and voice any concerns, questions, injuries or health issues to our coaches/front office staff.	Responsible for making sure that your family follows recommended health hygiene requirements, facility policies & procedures and reports any changes to health status or exposure to our front office staff.

METHOD OF SPREAD

Who can Spread COVID-19

We know that there are 4 types of carriers that can spread the virus, 3 of whom can do so unknowingly.

1. Those who are positive (whether tested or not) and are demonstrating symptoms
2. Those who have the disease but are not demonstrating any symptoms during the incubation period.
3. Those who have the virus but are showing no symptoms at all.
4. Those who do not have the virus in their system, but have recently been in contact with “droplets” and can pass them on to other people or passive pick up locations such as doors, tables, clothing, etc. from their hands.

Our priority is to proactively prevent those who are carriers of the virus, regardless of type, from entering the facility in the first place. This is easy with Type 1, but harder with 2, 3, and 4. Given that some may be a carrier without symptoms, our second job is to concurrently limit the spread of the disease and the exposure for those who do attend. This is achieved through the rigorous policies and procedures outlined below.

Proactive Prevention of Exposure

The first step to limit the spread of the virus that caused COVID-19 is in preventing those with confirmed (or a high probability of being in contact with) cases from entering the facility. We will accomplish this with our screening procedures that will be in place when we open and while state and regional recommendations suggest high scrutiny. This Staff & Student/Athlete screening will include:

SELF-SCREEING & PREVENTION:

- Symptoms – if you or a household member is experiencing any CDC identified COVID-19 symptoms (see last page), STAY HOME
- Travel – if you or a household member travels outside of our region, please email and call us to discuss current state parameters and recommendations regarding testing or time out before returning.
- Home hygiene – follow all recommended guidelines including limited group activities, face covering use and social distancing
- Known exposure to confirmed COVID-19 patients – report to the facility when you or a household member has been notified that you have been exposed or have tested positive and follow local health official guidelines of isolation and clearance before returning to the facility

ACTIVE SCREENING & PREVENTION:

- Temperature readings upon arriving to the facility – touch free infrared thermometers ensure that NO ONE with a body temperature of 100.4 or higher will be admitted to the facility.
- Reply to daily screening questionnaire as provided by GTC. Staff & Camper responses are required on a daily basis before camp, weekly class member responses are encouraged.
- Prior to arriving, wash hands and feet if entering the gym
- Face coverings to be worn by all over the age of two into the facility until staff informs them they can be removed.
- Hand sanitizing (unscented CDC recommended/approved) required when entering the facility and before each use of equipment (gym & office)
- Social Distancing of 6’ will be required by both staff and students
- Limit the number of people are allowed to enter the facility

Active Prevention of Airborne Spread

One of the most common ways that we all know this disease can spread is through the air. This is why social distancing, and the closure of businesses has been vital to flattening of the curve. We will limit the number of people within the facility at any given time, maximum numbers based on current state and CDC guidelines.

We will be following and enforcing New York State guidelines for social distancing and face coverings for staff and students. We will also be adjusting drop-off and pick-up procedures, class sizes, equipment assignment and use of public areas (i.e. lobby, lounge and bathrooms) to students and their families. Details of the new process and procedures are documented beginning on Page 10 of the handbook.

Active Prevention of Contact Spread

In order to limit the spread of germs through surface and skin contact, we have upgraded and enhanced our complete surface disinfection policies. As we re-open with phases, we will also modify the equipment that students use and touch in phases as well. The use of foam pits, trampoline and tumble trak will be restricted. Usage will be reviewed as new information/guidelines are provided.

Students and Staff will be responsible for increased washing/sanitizing of hands from when they arrive into the facility, before each rotation and before getting ready to leave. Each student will be handed a disinfected, pre-filled personal hand-sanitizer dispenser. This will be kept with them during the duration of their class and returned as they exit the building. The solution follows CDC guidelines. Any alternatives used by the family must meet CDC guidelines, would need to be sanitized upon entry of the facility and be sized to carry with the student during class, until further notice.

