

Mt. Lebanon Recreation Department
Return to Play Plan
COVID-19 Health and Safety Guidelines
Dance Program
09-17-2020

The Mt. Lebanon Recreation Department will resume offering the program(s) listed above under strict guidelines to protect the health and safety of our patrons and staff. We will follow the latest guidance from the Allegheny Health Department, the PA Department of Health and the CDC.

Advanced registration is required. Advanced registration is required at all times in order to control numbers, prevent crowding and enable physical distancing. Instructors will not collect any form of payment for classes. Reservations will be available online at https://mtlrec.activityreg.com/ClientPage_t2.wcs.

Arrival and departure instructions- Participants will arrive no earlier than 5 minutes prior to their class or program and all must leave the building at the conclusion of the class. Participants should enter and exit the building via the sidewalk and second floor doors.

Young children- For children not yet in kindergarten, one parent or guardian must stay on site in the adjoining room for the duration of the class. No siblings or other guests are permitted due to the limits on indoor gatherings. Children 10 years of age or younger, one parent may walk their child up the sidewalk to the doors on the 2nd floor of the recreation center. The child should enter the building on their own and proceed to the room for their class. A dance instructor will be on site to direct them.

For children 11 years of age and older, parents will be asked to remain in their vehicle while dropping off and picking up their child. The stairwell to the 2nd floor will be closed and would only be used as an exit in the event of an emergency.

Regardless of age, children must be capable of observing all the rules and regulations while at the center.

Mask Requirements- Participants and instructors will be required to wear masks in and around the recreation center at all times, including while participating in classes. The only exception to this requirement is for children under the age of 2 who are participating in a class.

Practice physical distancing- Physical distancing among participants, instructors and employees will be enforced at all times. Please stay 6 feet apart from others at all times. No handshakes and no high fives.

Each dance class participant will be given at least 36 square feet of floor area. Classes will be limited to 24 participants in Room "A", 14 participants in Room "B" and to 50% of those numbers when using half of the rooms. These figures include parents on site with children not yet in kindergarten.

Limited shared equipment- Whenever possible, equipment and other personal items should be separated and not shared. Any supplies shared within the class will be sanitized before and after they are used.

No large groups- Do not gather or linger at the center. Please leave as soon as your program has ended.

Elimination of touch points- Participants may only enter through the second floor doors. These doors and the doors to the room will be propped open when practical. Benches, tables, vending machines and the drinking fountain will be closed and marked with caution tape.

Maintain cleanliness- We will clean and disinfect high touch areas routinely in accordance with guidelines issued by the Centers for Disease Control and Prevention (CDC).

Signage- Appropriate signage will be in place to direct patrons and inform them of the proper procedures, as well as to remind them of distancing, masking and other requirements.

Protection for employees- Employees will be provided access to regular handwashing with soap, hand sanitizer and disinfectant wipes. Masks and gloves will also be provided to employees.

The rest of the recreation center building is off limits to customers.

Restrooms- The Men's and Women's Restrooms as well as the family restroom, located on the 2nd floor at end of the hall, will be provided for emergency use and will be sanitized regularly.

Sanitization- In addition to cleaning and sanitizing the facilities, a hand sanitizing station, with hand sanitizer and sanitizing wipes will be provided.

Non-essential visitors are prohibited- To help prevent crowding, all non-essential visitors to the recreation center are prohibited.

Bring a refillable water bottle. Vending machines and drinking fountains are closed. Water bottles/jugs should be marked with the child's name.

COVID-19 symptoms and monitoring- Please note any fever (temperature of 100.4 or higher), cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting or diarrhea. Stay home if you have these symptoms. Notify your instructor immediately if you experience these symptoms during your program. Parents will be notified immediately if a child is sick. Parents must monitor for these symptoms and take their child's temperature each day prior to class. Do not send your child to class with any of these symptoms.

Instructors will also check their own temperature before each class starts and monitor participants for symptoms during the classes.

Instructors will be required to self-report any symptoms should they begin to experience symptoms during the class.

Hand sanitizing- Instructors and participants will be required to use hand sanitizer, containing at least 60% alcohol, during any breaks and after using the restrooms. Hand sanitizing will be enforced by the instructors.

In general, protect yourself and others. Don't come to the center if you feel sick or are otherwise at risk. Bring hand sanitizer with you and use it often. Practice good hygiene by covering coughs or sneezes with a sleeve or elbow. Avoid any other activities that increases the risk of exposure to saliva, such as chewing gum, spitting, licking your fingers, etc.

Class Operations:

- Adequate time will be scheduled between classes to allow for cleaning and disinfection and to minimize interaction between participants.
- Participants will be asked to wait in their cars until just before the class starts, and go directly to their cars when the class is over.
- Failure to follow these rules or directives from instructors is grounds for loss of class privileges.

Mt. Lebanon Recreation Department Plan of Action for COVID-19 Related Illness

- Should a program participant, employee, instructor, visitor or volunteer display COVID-19 symptoms during a recreation department program, he/she will be immediately removed from the group, masked if not already, and isolated. If the person who is ill is a minor, the parent or guardian will be notified immediately and they will need to pick up their child as soon as possible. Testing for COVID-19 will be recommended for the person who is ill.
- The COVID-19 point person for the Recreation Department will contact the Allegheny County Health Department, get their determination about isolation or quarantine needs, and comply with those recommendations.
- The ill person who demonstrates COVID-19 symptoms will be required to have a release from their health provider and the Allegheny County Health Department before they can return to activities.
- Employees or instructors who are uncomfortable or unable to return will be directed to the Human Resources Manager.
- A Municipal communication to the community will occur should a recreation department program participant, employee, instructor, visitor or volunteer be confirmed with COVID-19, and any subsequent adjustments to the Health and Safety Plan would be included in that communication.
- Areas used by a sick person will be closed and not used until they have been cleaned and disinfected (for outdoor areas, this includes surfaces or shared objects in the area, if applicable). We will wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, we will wait as long as possible.
- Those who have had close contact with a person diagnosed with COVID-19 will be advised to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.

COVID Point of Contact- Patrick Cannon is the recreation staff person responsible for responding to COVID-19 concerns. You may contact him at: 412-343-4513 or pcannon@mtlebanon.org. If you or someone in your household has been exposed to a probable or confirmed case of COVID-19, please contact him immediately.

Questions?- If you have any questions, you may call the recreation center at (412) 343-3409.

All rules and policies are subject to change. Failure to follow these instructions will be grounds for revoking program privileges.