



## NATIONAL COVID-19 GUIDELINES

**Please note: These COVID-19 Guidelines are subject to change as new information emerges. We will operate in compliance with current local government restrictions and guidelines.**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. **COVID-19 is extremely contagious** and spreads mainly via person-to-person. As a result, federal, state, and local governments and health agencies recommend mask-wearing, social distancing, and minimizing the congregation of large groups of people.

### **Mandatory Guidelines:**

- **Everyone who attends an ACEing Autism program is at risk and is required to sign a COVID-19 Liability Waiver prior to participating.** Please keep in mind that the risk associated with COVID-19 increases for those individuals in the “high-risk health category” as outlined at the end of this document.
- If a participant requires hand-over-hand instructional support, is prone to wandering, running-off, or requires constant supervision of social distancing, the parent/guardian *may* be expected to come on the court to provide that support to their child.
- Every Program Director must follow the ACEing Autism COVID-19 Guidelines as well as the guidelines for the facility at which the program is running. If there is a conflict between the two sets of guidelines about any particular aspect, the facility guidelines should be followed.

### **Notification Guidelines:**

If you or a member of your family/household becomes sick with, and/or tests positive for, COVID-19 within 14 days prior to participating in a clinic or at any time during the session, it is vital that the Program Director be notified *immediately*.

### **Attendance Guidelines:**

- You **must** stay home if any the following have occurred in the 14 days prior to the clinic or anytime during the session:
  - Have tested positive for COVID-19.
  - Have been in contact with someone who has tested positive with COVID-19.
  - Have any symptoms including: fever, cough, sore throat, nausea, vomiting, diarrhea, abdominal pain, rash, bloodshot eyes, chills, muscle pain, headache, loss of taste or smell, and/or shortness of breath.
- Bring a filled water bottle. Water will not always be available on the courts.



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### **Mask Guidelines:**

- *Facility guidelines should always be followed.*
- **Outdoor Protocols:**
  - Program Directors and volunteers are highly encouraged to wear masks at clinics if they are not vaccinated.
  - Parents are highly encouraged to wear masks at clinics if they are not vaccinated.
  - Masks are recommended for participants under the age of 12.
  - Vaccinated participants over the age of 12 are not required to wear masks.
- **Indoor Protocols:**
  - Program Directors and volunteers must wear masks at all times for indoor clinics if they are not vaccinated.
  - Parents are highly encouraged to wear masks at clinics if they are not vaccinated.
  - Masks are recommended for participants under the age of 12.
  - Vaccinated participants over the age of 12 are not required to wear masks.

### **Clinic-Specific Guidelines:** *Facility guidelines should always be followed.*

- **Indoor Protocols:**
  - Maintain distance from others as much as possible.
  - No more than 15 people may occupy a single court at a time
- **Outdoor Protocols:**
  - No more than 20 people may occupy a single court at a time

### **Program Director Guidelines:**

A COVID-19 safety plan must be in place, including risk controls for any staff that is on site.

- Taking attendance of participants and volunteers is mandatory at every clinic.
- Be aware of the entire court and explain/enforce guidelines at each clinic.



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### **Contact Tracing Protocol:**

If a person attending the program tests positive for COVID-19, the following steps must be followed:

- 1) Inform the National Office that someone in your program has tested positive for COVID-19.
- 2) Program Directors will need to communicate with all participant families, volunteers, and facility personnel present at the clinic of the positive result. Within these communications:
  - a) do not disclose the name of the infected person—only disclose that an individual tested positive for COVID-19,
  - b) remind all individuals that guidelines and social distancing were in place,
  - c) express that the session will continue as planned after a 1-2 week break, but that if any family/individual is not comfortable with continuing to participate in the session, they will be refunded for the remainder of the clinics.
- 3) The National Office will contact the individual who tested positive and/or parent(s)/guardian(s) to check on their welfare and remind them that they cannot attend another clinic until 14 days after they have a negative test result.

### **High-Risk Health Category**

#### **Who is most at risk of severe illness from COVID-19?**

The key determinant of COVID-19 becoming a severe illness is the existence of underlying medical conditions, especially if these conditions are not well controlled.

#### **Medical Conditions**

Relevant conditions include, but are not limited to:

- serious respiratory diseases such as chronic lung disease or moderate to severe asthma;
- serious heart conditions;
- immunocompromised conditions or those that can cause a person to become immunocompromised, including, but not limited to cancer treatment, smoking related illnesses, bone marrow or organ transplantation, hematologic neoplasms, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications (such as disease-modifying anti-rheumatic drugs);
- severe obesity (body mass index [BMI] of 40 or higher);
- diabetes;
- chronic kidney disease and people undergoing dialysis;
- liver disease.



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### **Those over 60**

Those over 60, in particular those who have underlying health issues, including respiratory issues that make them more vulnerable to COVID-19.

### **Residents of aged care facilities**

Aged care facilities are susceptible to the rapid transmission of viruses like this. Residents are more susceptible to illnesses due to their age and they are also more likely to have underlying health conditions.

### **Pregnant women**

Pregnant women should take extra precautions and keep themselves well at a time when the growing baby means higher oxygen demands on the mother.