We will be limiting access to community resources including lounge and water fountains. Each athlete will be required to arrive with a labeled bag, water bottle and fully dressed for their class with the exception of footwear, if applicable. The use of the bathrooms will be limited to going to the bathroom and not used for changing clothing. Each student will place any outer clothing that they wear into the gym, along with their shoes into a bag that they bring. Students will also return to their cars without changing after class.

We will be frequently disinfecting all equipment based on CDC and equipment manufacturer requirements and all doors & public areas will be sanitized often.

OUR RE-OPENING SAFETY PLAN AND TIMELINE

GTC's Phase-In of Programming

Unfortunately, as of the writing of this Health & Safety Plan Handbook, there are no detailed guidelines specific to indoor-youth sports programs from either federal or state officials. We have worked with our local county health department, regional COVID re-opening committees, national and international gymnastics training facilities owners who have already experienced the re-opening process in their locality, as well as our equipment manufacturers to create a comprehensive set of policies and procedures that is specific to the needs of our families and our facility.

Focusing on safety expectations, GTC has determined that although we would love to see all of our cherished children and their families in the gym the first day we are able to re-open, it is prudent to structure our plan as the state of New York has, with a Phase-In Plan. We will announce our dates as we receive confirmation from NYS and Regional governing officials for Phase 1 of our plan and as other phases prove ready to be started as determined by GTC.

Phase 1:

Day One of re-opening will be made available to students that have been enrolled in the following programs:

Gymnastics: Boys & Girls Team, Developmental & Hot Shots classes

Gymnastics: 4-5B, 5-7, 8-12, 13+, Adult & Cheer/Tumble

Ballet: Teen+

Phase 2:

After the successful execution and review/evaluation of Phase 1 participation, we will add students that are enrolled in all other programs including Preschool gymnastics and ballet. Special Olympics return will be determined by Special Olympics New York (SONY). Online options will be provided for SO until in-person classes are approved by SONY.

Class ratios will be modified in the beginning of our return 6:1 Mass & Team, 4:1 Preschool. Ratios will be evaluated as restrictions are modified by CDC guidelines.

GTC's NEW ILLNESS PROCEDURE

GTC continues to require that all students and staff have been symptom-free for 24 hours with no medication before returning to the gym for class or practice. Symptoms include but are not limited to: fever of 100.4F or above, intestinal issues of any kind, cough or runny nose. Issues of illness should be communicated to the office. On-going medical conditions that include some of the above documented symptoms should request medical clearance that confirms no contagious medical issue is involved. Any student or staff member, or their families that have been directed to quarantine, **should not enter the facility.**

GTC requires immediate communication of any medical diagnosis of COVID-19 of student, staff or a house hold member and will provide all state and local DOH tracing and disinfecting requirements. In the event that the diagnosis is of a student, the family will communicate with the state and local DOH, as long as this is required. GTC will contact state and local DOH in the event that a staff member receives a COVID-19 diagnosis, as long as this is required. The diagnosis of a family member requires a mandatory 14 day absence from the gym regardless of whether any symptoms are being experienced or as recommended by state and local DOH. Medical clearance is required for a student or staff member who has been diagnosed to be able to return to the facility.

In the event that a staff member or student reports feeling ill with any virus symptoms as provided and documented by CDC while in the facility, they will be separated from others in the facility and asked to leave. The designated emergency contact will be called and symptoms communicated confidentially.

In the case of a student feeling ill, the pro-shop meets the requirement for distance or a designated outdoor location with a staff member appointed to monitor the student. At the time of informing the emergency contact of the situation, staff will inform them of which door to pull up to and ask them to call the desk when they have arrived. The student will be escorted to the door and car and follow up from the parents will be requested. Staff members who show symptoms or are feeling ill will be sent home immediately as well.

