



Fall 2020
4th "R"
COVID Guidelines

Welcome

Thank you for enrolling your child in the 4th "R" program! We strive to serve and meet the needs of the community by providing affordable childcare. We recognize that our program looks a bit differently than years past, however, 4th "R" remains dedicated to providing quality child care that focuses on the health and safety of children and staff. 4th "R" provides a place for children to build social skills, make new friends, gain a love for physical activity and the outdoors as well as create positive lasting memories.

This Fall will involve experiences, procedures and protocols that are new to both families and staff. To ensure the best possible experience for your child, we ask that you carefully review this handbook as it contains important information to help you prepare for our program. We also ask for your understanding that our program is continually evolving, and practices and procedures may change as updated guidance and better practices are identified. The guidelines and protocols outlined in this handbook provide the minimum standards that must be maintained to operate childcare programs in accordance with the physical distancing and sanitation protocols as defined in the existing order of the Sacramento County Health Officer. These guidelines also align with the CDC Guidance for Child Care Programs. These guidelines are subject to change based on changes in local, state and federal direction related to COVID-19. In order to attend 4th "R" a COVID-19 Waiver must be signed by all parents/guardians (last page of packet).

We hope your family enjoys their time in our 4th "R" program. Our 4th "R" team has put together a compressive schedule to make the most of our time together. We are looking forward to a successful school year together!



Monthly Calendars

4th "R" will be limiting our group sizes and facility space will be limited to the classroom availability on each school campus. In order to accommodate and plan for assigned groups, all families will be required to complete a monthly attendance calendar by the 15th of the month prior to care. The calendar will need to be filled out with the days and hours that the children will be in attendance. This calendar will determine your monthly billed tuition rate and children will only be allowed to attend on the predetermined days listed on the monthly calendar.

At Home Health Screenings

Daily health screenings must be conducted at home every morning prior to dropping your child off at the program. Children with a temperature of 100.4 degrees or higher or who are exhibiting any of the following symptoms will not be permitted to attend the program. Symptoms include: cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat and/or vomiting.

Drop Off and Pick Up

Detailed drop off and pick up information will be provided to you prior to the start of the program and may require phone calls to the center so that your child can be brought to the drop off/pick up area. These procedures will be very specific and must be followed stringently; any exceptions to this procedure must be approved by the sites Program Coordinator.

Non-childcare staff, including parents/guardians, are not permitted in the facility and/or the surrounding areas used for our program. Special drop off and pick up procedures have been put into place to reduce possible exposure and to prevent close congregation. Children must be accompanied by a parent/guardian during drop off to verify health screenings. It is requested that the same parent/guardian drop off and pick up as often as possible to limit interactions with multiple persons in the drop off and pick up area. Face-coverings will be required during drop off and pick up.

Daily Health Screenings

Upon arrival, the staff will be conducting a wellness check. Children will have their temperature taken with a touchless thermometer and families will be asked a series of questions which will be recorded by staff before the child is permitted into the facility.

If a child gets sick while at 4th "R", they will be immediately sent home. Sick children will be placed in a designated area and will be required to wear a face mask until they are picked up. Failure to pick the child up within 1 hour of the illness notification will result in possible suspension or disenrollment of the child. We request that the child stay home until their symptoms have subsided without the use of medication.

Health Polices and Recommendations

The current Sacramento Health Order recommends excluding children who have underlying medical conditions that could put them at higher risk for severe illness from COVID-19. Children in this category should consult with their doctor before enrolling in this program. Information regarding children's allergies, medical conditions, disabilities or other pertinent health related conditions should be noted on the site paperwork and communicated to the centers staff.

If a 4th "R" location has a confirmed case of COVID-19, families will be notified immediately. Sick staff and children may not return until they have met the current CDC guidelines. Please work with your Program Coordinator to determine the return to program date.

Program Groups

Typically, our licensing guidelines require a 1:14 ratio, however, during this time of COVID-19 we are striving to have groups no larger than 10 children. Each group will remain together and do activities as a group. Children will not have the option to move from space to space as before. Each group of children will be outfitted with games, equipment and craft supplies. Staff will work to maintain proper physical distancing throughout the day.

Our staff are trained in a variety of different areas such as: CPR & First Aid, sanitation and COVID-19 prevention protocols, behavior management, implementing age appropriate activities and keeping the program fun!

Distant Learning Materials

Children will be required to bring all school materials required for distant learning to the 4th "R".

This includes the following:

- Chromebook
- Headphones/earbuds
- Required passwords
- Agenda's and assignments
- Workbooks, textbooks and support materials
- Paper, writing utensils and any school supplies needed for distant learning
- Teacher/grade/assignment specific materials (i.e. calculator, protractors, etc.)
- A backpack/bag to keep all distant learning materials and supplies in

Children will be responsible for all of their learning supplies and materials. The 4th "R" will not supply learning materials. The 4th "R" is not responsible for lost or stolen items and will not store children's property. Please clearly mark all personal belongings with your child's first and last name.

