

Get Fit Walking Group & In-Person Events June 2021

Get Fit Walking Group Information: [Page 1](#)

Additional In-Person Event Information: [Page 2](#)

The time has come... let's get outside safely and have some fun together! These activities will focus on physical exercise, stretching, enjoying nature, socializing, art, group games, wellness, and more! See you there... in person, masked, and ready for adventure!

COVID-19 & Physical Distancing Procedures will be followed (see information at the end of this document for reference). Please be sure to review these notes prior to coming to your first in-person activity. All guidelines will be reviewed with groups at each in-person session. The City will continue to adhere to local health guidelines regarding COVID-19 safety, mask wearing, and physical distancing. We appreciate your understanding.

Registration Information:

Registration for these sessions will be accepted online through the City's ActiveNet website. All participants must register online and accept the Liability Release and the Covid Waiver. Participants who arrive without pre-registering will not be able to participate.

**Note: Spaces will be filled on a first come, first served basis. Our attendance numbers will be limited to ensure the safety of participants, staff, and volunteers on-site.*

Get Fit Walking Group:

Group Date & Time	Location	Activity # & Registration Link
Wednesday, June 9th Drop-off/ health screen: 6:15pm Walk Start time: 6:30pm End Time: 7:30pm	McKinley Park 601 Alhambra Blvd Sacramento, CA 95816 Drop-off/Meeting: In front of (west side) or McKinley Library on Alhambra Blvd.	Free! Last day to register: Tues. 6/8 Activity#: 16332 City of Sac YPCE Online Services (activecommunities.com)
Wednesday, June 16th Drop-off/ health screen: 6:15pm Walk Start time: 6:30pm End Time: 7:30pm	Southside Park 2115 6 th Street Sacramento, CA 95818 Drop-off/Meeting: Grassy area next to the Southside Park Community Center (west side of park). Ample parking is available on 6th Street by the Community Center/ Pool.	Free! Last day to register: Tues. 6/15 Activity#: 16333 City of Sac YPCE Online Services (activecommunities.com)
Wednesday, June 23rd Drop-off/ health screen: 6:15pm Walk Start time: 6:30pm End Time: 7:30pm	William Land Park 3930 W. Land Park Drive Sacramento, CA 95822 Drop-off/Meeting: In front of the Sacramento Zoo.	Free! Last day to register: Tues. 6/22 Activity#: 16334 City of Sac YPCE Online Services (activecommunities.com)
Wednesday, June 30th Drop-off/ health screen: 6:15pm Walk Start time: 6:30pm End Time: 7:30pm	McKinley Park 601 Alhambra Blvd Sacramento, CA 95816 Drop-off/Meeting: In front of (west side) or McKinley Library on Alhambra Blvd.	Free! Last day to register: Tues. 6/29 Activity#: 16335 City of Sac YPCE Online Services (activecommunities.com)

Participants must arrive or be dropped off and picked up on time at the designated locations listed above.

We will aim to start our walk each day at 6:30pm to allow some flexibility with the drop-off/ arrival time and the health screens.

For day of event information, call Heather at (916) 808-7970. Thank you!

For more information about in-person programs for young adults and adults with intellectual and/ or developmental disabilities, email Heather at hkopf@cityofsacramento.org. Thank you!

Additional In-Person Event Opportunities:

Group Date & Time	Location	Activity #, Registration Link, and Program Information
<p>Outdoor Game Night Tuesday, June 8th Drop-off/ health screen: 6:15pm Event Start time: 6:30pm End Time: 8:00pm</p>	<p>Belle Cooledge Community Center 5699 S. Land Park Drive, Sacramento, CA 95822</p> <p>Drop-off/Meeting: East side of the building, heading towards the dog park. We will be utilizing the grassy area behind (east side) of the parking lot. We will only go inside for restrooms as needed. The activity will be held outside.</p>	<p>Cost: \$8.00 per person Last day to register: Mon. 6/7 Activity#: 16336 City of Sac YPCE Online Services (activecommunities.com)</p> <p>Join us for an evening of outdoor games and fun! We will play a variety of outdoor games such as cornhole, Giant Jenga, Giant Connect 4, and more!</p>
<p>Morning Social Saturday, June 12th Drop-off/ health screen: 10:00am Event Start time: 10:00am End Time: 11:30am</p>	<p>Belle Cooledge Community Center 5699 S. Land Park Drive, Sacramento, CA 95822</p> <p>Drop-off/Meeting: East side of the building, heading towards the dog park. We will be utilizing the grassy area behind (east side) of the parking lot. We will only go inside for restrooms as needed. The activity will be held outside.</p>	<p>Cost: \$5.00 per person Last day to register: Thurs. 6/10 Activity#: 16337 City of Sac YPCE Online Services (activecommunities.com)</p> <p>Bring your own: Blanket or comfortable outdoor chair to hang out and socialize with friends! You are also welcome to bring morning breakfast or coffee, etc. (no food provided).</p> <p>This event is all about socializing! Let's get together in the beautiful summer morning weather and have fun.</p>
<p>Art & Movement Monday, June 28th Drop-off/ health screen: 6:15pm Event Start time: 6:30pm End Time: 8:00pm</p>	<p>Belle Cooledge Community Center 5699 S. Land Park Drive, Sacramento, CA 95822</p> <p>Drop-off/Meeting: East side of the building, heading towards the dog park. We will be utilizing the grassy area behind (east side) of the parking lot. We will only go inside for restrooms as needed. The activity will be held outside.</p>	<p>Cost: \$12.00 per person Last day to register: Sun. 6/27 Activity#: 16338 City of Sac YPCE Online Services (activecommunities.com)</p> <p>Every participant will receive a sketchpad & colored pencils to follow along with some guided art and meditative exercise. Fun and relaxing for all abilities!</p>

You can view additional program opportunities and registration information on our website:

<http://www.cityofsacramento.org/parksandrec/recreation/access-leisure/Calendar>

Liability Release (Included in online registration)

The undersigned, in consideration of the acceptance of this entry, I hereby waive, release and indemnify the City of Sacramento, Access Leisure, sponsors, staff, and volunteers from any and all liability for injuries and/or expenses incurred by myself during virtual programs.