GTC'S NEW PROCEDURES – STUDENTS

Our Safety Plan and procedures outlined below comply with New York State's Safety Plan outline: People (physical distancing), Places (protective equipment, hygiene & cleaning & disinfection, communication), and Process (screening, tracing & tracking)

GTC's New Arrival Procedure – STUDENT DROP-OFF Recreational Classes

As we begin our Phase-In Re-Opening plan, we will restart the recreational program with student drop-offs at the front doors. We are beginning with older students, already enrolled in school and who are used to arriving to a facility/school, saying goodbye to adults at the door and following simple directions to be ready and arrive at their class warm up location. This is in an effort to limit the number of people within the facility at any given time as well as lessen potential congestion and provide social distancing within the Parent Lounge, bathrooms as well as cross over at smaller door entrances/exits.

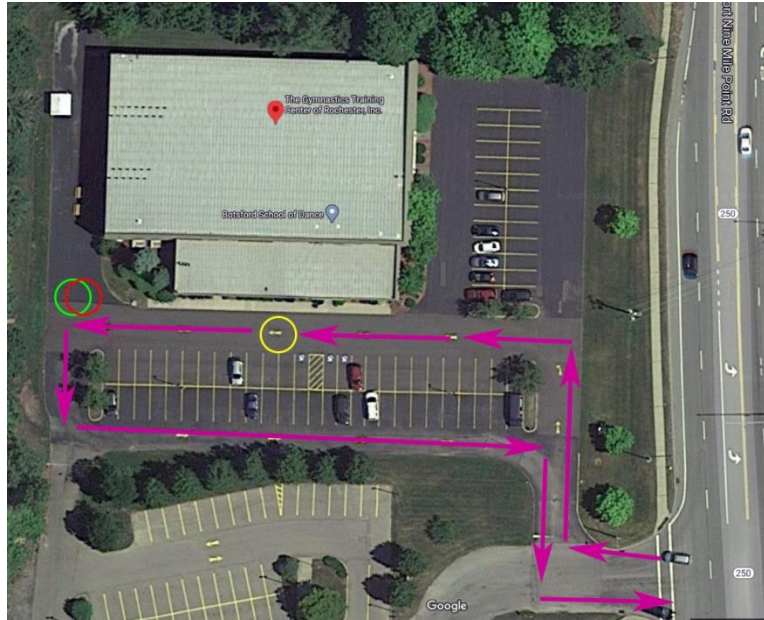
1. Be Prepared for Successful Drop-Off

We are balancing students leaving the building with students entering the building and need to make sure that students are not crossing paths in the parent lounge and that there will be enough staff to safely enable the new drop-off and pick-up process while also staffing sanitizing procedures between classes. Students will need to arrive to the facility on time and no more than 5 minutes before the beginning of your class start time and no later than 5 minutes after the start time of your class and prepared:

- Arrive fully clothed for class (leotard/shorts for girls, tights for ballet, t-shirts/shorts for boys). Bathrooms NOT used as changing rooms.
- Hair must already be pulled back neatly in a ponytail, bun, braids, etc. if longer than shoulder length or over their eyes.
- A LABELED bag that closes (back pack, duffle, etc.) that will fit any outdoor clothing and shoes that they wear into the gym
- A LABELED water bottle & labeled unscented hand sanitizer in their bag
- **GOOD-FITTING FACE COVERING IN-PLACE AT TIME OF EXITING CAR**
- Please **do not bring any items** not required for class or listed above into the gym with the exception of appropriate footwear. (i.e. watches, jewelry, phones, food unless for camp or medical issues)

2. NEW Physical Drop-Off Procedure – Recreation/Non-Team Classes

When you pull into the parking lot for drop-off, at the start of class, TURN LEFT at the second drive way (like you always have) and drive towards our front door sidewalk.



