



Schools are closed and in-person gatherings are discouraged. Girls on the Run programming starts, transitions to, or finishes with Girls on the Run coach-led virtual programming. This will include physical activity, social-emotional learning, and provide girls with an opportunity to still build meaningful connections with their peers. Virtual lessons have two components: (1) the virtual session (~40 min) and (2) independent activities (~20 min) in which girls use the journal to complete additional lesson components.

### **During Phase 2:**

***For school-based sites:*** If schools are open and afterschool programming can be delivered, teams will meet in person following this Health and Safety Plan and with the permission of the school district and school principal.

Should school and site closures take place once again, Girls on the Run can easily transition to a virtual program, with lessons that mirror the in-person activities and lessons. The Girls on the Run program model will ensure that participants will experience the social, emotional, and physical outcomes as it can seamlessly transition between the two as needed without disruption.

Each team will follow their home school's decision about access to the building for restroom and water fountain use. If these facilities are unavailable, practice will be held entirely outdoors and will transition to a virtual lesson if weather conditions prohibit an outdoor meeting. Your team coach will establish a communication procedure with parents if weather impacts a lesson.

***For community-based or residential sites:*** These teams may meet even if schools are closed, as long as the county and state are allowing gatherings of up to 25 people. Team lessons will be held entirely outdoors. Restroom access may or may not be available depending on the site used (e.g., community park, church, residential home, etc.) Your team coach will clarify these details at the start of the season.

In the event of bad weather, a scheduled in-person lesson will transition to a virtual lesson if weather conditions prohibit an outdoor meeting. Your team coach will establish a communication procedure with parents if weather impacts a lesson.

## **COVID-19 HEALTH & SAFETY POLICIES**

The following **COVID-19 Health and Safety Policies** are being implemented in our Fall 2020 season to mitigate the health risks in accordance with the aforementioned recommendations:

- **Implementing new COVID-19 health and safety guidelines** for coaches and girls including:
  1. Healthy Hygiene Practices
  2. Cleaning and Disinfection Protocols
  3. Personal Protective Equipment
  4. Physical Distancing Guidelines
  5. Hydration
  6. Pick-up Procedures
  7. Coach Training



vehicle while using a face covering and ask the individual(s) for the name of their girl and to present ID to compare with the Authorized Pick-up list.

## **7. Coach Training:**

We are committed to equipping our coaches with the skills and knowledge they will need to lead their girls through a transformative season. This fall, Girls on the Run will be preparing coaches to create a safe and trauma-informed space through our standard coach training and providing new content regarding how to best support girls through this difficult time of COVID-19 and best practices for coach virtual facilitation and engagement.

- **COVID Impact Training:**

Coaches will explore the different ways the COVID-19 crisis has impacted girls and families, and learn specific strategies to continue to foster a safe, supportive environment for all girls as we come back together. Coaches will review best practices for supporting girls in adjusting to new routines and social norms, answering COVID-19 related questions, and supporting girls dealing with ongoing stress and trauma related to the crisis.

- **Coaching Virtually Training:**

Coaches will learn how to successfully transition to virtual team practices, should they need to, as well as incorporate virtual coaching best practices to continue to offer girls a fun and safe experience.

## **GUIDANCE FOR REPORTING, SCREENING, PERSONS SHOWING COVID-19 OR POSITIVE CASES**

### **Reporting:**

Any participant or program volunteer who knows or has reason to believe they are infected with a contagious disease must report the situation as soon as possible to Girl on the Run of Central Maryland staff.

### **Screening Girls and Coaches for Symptoms:**

Coaches and Parents/Guardians of GOTR girls are asked to perform an inspection following our **Medical Pre-Screening Checklist (Appendix A)** before each GOTR or Heart & Sole practice.

- **Visual Inspection** - If a girl or coach has any signs of illness, which could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness, cough, or shortness of breath, the girl or coach should stay home.
- **Exposure** - If a girl or coach has been exposed to anyone with a confirmed case of COVID-19 in the past 14 days, they should return or remain home.
- **Temperature Check** - If a girl or coach has a temperature above 100.4 degrees fahrenheit, they should return or remain home.

### **Plan for “If” a Coach or Girl may be Sick:**

- If a coach or girl is sick with COVID-19 or think they are infected with the virus, please stay home. If you think you have been exposed to COVID- 19 and develop a fever and symptoms, call your healthcare provider for medical advice.

