

Re-opening guidelines for TTCC adult programs

GUIDELINES – *please review these for specific state guidelines & see below for highlights:*

- Group Exercise specifically on page 6:
<https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/files/inline-documents/guidance-health-fitness-gyms.pdf>
- Sports: <https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/files/inline-documents/2020-05/guidance-amateur-youth-sports.pdf>

SCREENING:

All participants must be screened before attending. Do NOT participate if you:

- a. Have any symptoms of COVID-19 or fever of 100.4 degrees F or higher.
- b. Have had any close contact with someone who is suspected or confirmed to have had COVID-19 in the past 14 days. (NOTE: Healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer “no” to this question)
- c. Traveled in the past 14 days either:
 - i. Internationally (outside the U.S.),
 - ii. By cruise ship, or
 - iii. Domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.).

MASKS / SOCIAL DISTANCING:

All participants must wear a reusable/washable cloth face coverings over their nose and mouth when in the facility and not actively engaged in activity where a face covering may make it difficult to breathe (e.g. entering/exiting facility, prepping to play, resting, talking with others in gym, etc.). When possible or practical, participants should plan to maintain a minimum of 6 feet of distance between others. In circumstances where closer contact for sustained periods is necessary, participants must wear cloth face coverings/masks when possible.

HAND HYGIENE:

Frequent hand hygiene should be performed including, but not limited to, hand hygiene upon arrival at the facility, before and after going to the bathroom, between activity sessions, before and after touching a person’s face or face covering, and prior to leaving the activity and/or facility.

CLEANING / DISINFECTING:

Sanitize door handles, faucet handles and all other participant touch-points in common areas and other areas of hand contact at the end of every session. Remove any participant garbage from the facility following each session (do not throw away your trash in school receptacles).

OTHER:

- Bring your own water bottles (do not use school water fountains – refillable stations are OK)
- Equipment bags / belongings placed 6 feet apart
- Centralized areas for congregating (i.e. stage at BHVS) should be avoided unless there is enough room to allow for at least 6 feet of space between participants.