Yellow: Rec drop-off

Parents will pull up in their car to their designated Drop-Off door based on class: Recreation/Non-Team – main front door entrance with their athlete being fully ready to exit the car quickly and efficiently (just like school).

1. Stay in your car until you are the car at the front of the line.
2. WAIT for a Green Signal from the staff member at the door.
3. When GREEN, STUDENTS ONLY will exit via the door on the sidewalk side of the car and approach staff member at the front door WEARING FACE COVERING
4. Student should bring labeled bag with labeled water bottle. If you prefer to bring personal CDC-approved UNSCENTED hand sanitizer bottle (labeled, small enough to walk around gym), make sure that you have that as well.
5. Staff member will turn sign red while they escort student – multiple students ONLY if they reside in the same household – into the vestibule area for temperature reading and to apply hand sanitizer.

6. Hand-free infrared thermometer reading will be taken and as long as student registers 100.3 or less, then they will receive hand sanitizer container for the duration of their class. They can inform the staff member if they have their own unscented and labeled CDC-cleared hand sanitizer. Staff must witness student applying hand sanitizer when they arrive to the gym as well as confirm that they have a labeled water bottle.
7. Students will then move into the Parent Lounge, remove water bottle and hand sanitizer from their bag and place their shoes and outwear into their bag, close it and place it in designated cubby – specific cubbies and locations will be identified to assure distancing. New Class Procedure beginning on Pg. 13 will explain next steps for students within the facility.
8. **All athletes must have washed their hands and feet with soap and water before arriving to and entering the gym.**
9. Parents
 - a. Stay in the car and wait for the staff member to return after taking temperature reading.
 - b. If all is OK, then the staff member will turn the sign to the green side and you may pull your car forward and either park or leave.
 - i. NOTE – if for some reason that day’s emergency contact for your child is different than the primary cell phone number you have on file, please make sure to roll down your window and communicate with the staff member that an alternative cell phone number needs to be on file for that day. Please then SEND THE CELL PHONE NUMBER via email to gtc@frontiernet.net with your child’s name and class as well as the name of the contact. Alerting the front door staff will allow the desk staff to check email. We are limiting all touch points so ask that you don’t try to pass a piece of paper that could blow away or get lost.
 - ii. If you would like to stay on the premises, you may pull into a marked parking spot. All parents are asked to limit entry into the gym to by-appointment only for now. As maximum numbers are modified, we will update you when this can change.
 - iii. As always, you are welcome to leave the premises and just return by the end of class.

- c. If student does not have the necessary water bottle or meet the temperature reading requirements, then the staff member will accompany the student back to the vehicle and family will return home. Our already helpful make-up policy will be broadened to be even more generous to ensure families do not bring students who are not feeling well to class. **These must be scheduled.**

NEW Class Procedure – Recreation/Non-Team Classes

Once the student has placed their bag in the designated location in the Parent Lounge, they will then enter the gym via the gym entrance by water fountain to the next available numbered square on the floor for warm up, leaving their water bottle and hand sanitizer in the appropriate numbered cubby.



These numbers will identify the designated warm up square on the recreation floor as well as the number spot that they will be rotating to from event to event. The placement of the numbers and space around the numbers will ensure social distancing. Once they arrive, this will be their number for the whole class.