- Notify Girls on the Run staff immediately who will then notify the school administration or site liaison.
- It will be determined if others who may have been exposed need to be notified, isolated, and /or monitored for symptoms.
- If a Positive case of COVID-19 is diagnosed, [Contact Tracing](#) may be implemented with the assistance of local health professionals and the CDC.

**Plan for When a Coach or Girl Becomes Sick at a GOTR Practice:**

- Coaches or girls who develop symptoms of COVID-like illness (cough, shortness of breath, or any 2 of the following symptoms: Fever, chills, muscle pain, sore throat, new loss of taste or smell) will immediately be sent home.
- Every effort will be made to isolate the individual from others, until the girl or coach can be picked up or leave the site. A GOTR coach will stay with the girl while she is waiting to be picked up.
- For girls, a parent/guardian will be contacted immediately, and arrangements will be made for her to be picked up.
- The coach will notify Girls on the Run staff immediately who will then notify the school administration or site liaison.
- Ill individuals will be asked to contact their physician or appropriate healthcare professional for direction.
- A girl or coach who has COVID-like illness can return to practices if:
  - Initial COVID-19 testing is negative
  - A clinician has evaluated the child and documented an alternative diagnosis
  - COVID-19 testing was not done and all of the following are true: (1) at least 10 days since the onset of symptoms AND (2) fever-free off anti-fever medications for 3 days AND (3) symptoms are improving.

**Plan for a Coach or Girl with a confirmed diagnosis of COVID-19:**

- Notify Girls on the Run immediately who will then notify the school administration or site liaison.
- All girls and coaches on the team will be notified and should quarantine at home for 14 days and anyone who develops symptoms during that time should contact their healthcare provider to request testing. Girls and coaches will be given a **Quarantine Tracking Sheet (Appendix B)** to complete during the quarantine. Girls and coaches may return to practice after the 14-day quarantine if they have completed the Quarantine Tracking Sheet and no evidence of COVID infection is indicated.
- In accordance with CDC guidance, the COVID positive individual should remain home until all of the following are true: (1) at least 10 days since the onset of symptoms AND (2) until fever free off anti-fever medications for 3 days AND (3) symptoms are improving.

# GOTR of Central Maryland Pre-Practice Medical Screening Checklist

Use this checklist to assist in identifying potentially communicable diseases before participation in Girls on the Run or Heart & Sole practices.

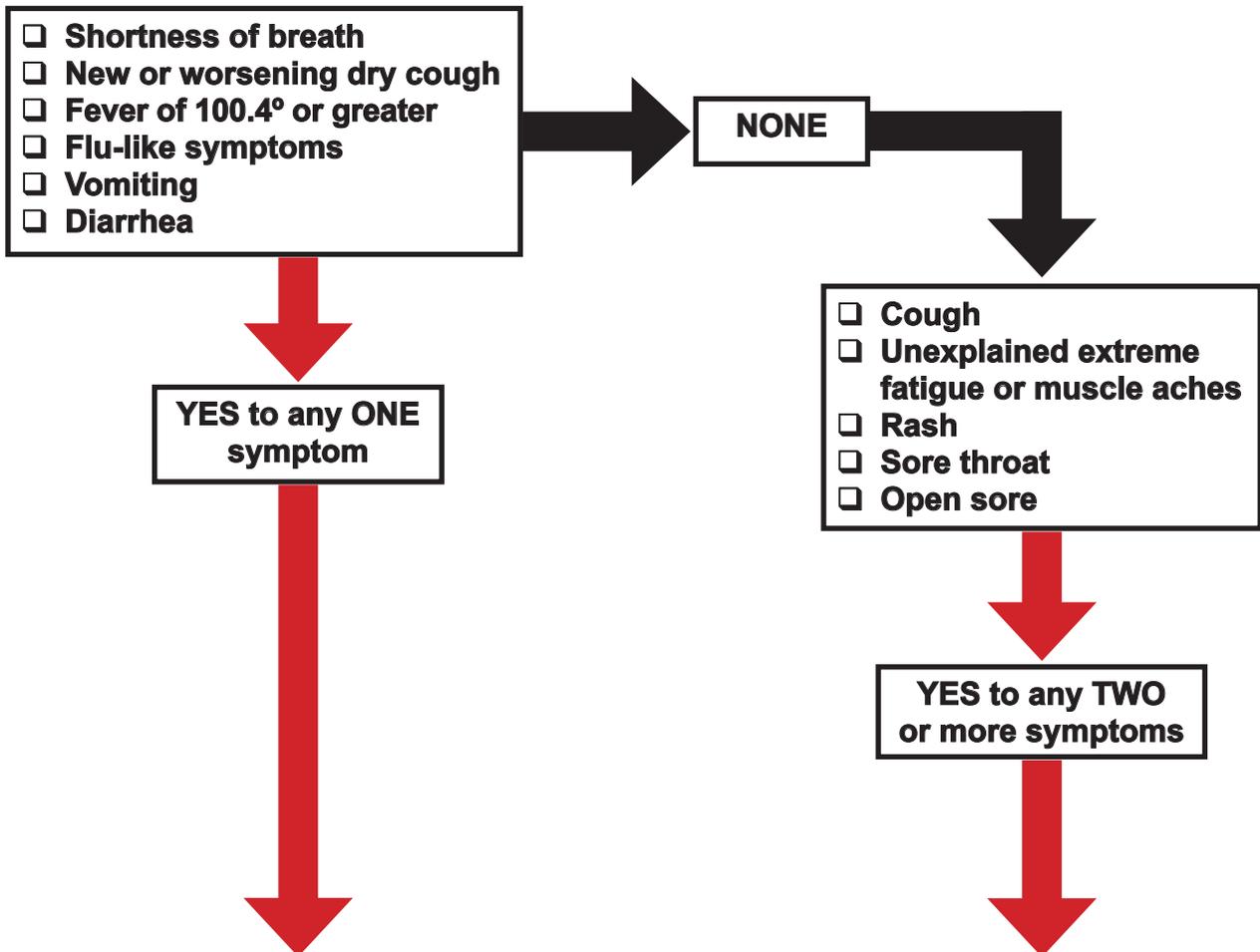
The intent of this checklist is to review with each youth and adult participant their current health status, both before departure and upon arrival at the event. Anyone attending a GOTRCenMD practice or event should be screened using this checklist.

