**Girls on the Run St. Louis**
**COVID-19 Health & Safety Plan**
**Spring 2021 Season**

Girls on the Run St. Louis has outlined the following health and safety plan for Spring 2021 season programs and is informed by the CDC, St. Louis County Health Department, the MO Department of Health & Senior Services, and the IL Department of Public Health. Girls on the Run St. Louis is prepared to deliver its evidence-based, life skills curriculum to girls of all abilities during the 2020-2021 school year, using a program that can respond to the changing and unpredictable community landscape, as well as follow the guidelines put forth by federal and state public health entities.

Girls on the Run St. Louis understands that circumstances regarding COVID-19 are constantly evolving, and as new information becomes available, these recommendations will be adjusted, as appropriate, and communicated accordingly in order to decrease the risk of exposure for Girls on the Run St. Louis coaches, girls and staff.

**Contact Information**

Any questions regarding this Health and Safety Plan should be directed to the following Girls on the Run St. Louis staff members:

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Executive Director
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**At Girls on the Run St. Louis, we are:**

- Implementing new COVID-19 health and safety policies and best practices for coaches including a Contagious Disease Policy, healthy hygiene practices, cleaning and disinfection protocols, personal protective equipment, physical distancing, hydration and pick-up guidelines
- Preparing coaches to create a safe and trauma-informed space through our standard coach training and providing new content regarding how to best support girls through this difficult time
- Reducing in-person team sizes to max of 12 girls to ensure adequate physical distancing
- Relaxing the absentee policy to not apply to girls who are absent due to COVID-19
- Activating program modifications to adjust to the season in response to site/school closures (e.g. 5K options, condensed season)
- Implementing revised program activities aligned with CDC guidance around physical distancing
- Working directly with local school and district administration, as well as community partner leaders, to best align with regulations and precautions at individual program sites.

**Virtual teams:**
Girls on the Run programming is delivered by trained, background-checked Girls on the Run coaches via a secure, virtual platform (i.e. Zoom, Google Meet, etc). This will include physical activity, social-emotional learning, and provide girls with an opportunity to still build meaningful connections with their peers and trusted adults. Virtual lessons have two components: (1) the virtual session (~45-60 min) and subsequent independent activities (~20 min) in which girls use the provided journal to complete additional lesson components.

**In-Person teams:**
At non-school outdoor public areas, programming can be delivered following this Health and Safety Plan. Should site closures take place or inclement weather prevent meeting, Girls on the Run can easily transition to a virtual program, with lessons that mirror the in-person activities and lessons (see above). The Girls on the Run program model will ensure that participants will experience the social, emotional, and physical outcomes as it can seamlessly transition between the two as needed without disruption for the participant.

In-person school-based teams will follow all school and district health and safety guidelines, in addition to the Girls on the Run St. Louis Covid-19 Health and Safety Policies listed below. Please contact Girls on the Run St. Louis staff (contact information on page 1) if there are discrepancies between the policies listed below and the local school policies.

The following **COVID-19 Health and Safety Policies** are being implemented in our Spring 2021 season to mitigate the health risks in accordance with the aforementioned recommendations:

- **Implementing new COVID-19 health and safety guidelines** for coaches and girls including:
    - Healthy Hygiene Practices
    - Cleaning and Disinfection Protocols
    - Personal Protective Equipment
    - Physical Distancing Guidelines
    - Hydration
    - Pick-up Procedures
    - Coach Training

**COVID-19 HEALTH & SAFETY POLICIES**

**Healthy Hygiene Policy**:
All Girls on the Run St. Louis teams will be equipped with hand sanitizer that meets the CDC guidelines of containing 60-95% alcohol. Coaches and participants will frequently wash and/or sanitize hands to minimize spread during practices. Coaches will identify key times before and during practice to allow proper hand washing or sanitizing including, but not limited to, joining the team in the practice area, after using the restroom, after removing PPE if applicable, after touching frequently touched surfaces, materials and after coughing or sneezing, before and after eating snack.

**Cleaning and Disinfection:**
Coaches will clean and sanitize all equipment at the end of each practice. Girls will be given a bag of individual materials to use throughout the season in order to minimize the sharing of materials. If coaches do not have access to appropriate, EPA-approved sanitizing materials (i.e. disinfectant wipes and/or spray), Girls on the Run St. Louis will provide these materials.

**Personal Protective Equipment (PPE)**:
Girls on the Run Coaches will be asked to follow guidelines put forth by the CDC. Coaches and girls will be required to wear cloth face coverings outside when social distancing is difficult to maintain. Coaches and girls will be asked to wear cloth face coverings inside during practices. Coaches and girls will be asked to supply their own masks. If access to appropriate-fitting masks is a barrier to participation, Girls on the Run St. Louis will provide them.