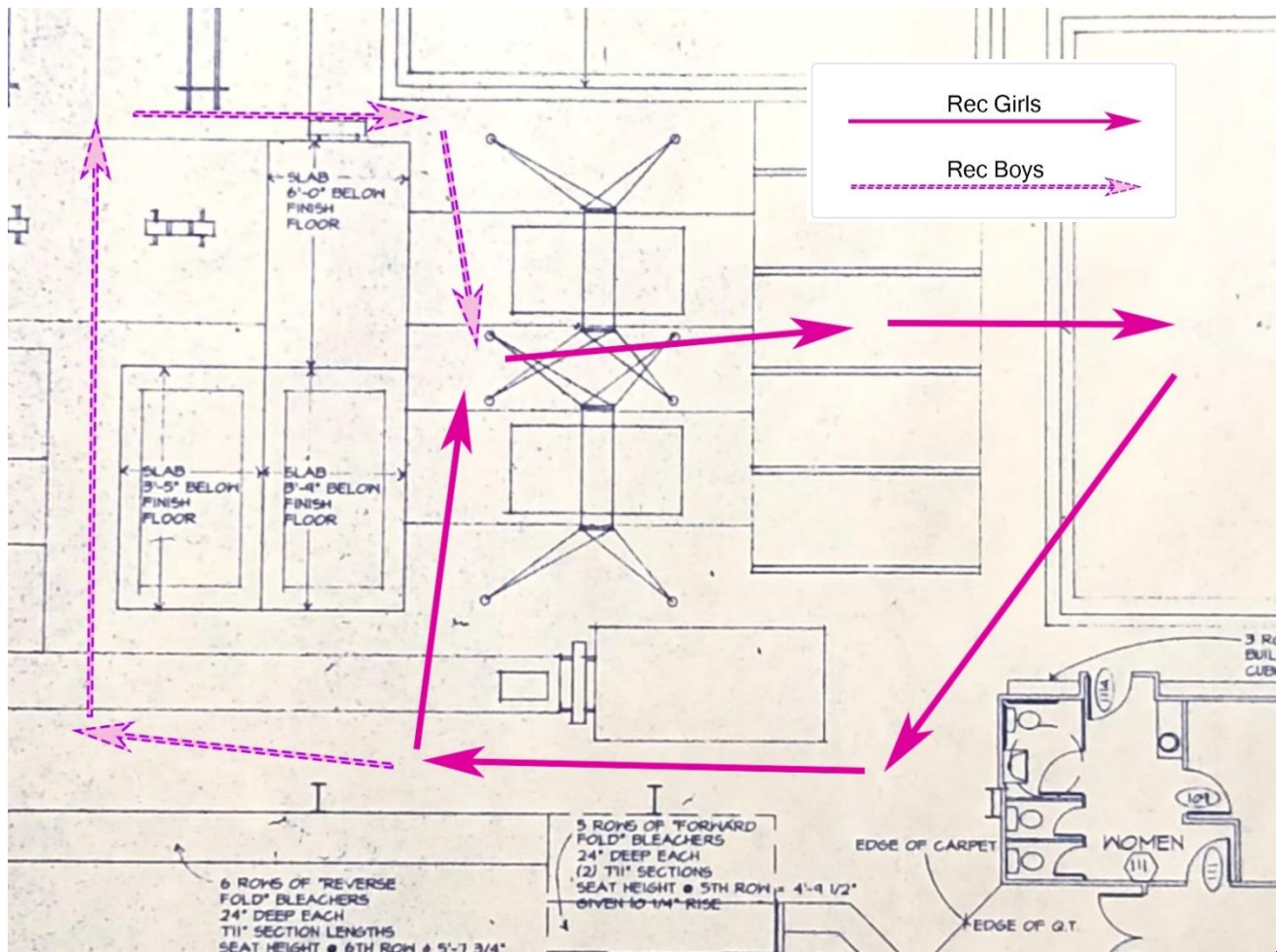
Warm Up

Warm up exercises will be modified to be accomplished within our own personal square. Students will need to be aware of their surroundings and follow direction (right vs. left, forward vs. back) to keep the CDC required distancing. Coaches will use age-

