



To help ensure that all of our teachers, students and volunteers are kept well, we ask that you **please keep your child home if he/she has:**

- An oral temperature above 100* degrees in the morning. Children must be fever-free and preferably symptom-free for 24 hours before returning to a classroom setting.
- A cough, runny nose, sneezing that is not contained/controlled — please do not assume it is allergies
- Conjunctivitis, which is an eye infection commonly referred to as “pink eye.” The eye is generally red with some burning or itching and there is thick yellow or green drainage secreted.
- Bronchitis – this can begin with hoarseness, coughing and a slight elevation in temperature. The cough may be dry and painful, but it gradually becomes productive.
- Rashes that you cannot identify or that have not been diagnosed by a physician.
- Impetigo, which shows up as red pimples on the skin. Impetigo is a strep infection and must be treated by a physician.
- Diarrhea for any reason – allergies, illness, medication, etc.
- Vomiting
- A sore throat and/or severe cold with fever, sneezing and yellow or green colored nasal discharge.
- A contagious disease such as Strep Throat, Measles, German Measles, Chicken Pox, Roseola, Hand/Foot and Mouth disease, and Covid-19. Please refer to our Covid Guidelines (attached) for specifics on procedures and expectations.
- If a doctor diagnoses an ear or throat infection, strep, or staph and places your child on antibiotic, the child should not return to the classroom until he/she has been on the medication for at least 24 hours. If a culture has been taken, wait for the results before determining if the child should be in the classroom.
- Head Lice. This condition requires treatment of the child, the family as well as the home environment. All nits must be removed from the hair before the child may return to the classroom.

By helping to observe good health standards, you will be protecting your child, yourself and others in the Co-op. **Please inform the director if your child has an infectious disease and other children may have been exposed.** Also remember that there are no facilities to contain sick children. If your child should become ill while participating in Eastside Explorers Co-op, your prompt attention is appreciated.

I agree that I will, to the best of my ability, adhere to these policies to protect my child and others.

COVID GUIDELINES CONTINUED ON BACK (SIGNATURE REQUIRED) >>>

COVID GUIDELINES

We welcome you back to the 2020-2021 academic year at Eastside. With the recent events, we have come up with guidelines that we are asking each family to follow to maintain the health and safety of all families that chose to participate in Eastside classes. These guidelines have been derived from CDC and recommendations/suggestions from local medical professionals.

To help prevent the spread of Corona Virus, we are asking each family to regularly follow these guidelines PRIOR to class:

- **Sign a liability waiver.** While we will do our very best to keep everyone safe, COVID19 is a rapidly spreading virus, and as with any activity at this time, there are potential risks.
- **Talk to your child(ren)** about the importance of washing their hands regularly and properly, especially after coughing/sneezing, and keeping their hands away from their face.
- **Hand sanitizer:** Each child should have access to their own hand sanitizer that contains at least 60% alcohol.
- **Drinking bottles:** Each student should have his/her own drinking bottles with their name written on it. All drinking fountains are turned off and it is the student's responsibility to have their own water for hydration. Please avoid sharing any personal items.
- **Regularly check temperatures.** Low-grade fevers are generally one of the first signs, and it can often go undetected. Any temperature over 100.4 degrees F is considered a fever. When in doubt, sit it out. We will be taking temperatures before each class day, if your child has a fever or feels unwell, they will be isolated and you will be called to come pick them up.
- **Most importantly, communicate!** If you suspect you might have COVID19, have been around someone who has tested positive, or you or an immediate family member receive a positive test result, please let us know. Knowledge is key to prevent spreading. We will not share names. This knowledge will only be used to allow for other families that have been in contact to be more alert for any symptoms.