**Physical Distancing**:
Girls on the Run St. Louis considers spacing of under 6 feet (indoors or outdoors) for more than 15 minutes to be close contact. To ensure adequate physical distancing team sizes have been reduced to a maximum of 12 girls. Coaches will follow the *Girls on the Run Curriculum Activity Modification Guide* which includes revised program activities aligned with CDC guidance around physical distancing. During practice, coaches will also manage the distribution of materials, minimize the sharing of materials, provide a “physical marker” to assist the girls in maintaining a 6-foot distance during practice.

**Hydration:**
Girls will be encouraged to bring a full water bottle from home to each practice. The sharing of water bottles will not be allowed by girls or coaches. Individual water bottles will be provided for each participant.

**Pick up Procedures:**
Girls on the Run teams should implement pick up procedures consistent with the Girls on the Run Transportation Policy. As applicable, Parents/Guardians will be asked to remain in their cars at time of pick up. A GOTR coach will approach a parent/guardians vehicle while using a face covering and ask for the name of their girl and compare with the Authorized Pick-up list.

**Coach Training:**
Girls on the Run St. Louis is committed to equipping coaches with the skills and knowledge they need to lead girls through a transformative season. This fall, Girls on the Run St. Louis has prepared coaches to create a safe and trauma-informed space through the standard coach training. Additionally, training content will also include the following topics: Covid-19 impacts on girls, virtual lesson facilitation best practices, and equity and inclusion.

**COVID Impact Training:**
Coaches will explore the different ways the COVID-19 crisis has impacted girls and families, and learn specific strategies to continue to foster a safe, supportive environment for all girls. Coaches will review best practices for supporting girls in adjusting to new routines and social norms, answering COVID-19 related questions, and supporting girls dealing with ongoing stress and trauma related to the crisis.

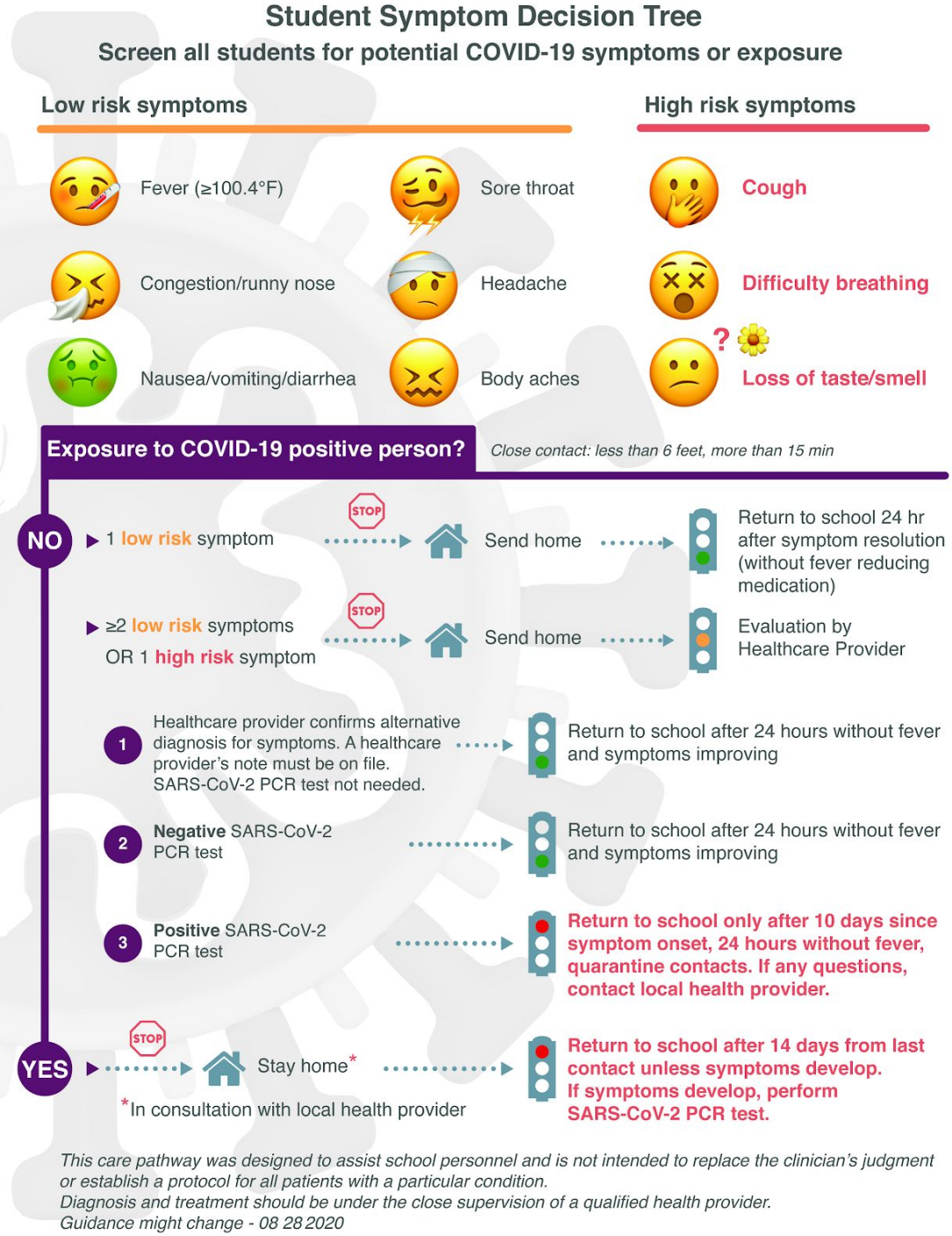
**Coaching Virtually Training:**
Coaches will learn how to successfully transition to virtual team practices, should they need to, as well as incorporate virtual coaching best practices to continue to offer girls a fun and safe experience.