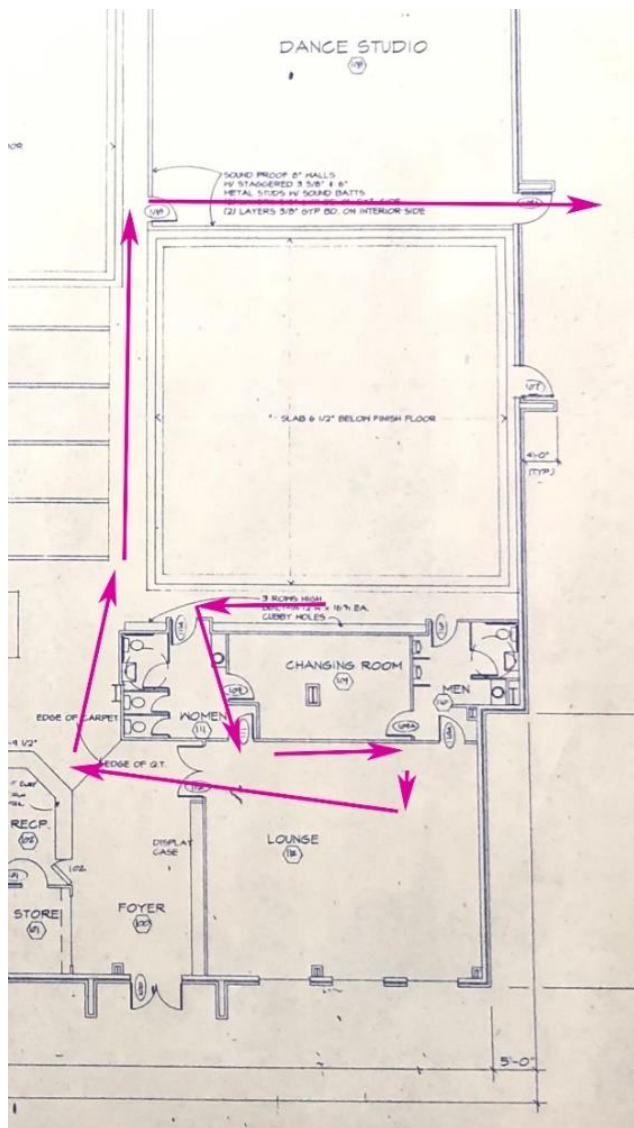
appropriate language such as “beam side” or “mat side). We will be focusing on making it fun and enjoyable while being safety conscious not sharing equipment without sanitation.

Event Rotations

The same colored numbers will be found at each event. So, #1 will move to the next event and go stand on #1 (i.e. Leave #1 on floor and go stand at #1 on vault). The rotations have been designed to create a one way circuit minimizing any crossing of paths with students and helping to ensure social distancing. The path from event to event is clearly marked with colorful shapes 6' apart. The student will then drink from their water bottle, place it on the floor by their number and re-apply their hand sanitizer before touching the next piece of equipment.