Media Release (Included in online registration)

I specifically grant permission to the City of Sacramento, Access Leisure Section to use my likeness, voice and words in television, radio, newspapers, films, magazines, and media of any form not heretofore described to further the aims of the Access Leisure Adaptive Social Programs, Virtual Programs and Residential Camping Programs.

Covid Waiver (Included in online registration)

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's child day care, senior respite care, and child and adult recreational programs are 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 participants for any fever, practicing 6 ft. social distancing, staff wearing face masks and encouraging participants to do the same, reminding participants not to touch their face, frequently washing hands, and sanitizing high touch surfaces. While staff will remind participants to comply with these requirements, they may refuse or forget to comply. It is not possible to ensure that every participant will constantly comply with the COVID-19 mitigation requirements. Because it is a respiratory illness, there is a risk of exposure that a participant could contract the virus while at the City program. **RELEASE AND WAIVER** Knowing the risks and in consideration of being permitted to participate in the City's program, I hereby agree to the following: 1. Each morning I will check myself and my child or senior relative (as applicable) and I or they will not attend if we or any other member of my household has any COVID-19 symptoms: which include fever, chills, cough, sore throat, runny nose, shortness of breath, loss of taste or smell, unusually fatigued, vomiting, or diarrhea; and for children also muscle pain, abdominal pain, rash, and bloodshot eyes; even if you think it's just a cold or allergies.

2. On behalf of myself, my child, my senior relative, 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, my senior relative, 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 I or their participation in the City's program which results in I and/or we 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 I, my child, my senior relative, 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, my senior relative, 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 other members of my household, are giving up substantial rights by signing it, and I am hereby attesting to the fact that I am representing my relatives and the members of my household and signed it voluntarily.

Additional Covid-19 Containment & Mitigation Plan:

Physical distancing, mask wearing (staff & participants), glove wearing (staff), and health screenings will be enforced. We understand that in some cases during outdoor activities, maintaining 6 feet of distance at all times is not always possible. Staff will remind each other and participants often about safety protocols.

If staff or participants are unable to follow Covid guidelines, they will be asked to leave the program for the day.

Check-In / Check-Out Procedures -

An area for check-in / check-out of participants will be identified (varies by location) and staff will follow a process to ensure that all participants and staff practice physical distancing. Staff and participants must conduct a health screening prior to arriving on site, and a secondary screening must be conducted during check-in.

- Participants should avoid attending if they have a cough or fever; wear facial coverings; maintain a minimum of six-foot distance from one another; and not engage in any unnecessary physical contact.
- Prior to arriving to the site staff, participants, care providers, and parents must perform a self-conducted health screening by taking their temperature and ensuring that they do not have a fever of 100.4°F or higher. They must also ensure that they do not have symptoms that the CDC has indicated are symptoms of COVID-19.
- Upon arrival, staff must not have a temperature of 100.4°F or higher and will be asked to confirm that they do not have any of the symptoms that the CDC has indicated are symptoms of COVID-19.
- Upon arrival, participants will receive a health screening which includes staff taking participant temperatures with a non-contact thermometer. Participants must not have a temperature of 100.4°F or higher and will be asked to confirm that they do not have any of the symptoms that the CDC has indicated are symptoms of COVID-19.
- Staff conducting health screenings must wear a facial covering during the screening process.
- Staff must wear disposable non-latex gloves. The same gloves may be used to conduct all health-screening checks provided this task is uninterrupted if no other surfaces were touched for the duration of the health-screening process.
- If a participant has a temperature of 100.4°F or higher there will be an allowable grace period (up to ten minutes) where the participant can wait with their parent/guardian in a vehicle or a reasonable distance away from the location. This guideline recognizes that temperatures can rise quickly if the participant was waking or running to the location excited, wearing a hat, or drinking a hot drink. If after the second test, they still test 100.4°F or higher, the participant will need to leave the area immediately for the remainder of the day. Staff will disinfect all surfaces and areas that the dismissed participant may have touched.
- If parent/guardians or care providers want to check-out the participant they care for, they will need to remain six feet apart from staff.

ILLNESS -

If you are sent home with a fever, you must be free of the fever for at least 72 hours before returning to the site. Staff may require that your physician send a note indicating that you are free of a contagious disease before re-admission. If you become ill while in our care, an emergency contact will be contacted and asked to pick you up immediately.

Participants exhibiting the following symptoms may not attend the site:

- Severe pain • Temperature over 100.4 degrees • Diarrhea or blood in urine • Swollen joints • Jaundiced skin, yellow eyes or red eyes with discharge • Visibly enlarged lymph nodes • 2 or more episodes of vomiting in 24 hours • Infected/untreated skin patches or rash lasting more than one day. Staff / participants will be required to self-isolate for 14 days if they or any co-inhabitants have come into contact with anyone testing positive for COVID-19. Staff / participants that have COVID related signs or have tested positive must self-quarantine and follow CDC guidelines. Staff and participants may return when the following have been met: 3 days with no fever and respiratory symptoms have improved and 10 days since symptoms first appeared.

All program participants will be contacted if: A staff / participant tests positive for COVID-19. A staff / participant's co-inhabitant are exposed with anyone testing positive for COVID-19.