**GUIDANCE FOR REPORTING, SCREENING, PERSONS SHOWING COVID-19 OR POSITIVE CASES**

**Reporting:**
Any participant or program volunteer who knows or has reason to believe they are infected with a contagious disease must report the situation as soon as possible to Girls on the Run St. Louis Council staff (see page 1 for contact information).

**Screening Girls and Coaches for Symptoms:**
Coaches and Parents/Guardians of GOTR girls are asked to perform a visual inspection every day that Girls on the Run practice is being held. In accordance with the School-based Algorithm developed by Washington University Pediatric and Adolescent Ambulatory Research

Consortium (WU-PAARC), Girls on the Run St. Louis will follow their updated student symptom decision tree regarding illness screening and exposure.




**Plan for "If" a Coach or Girl may be Sick:**

- If a coach or girl is sick with COVID-19 or think they are infected with the virus, they may not attend practice. If someone thinks they have been exposed to COVID- 19 and develop a fever and symptoms, they should immediately call a health-care provider for

medical advice. That person should not return to practice until they get a negative test result. If they attended practice since the exposure, the team will go virtual until there is a negative test.
- Notify Girls on the Run St. Louis staff immediately (contact information on page 1).
- It will be determined if others who may have been exposed need to be notified, isolated, and /or monitored for symptoms.
- If a Positive case of COVID-19 is diagnosed, Contact Tracing may be implemented with the assistance of local health professionals and the CDC.

**Plan for When a Coach or Girl Becomes Sick at a GOTR Practice:**

- Coaches or girls who develop symptoms of COVID-like illness (cough, shortness of breath, or any 2 of the following symptoms: Fever, chills, muscle pain, sore throat, new loss of taste or smell) will immediately be sent home.
- Every effort will be made to isolate the individual from others, until the girl or coach can be picked up or leave the school. A GOTR coach will stay with the girl while she is waiting to be picked up.
- For girls, a parent/guardian will be contacted immediately and arrangements will be made for her to be picked up.
- Notify Girls on the Run St. Louis staff immediately (contact information on page 1).
- Ill individuals will be asked to contact their physician or appropriate healthcare professional for direction.
- A girl or coach who has COVID-like illness can return to practices if:
    - Initial COVID-19 testing is negative
    - A clinician has evaluated the child and documented an alternative diagnosis
    - COVID-19 testing was not done and all of the following are true: (1) at least 10 days since the onset of symptoms AND (2) fever-free off anti-fever medications for 3 days AND (3) symptoms are improving.

**Plan for a Coach or Girl with confirmed COVID-19 exposure (outside of GOTR):**

- Notify Girls on the Run St. Louis staff immediately (contact information on page 1).
- Determine appropriate next steps in collaboration with Girls on the Run St. Louis staff, based on the guidance of the CDC and Student Symptom Decision Tree (shown above).

**Plan for a Coach or Girl with a confirmed diagnosis of COVID-19:**

- Notify Girls on the Run St. Louis staff immediately (contact information on page 1).
- All parents and coaches on the team will be notified. The team will go virtual during that time.
- In accordance with CDC guidance, the COVID positive individual should remain home until all of the following are true: (1) at least 10 days since the onset of symptoms AND (2) until fever free off anti-fever medications for 3 days AND (3) symptoms are improving.