End of Class Procedure

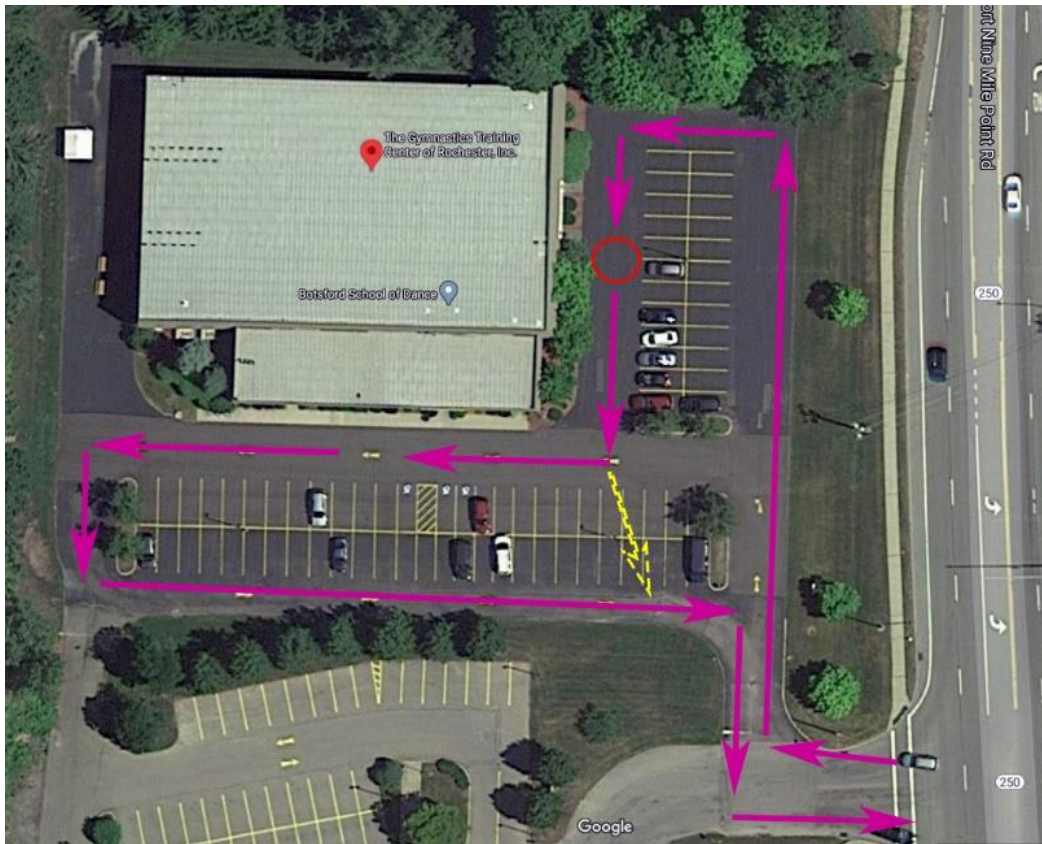


At the end of the last event, students will place their GTC personal hand sanitizer in the coach's basket, so that they can be sanitized and refilled and exit to the parent lounge through the bathroom doors as they always have, one at a time, based on their number. They will collect their bag, place their water bottle back into their bag and walk back into the gym to the ballet studio where mats and numbers will be. Shoes will not be put on at this time, but will be held in the student's hands. Directions will be given by the staff member who is monitoring the parent pick up line. When it is the child's turn, they will walk to the door, put on their shoes on the carpet/mat, hand sanitize one last time from the large container and walk to their guardian's car - pick up procedure to follow.

NEW Pick-Up Procedure – Recreation/Non-Team Classes

When pulling into the parking lot for pick-up, you will go to designated pick-up location based upon your student's class: Recreation will be in the side parking lot that borders Rt. 250. CONTINUE STRAIGHT past the turn-offs to our front door sidewalk. Pull straight through the parking lot and turn left towards our side doors labeled Botsford School of Dance (farthest door to the right) to the Pick-Up Sign

Pick Up Procedure – Recreation/Non-Team Classes



1. Parents will pull up in their car to their designated Pick-Up door based on class. Again, staying in their car and in line, with the first car waiting near the door until a staff member opens the door.
2. Parents display the name of their student(s) in their passenger window with a sign 8'x11' large enough for staff to see. With multiple drivers please be sure to have one for each vehicle.
3. In the event a sign is forgotten, please be alert for staff member and call out the name of the student being picked up.
4. When the staff member identifies the child for the first car, then will student will be called to the door where they will sanitize their hands and put shoes on.
5. Student will walk directly to the car and enter through the passenger-side door. Staff will monitor and escort if needed.
6. It is critical that parents are back at the gym at the end of practice to ensure that the pick-up procedure works and that staff has time to sanitize and be ready for the next class. Late pickups cannot be accommodated due to procedure.

Bathroom Procedure – ALL STUDENTS

It is requested that ALL students have used the bathroom prior to arriving to the facility. However, we do realize that children will have need of the bathroom at times. To limit congestion and ensure social distancing, we will have separate one-way doors for entrance and exit from the bathrooms. Entering the bathroom will be from the gym side with indication of 2 people at a time. Exiting will be through the door that goes into the parent lounge.