- Yes  No Have you been in contact with anyone who has COVID-19 or is otherwise sick?
- Yes  No Have you or anyone you have been in close contact with traveled on a cruise ship, internationally, or to an area with a known communicable disease outbreak in the last 14 days?

***If the answer is “yes” to either of these questions, the participant must stay home.***

- Yes  No Are you in a higher-risk category as defined by the CDC guidelines?  
If the answer is “yes” to this question, we recommend that you stay home. Should you choose to participate, you must have approval from your healthcare provider and then proceed to the symptom decision tree below.

***If the above answers are “no,” proceed to this symptom decision tree.***



**THE PARTICIPANT MUST STAY HOME**  
These symptoms are associated with communicable diseases and the participant **MUST** stay home until medically cleared by their health care provider.

Participant Name: \_\_\_\_\_ Team: \_\_\_\_\_

## Appendix B

# Girls on the Run of Central Maryland Quarantine Tracking Sheet

Dear GOTR Families,

In an effort to minimize the spread of illness at Girls on the Run or Heart & Sole practices, we ask that you check on the health of your girl daily during the 14-day quarantine period. This will help us ensure that infection is not being spread throughout the team so we can return to our regular team practices as quickly as possible.

**Please indicate if your girl has any of the following symptoms during the quarantine period and record a temperature daily. If any temperature or symptoms are present, please have your girl evaluated by a licensed provider and contact GOTR of Central Maryland for further guidance.**

### Symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle Pain
- Sore throat
- New loss of taste or smell
- Nausea
- Vomiting
- Diarrhea

### Please initial

1. The participant has not been around anyone with any of the listed symptoms or diagnosis of COVID19 in the past 14 days. *Initial* \_\_\_\_\_
2. No one in our household has been sick in the past 14 days. *Initial* \_\_\_\_\_
3. The participant has not traveled by air or traveled out of state in the past 14 days. *Initial* \_\_\_\_\_
4. The participant has adhered to our state's guidelines regarding COVID19. *Initial* \_\_\_\_\_

Start date of temperature/  
symptom  
screening:

\_\_\_\_\_

<b>Day:</b>	<b>14</b>	<b>13</b>	<b>12</b>	<b>11</b>	<b>10</b>	<b>9</b>	<b>8</b>
Temp/ symptom							
<b>Day:</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
Temp/ symptom							

*Our signature indicates that we completed this health screening daily for 14 days prior to returning to GOTR/H&S practice and to the best of our ability.*

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_