



COVID-19 Information

Let's Get Moovin is committed to doing all it can to keep the all participants and staff safe. Listed below are Let's Get Moovin's new protocols that all players and parents must comply with.

All participants must sign Let's Get Moovin's Release of Liability waiver in order to participate.

Please do not have the participant come to practice if they or one of their family members have the following symptoms: cough, fever, chills, sore throat, difficulty breathing, shortness of breath, muscle or body aches, vomiting, diarrhea, or loss of taste or smell.

Upon Arrival Each Day

- o There will be a registration table outside the tennis court
- o All parents and children must arrive wearing a mask or shield
- o Please line up and stand by the cones, which will be six feet apart from each other
- o Please keep your child right next to you at all times
- o At the registration table:
 - ♣ We will check and log the participants temperature
 - ♣ We will ask you a series of COVID-19 questions
 - ♣ We will ask the participant to sanitizer their hands (sanitizer will be provided)
- o Once the participant is registered, they will enter the tennis court alone
- o The participant will be positioned six feet apart while waiting to start.
- o All parents and children not participant in the session, must be outside the enclosed tennis area, and sit six feet apart from everyone other than your household
- o During the youth sessions, the children that are playing tennis, have an option to wear their mask or shield, but not required. All adult participants must wear masks. Coaches and Staff will wear a shield or mask
- o During water breaks, each participants will sanitize their hands upon returning to play. Please make sure that all participants bring a water bottle into the court prior to starting practice.
- o Once practice is over, LGM staff will line up the children and dismiss them one at a time, observing the six feet requirement. Please do not crowd when picking up your child.
- o All coaches, staff and volunteers will go through the same protocols as the players prior to each practice.



Arrival Information

Upon arrival, everyone must a mask or shield
Please wait with your child by a cone until instructed.

Participant Check In:

- We will take participants temperature every practice
- We will ask a series of COVID-19 questions everyday
- All participants will sanitize their hands

After Participant Check In:

- Participants will enter the court by themselves
- Make sure participants have their racquet and water

While You Watch

Please make sure to maintain a distance of at least six feet from others who are not members of the same household.

Pick Up

We will release each child one by one. Please wait until we call your child's name and keep at least six feet from others.



Plan of Action Guidelines

Registration Information:

- Registration for the activity will be online only and will only allow 10 participants (not including coaches) per activity.
- Although multiple activities may be performed each day within an 24 hour period, each activity will be no more than one hour with the 10 participant limit. Multiple activities within a certain time frame will be defined as a session.

Staff Training:

- Training and communication with each employee will take place at least one (1) week prior to working a session.
- Training with employees will be in person with the Director.
- We will be training all employees on the following:
 - Prevention, transmission and care of COVID 19 illness, cleaning and disinfecting, Hand Hygiene, Respiratory Etiquette, proper use, removal and washing of cloth face coverings, and physical distancing.
 - Training and communication materials will be provided in writing to each employee.
 - LGM Board Members along with the Director will check for compliance with safety measures.
 - Any safety measures that are not being performed properly will be documented and require the employee to be retrained.

Public Health Orders

- LGM will follow all Sacramento County Public Health Orders and will check <https://www.saccounty.net/COVID-19/Pages/default.aspx> daily for any updates.
- Any participant or employee that reports positive for COVID-19 will immediately report to the Director.
- All participants and coaches will be notified within 24 hours and the activity will cease. If repeated closures continue, then the session will be canceled.
- A copy of this plan will be provided to all members involved with LGM including but not limited to staff, volunteers, parents and guardians, and youth participants.

- In addition, a copy of this plan will be posted at each facility entrance. Any external community organization that utilizes the same facility as LGM will be provided a copy of this plan and encouraged to follow the plan.
- All parents, guardians, and youth participants will be required to sign a form to commit and abide by this plan in addition to the requirements before participating in any LGM activities.
- LGM will survey, acknowledge, and support decisions made by youth, parents and guardians, coaches, employees, and board members who are uncomfortable participating in LGM activities for any reason.

COVID-19 Symptoms and Fact Information

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a mask that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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