We have eliminated the use of the middle stall in the girl's bathrooms and one of the boy's urinals and the individual stall to help with distancing and to allow for individual hand washing opportunities. Please remind your students that it is imperative that they are swift, clean and efficient and wash their hands thoroughly before exiting the bathroom into the Parent Lounge. Students will then walk back into the gym by the water fountain, confirm where their group is and follow the path to their number at the event, avoiding other students in the process.

NEW Communication Procedure – Students & Families

We continue to strive to minimize possible interaction that could spread infection but also know how important it is during a time of so many changes for staff, students and families to all be on the same page when those changes happen. We will begin utilizing a new business management tool that will allow for on-line registration and payment, distributing key policy and procedure changes with parent, staff and student acknowledgement as well as email updates and important information and paper-less attendance records.

1. **NEW Registration Process:** The system will be linked to our existing website and will allow parents and family members to enroll in classes, camps and applicable programming beginning with our Summer 2020 session.
 - a. Once notified, families will be able to select the Register Now button and indicate "Forgot Password". This will allow families that have already provided us with an email account the ability to use the address already in the system. If you would prefer to use a different email account, merely select Create Account.
 - b. Our Newly adapted Health & Safety Plan Handbook and Waiver Form will be provided and the family must agree to adhere to the policies in order to proceed.

- c. The process is very user friendly and allows families to add each child, applicable information and enroll them in classes or camps as needed. The tuition amount will be listed (either Summer Session, Camp Week or Monthly depending upon the program) and may be paid online. Please feel free to CALL THE OFFICE or email us at gtc@frontiernet.net with ANY questions or in the situation where there may be a credit or hold on your account so that we can navigate that situation.
- d. Payment can be made online if all set – do be aware that the basket empties in 15 minutes so your spot is not being held for you until payment or procedure has been completed.

2. New Policy & Procedure Communication Process: Once a family has registered for a class or program online, the email address that they have registered or included will be able to receive emails from GTC in the event of a policy change. Families will be informed if they need to log on to the site and agree to the new policies. Weather related and unusual closures will also be communicated this way as well.

PLEASE NOTE: No athlete will be allowed in the gym without a signed waiver, or a completed questionnaire if required. We will not make exceptions, as we need to know that you agree with our policies to keep everyone safe and healthy.

GTC'S GOAL

While we cannot both be open to the public and also prevent 100% of all germs from spreading, we are proud and confident in the policies and procedures we have put in place that meet or exceed all government recommendations and guidelines. For these precautions to be as effective as possible, it will require the support and participation of the entire GTC community. Be well, stay safe. We miss you and hope to see you all very soon.

GTC'S GENERAL INFORMATION & RESOURCES

CDC: www.cdc.gov/coronavirus/2019-ncov/index.html

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.htm>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

EPA: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

FDA: <https://www.fda.gov/medical-devices/general-hospital-devices-and-supplies/non-contact-infrared-thermometers>

Monroe County Public Health: <https://www2.monroecounty.gov/health-COVID-19>

OSHA: www.osha.gov/SLTC/covid-19/

NYS: <https://forward.ny.gov/>

https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/Child_Care_Daycamps_Detailed_Guidelines.pdf

<https://ocfs.ny.gov/main/news/2020/DOH-COVID-2020May31-Guidance-Pub-Priv-Return-to-Work.pdf>

<https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/SportsAndRecreationMasterGuidance.pdf>

SpiethAnderson: <file:///D:/Downloads/SA%20Cleaning%20Practices-2.pdf>

WHO: www.who.int/health-topics/coronavirus#tab=tab_1

CURRENT COVID-19 SYMPTOMS PER CDC – as of 6/15/2020:

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. People with these symptoms may have COVID-19 and should contact medical professional for testing:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea