



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL RUNNING PROGRAMS

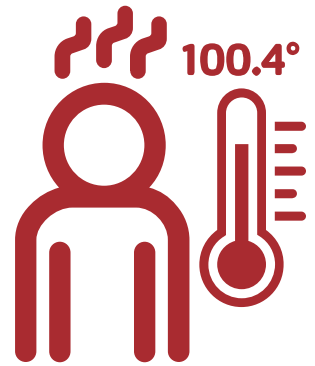
## Health Screening Protocol

### DAILY HEALTH SCREENINGS

Daily health screenings will be conducted on all participants during drop off times. We are working with our local Health Department and District nursing staff to stay up to date on the current screening questions.

Here is what you can expect to be asked regarding symptoms within the past 72 hrs:

- Fever of 100.4° or higher
- Known COVID-19 exposures
- Sore Throat
- Shortness of breath or difficulty breathing
- Chills
- Muscle or Body aches
- Nausea/vomiting/diarrhea
- Congestion/runny nose - not related to seasonal allergies
- Unusual fatigue
- New loss of taste or smell
- Anyone within the household have any of the above symptoms
- Any fever reducing medications before arriving



Participants will be excluded from camp if anyone in their household screens positive for the above symptoms.

### RATIOS

We will be following current group size recommendations for Phase 2 of no more than 5 children and one coach while exercising. When we reach Phase 3 we will combine two groups and allow more participants to join.



### HAND WASHING & CLEANING

Adults and children will wash and sanitize hands upon arrival and throughout the day. Shared supplies will be avoided when possible. Anything shared will be cleaned and disinfected throughout the day following recommended health guidelines.

### MASKS

We will ask that, following state guidelines, coaches and participants wear masks when they cannot be 6-feet away from anyone else. While running, masks can be removed except when passing trail users within 6 feet.



### WHATCOM FAMILY YMCA

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