

## **Below are the Covid Program Guidelines for Reach Recreation Programs:**

### **Program Guidelines**

While meeting, MN Department of Health and Center for Disease Control guidelines do need to be followed. Please read the guidelines below for details of attending an in-person program. It is crucial we continue to take steps to slow the spread of COVID-19 and to collectively protect our community. COVID-19 is a highly contagious disease that can be fatal, especially for those with underlying health conditions. *We do not recommend that you attend if you are in the high-risk category for contracting COVID-19. All participation is at your own risk.*

### **Registration:**

- Participants must pre-register for a class
- No drop-ins will be allowed

### **Before you attend:**

- Take the at [Home Screening Tool](#)
- Be sure to follow the [quarantine and isolation recommendations](#) by the CDC if you've had a potential exposure
- If you have any symptoms consistent with COVID-19, please stay home, stay away from other people, and contact your health care provider
- If you do not have any symptoms, determine if it is in your best interest or the best interest of those you live with to attend
- Bring a mask!

### **When you arrive:**

- Do not arrive more than 10 minutes prior to your class time
- Wear a mask covering nose & mouth
- Use hand sanitizer (supplied on site)
- Check in at class with instructors

### **During class:**

- Wear a mask covering nose & mouth
- Practice social distancing of 6 feet between other family groups
- Do not touch your face
- Cover coughs and sneezes into your elbow, not into your hand or out in the open
- Hand sanitize as needed
- Please depart the area at the conclusion of class

### **Face Masks:**

- If you or a family member is not able to wear a mask and requires an accommodation specific to a disability- related need or medical condition, contact Emily at [eorr@reachforresources.org](mailto:eorr@reachforresources.org).

### **After class:**

- If you experience any symptoms of COVID-19 contact your health care provider
- If you go in for a COVID-19 test, please do not attend any classes until after you have a negative test result
- If you do receive a positive COVID-19 test, please call or [email Emily](#) at Reach so we can assist with contact tracing. 952-393-5880