In the event that you are exposed/infected with the virus:

- **Communicate!** The fastest way to stop the spread is isolating the virus. We will communicate in the event that others may potentially be exposed, and can watch for possible symptoms, but can only do so if you communicate with us.
- **Isolate:** In the event that you/someone in your house tests positive (or think you might be) please stay home until you receive a negative test. We will ensure that your child has all the necessary classwork delivered to your home. Additionally, all of the co-op teachers are available via email and are more than willing to answer any questions that you might have.
- **Watch your symptoms:** You may return to classes once you have 3 days with no fever (without any fever-reducing medication such as Tylenol) **AND** at least 10 days since the start of symptoms **AND** all symptoms have improved. If you tested positive, but are asymptomatic, wait a minimum of 10 days from the testing date.

Class times:

- **Handwashing:** Each child will be asked to wash their hands **PRIOR** to class. Please teach your student about proper handwashing techniques (i.e. soap/water is better than sanitizer and counting to 20 while scrubbing). If a teacher sees nose picking, sneezing in to hands, wiping noses, or putting their fingers in their mouths, they will ask the child to wash their hands again.
- **Masks:** Masks are not required. However, if you/your student would prefer to wear a mask for added safety, you are welcome to do so. We will ask all parents and students to respect all opinions and comfort levels. If your child comes to class with a fever or symptoms, we will have your child wear a mask while waiting for you to pick them up.

- **Desks:** Students will be all facing forward and spaced apart as much as possible. Please talk to your children about respecting this space and maintaining their distance.
- **Drinks:** Water fountains will be turned off and it is extremely important that each child remembers their own drinking bottle. Pack an extra if it's going to be a long day.
- **Supplies:** Each student needs to come prepared with the requested supplies necessary for learning. Sharing personal items is strongly discouraged (per CDC).
- **Doors:** During class hours, the doors will remain locked, but will be propped open to welcome and release students. Please be sure to be on time before and after class.
- **Pick up/Drop off:** The students will sign themselves in/out of class. Drop them off at the curb, watch them walk up, sign themselves in and enter the building before leaving. After class, please remain in your car and wait for your child to walk to you. Pick up can be at the edge of the walkway (West of the grassy area) or park (south of the grassy area) if you are concerned about them crossing the parking lot. Please be aware and mindful of students walking to cars.
- **Cancellation of in-person class:** In the event that in-person classes are required to be discontinued or temporarily postponed, the teachers will reach out for further instructions on education via email or an online platform. Out of respect for the teacher's time and efforts, we expect all payments will be made for the entire semester and refunds will not be available. Please refer to the member handbook regarding payment requirements.

By accepting and attending classes and any Eastside-sponsored events, I acknowledge the rules and guidelines provided by Eastside and will commit to maintaining communication to ensure a safe environment for all adults and students alike.

LIABILITY WAIVER

I acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing. I further acknowledge that Eastside Explorers has put an effort in place for preventative measures in effort to reduce the spread of the Coronavirus/COVID-19. I further acknowledge that Eastside Explorers cannot guarantee that I will not become infected with the Coronavirus/Covid-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions of myself and others. I acknowledge that in order to maintain a safe environment for all families, it is necessary to comply with all set procedures to reduce the spread while my child is attending classes.

I will bear in mind the following when attending classes and events within Eastside and will let a Director know immediately if any of the below affirmations change:

* I am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.

* I have not traveled internationally within the last 14 days and will let a Director know if this changes.

* I have not traveled to a highly impacted area within the United States of America in the last 14 days.

* I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.

* I have not been diagnosed with Coronavirus/Covid-19 and not yet cleared as non-contagious by state or local public health authorities.

* I am following all CDC recommended guidelines as much as possible and limiting my exposure to the Coronavirus/COVID-19.

I hereby release and agree to hold Eastside Explorers harmless from, and waive on behalf of myself, my heirs, and any personal representatives any and all causes of action, claims, demands, damages, costs, expenses and compensation for damage or loss. I understand that this release discharges Eastside Explorers from any liability in the potential case of outbreak.

Signed: _____ Date: _____