

# COVID-19 SAFETY GUIDELINES

## PARKOUR VISIONS

*FAQ & Guidelines for Youth Classes & Camps*

Updated March 7, 2022. Updates are highlighted in yellow.

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# General

While we will take as many precautionary measures as possible to ensure everyone's safety, there is some inherent risk in participating in a small group outdoor activity.

## What to Bring

The following are required to bring for participation in our youth programs:

- 2–3 well-fitting face masks. N95/KN95/KF94 masks are strongly encouraged (see resources listed below under “Masks are Required”)
- Small personal bottle of hand sanitizer
- Water bottle
- Mid-day snack (for 3+ hour camps)
- Weather appropriate clothing (we have class rain or shine)
- Sunscreen as needed (please apply before class/camp)

## Summary of Risk Reduction Measures

**We meet exclusively outdoors** to reduce risk. Outdoors has the best ventilation and offers the best protection against COVID. Additionally:

- Coaches are required to wear an N95, KN95, or KF94 mask.
- Classes are limited to 9 students per coach. Larger classes will have 2 or more coaches.
- Masks are required at all times. If a student or coach needs a mask break, they must move 10 feet away from others.
- Parkour is a low-moderate cardiovascular activity with minimal contact.
- Coaches assess their health each day and may not come to class if they are exhibiting any symptoms or were exposed to Covid.
- Parents agree to assess the health of their students before class each day. Students are not allowed to come to class if they are exhibiting any symptoms or were recently exposed to Covid.

## Masks are Required

Coaches are required to wear an N95, KN95, or KF94 mask. KN95 or KF94 masks are strongly encouraged for youth, as cloth masks have become ineffective against Covid.

Please replace your child's mask at least weekly, or if it is dirty or no longer seals correctly.

Watch [Kids Mask For 12 & Under - A Primer for Parents in Under 20 Minutes](#) on YouTube (by Aaron Collins). He also has a [spreadsheet](#) summarizing his data on the best masks for kids.

## Daily Health Screening

Parents are expected to assess their student's health before class or camp each day and stay home if sick or exposed to Covid-19.

Students, parents, and PKV staff will not be allowed to attend class or camp if they:

- Exhibit [symptoms of Covid](#) (especially sore throat, fever, chills, cough, shortness of breath, runny nose, congestion, loss of taste or smell, or nausea)
- Have been exposed to someone who has had Covid or suspected to have had Covid within the last 10 days (exception for healthcare and emergency workers who have worn proper protective equipment)
- Refuse to wear a mask

Students or students of parents with high risk for serious health problems should consult their healthcare physician before students participate in this camp.

## Physical Distancing & Minimizing Contact

We have adjusted our curriculum to minimize activities that include physical contact with each other. Students will be encouraged to stay around 3–6 feet apart but may come within that distance for short periods. Some games may include tag or touching feet together. To reduce risk, parents can have students use their personal hand sanitizer before and after class.

If a student wishes to take a mask break, they will be asked to step 10+ feet away from the group.

## Daily To-Do For Parents

To provide a fun and safe environment for all participants, we also need your help and cooperation!

- **Every morning, please take your child's temperature at home**—if your child has a fever, they will not be permitted to attend camp/class.
- **Replace your child's mask if needed** (if the mask is over a week old, dirty, or no longer seals correctly).
- **Refill your child's personal hand sanitizer**, if using.
- **Provide your child with a mid-day snack (for 3hr+ camps) and a water bottle.**
- **Bring weather-appropriate clothing.** Kids can bring their own sunscreen but cannot share it with others.

**Additionally, during sign in & sign out:**

- Practice social distancing at least 6 feet away from other families.

- Wear a mask (N95, KN95, or KF94 strongly recommended).
- Sign in and out your child with the coach.

## FAQ

### Why don't you take temperatures and ask health screening questions of all students before class?

Parents are expected to assess their student's health before class each week and stay home if sick or exposed to Covid. We rely on our community to do their best to take care of themselves and protect each other.

### Will PKV coaches have hand sanitizer and disinfectant with them?

We do not sanitize obstacles, as we touch many surfaces, and it is difficult to keep track of everything children have touched. To reduce risk, children can sanitize their hands before eating snacks, and parents can have students use their personal hand sanitizer before and after class.

### When can my child attend class again after having a cold, flu, or Covid symptoms?

Please keep your child home if they have any symptoms of Covid, even if you suspect it is only a cold.

- If your child has been **exposed to Covid or tests positive**, please follow CDC guidelines for [quarantine](#) and [isolation](#).
- If your child has a **negative Covid test and no known exposure to Covid**, generally they are safe to return to class if they've had 24 hours with no fever and all other symptoms are improving.
- If your child's situation falls outside of the two listed above, please refer to the flow chart on page 3 of this [document from the Washington State Department of Health](#).

### Further questions?

Email [niko@parkourvisions.org](mailto:niko@parkourvisions.org).