COVID-19 Related Concerns

Facilities and Equipment

In addition to daily deep cleanings, frequent disinfection of highly touched surfaces will occur throughout the day, including but not limited to toys, equipment, tables, chairs and restrooms. EPA approved disinfectants and cleaning products will be used by staff.

Child and Staff Hygiene

Children and staff will be expected to follow the prevention protocols listed below regarding hygiene while at the program:

- Children are required to wear a face mask while in attendance at 4th “R”. Your child will need to bring their own face mask, 4th “R” will not provide them.
- All staff will receive a wellness check before being allowed to enter the center which will include wellness questions and safe temperature validation. Staff will be required to wear a face mask.
- The staff will encourage and support good hygiene hand washing habits with the children. Children will wash their hands with soap and water for 20 seconds or will use hand sanitizer with at least 60% alcohol content if soap and water is not available. Hand washing will be mandatory when the children arrive at the center, after they have touched toys, after playing outside, after using the bathroom, etc.
- Children will be required to keep their hands to themselves and physical distancing will be encouraged.
- Toys and equipment will not be shared amongst other groups of children.
- All children and staff should cover coughs and sneezes and wash hands right after doing so.
- Children must bring their own lunch. No one will be allowed to share food.
- To mitigate possible cross-contamination, please do not send your child(ren) to 4th “R” with personal items.
- Children will need to bring their own water bottle (clearly marked with first and last name).



4TH "R" COVID-19 RELEASE AND ASSUMPTION OF RISK
This is release of liability. Read carefully before signing.

The novel coronavirus, COVID-19, is a respiratory illness that is spread through the air via droplets from an infected person or by touching contaminated surfaces. It may cause severe illness, disability, and death, especially for seniors and persons with underlying health conditions. Children usually have mild symptoms, but they can infect persons in their household. Many who have the virus do not have any symptoms, which makes the virus even more contagious.

COVID-19 MITIGATION AND EXPOSURE RISK

The City of Sacramento 4th "R" childcare program is operated under the guidelines set forth by the CDC and the state, as well as state and local public health officer orders. This includes daily check-in of all staff and children for any fever, practicing 6 ft. social distancing when feasible, wearing face masks, reminding children not to touch their face, frequently washing hands, and sanitizing high touch surfaces. Children tend to congregate and may not comply with social distancing, they share toys even when not permitted, and they put their hands on their faces. At an adult to child ratio of 1 to 10, it is not possible to insure that children will constantly comply with the COVID-19 guidelines. Because it is a respiratory illness, there is a risk of exposure that a child could contract the virus while attending the 4th "R" program.

RELEASE AND WAIVER

Knowing the risks and in consideration of my child being permitted to participate in the City of Sacramento 4th "R" childcare program, I hereby agree to the following:

1. Each morning I will check my child and I will not drop off my child at 4th "R" if my child or any person in my child's household: (i) has been next to a person with COVID-19 within the past 72 hours, or (ii) has any COVID-19 symptoms which include fever, chills, cough, sore throat, runny nose, shortness of breath, loss of taste or smell, muscle pain, abdominal pain, rash, bloodshot eyes, unusually fatigued, vomiting, or diarrhea, even if you think it's just a cold or allergies.
2. On behalf of myself, my child, and other members of my household; we voluntarily waive, release, and discharge the City of Sacramento ("City") and its respective officers, employees, contractors, and volunteers, (collectively "Releasees") from all claims, actions, or demands of any kind, nature, and description (collectively "Claims"), including Claims for damages for medical care and personal injury, including disability and death, which I, my child, and any other member of my household may have now or in the future against Releasees arising out of or in any way related to or connected with the participation of my child in the City's 4th "R" program which results in contracting COVID-19, Multisystem Inflammatory Syndrome in Children, or related illness.
3. This release is intended to discharge, in advance, Releasees from any and all liability arising out of or connected in any way with my myself, my child, or any other member of my household contracting COVID-19 or a related illness even though that liability may arise out of negligence or carelessness on the part of Releasees in insuring strict compliance with the COVID-19 requirements. I further understand and agree that this COVID-19 Release and Assumption of Risk is binding on me and my child, and all other members of my household, and our respective heirs, executors, administrators, and assigns.

I have read this COVID-19 Release and Assumption of Risk and understand that I, and on behalf of the members of my child's household, are giving up substantial rights by signing it, and I am hereby attesting to the fact that I am representing the members of my child's household and I signed it voluntarily.

Signature: _____ Date: _____

Parent or Guardian Printed Name: _____

Name of my Child Participant under age 18: _____