



COVID-related Information for Parents- Summer 2021

Attention parents and guardians,

As you are aware, the novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. The Norway Bay Municipal Association (NBMA) has put in place a variety of preventative measures (including hand hygiene measures, masks, social distancing, smaller group sizes, sanitizing schedules, and child training sessions on COVID-related measures). The health and safety of our staff and participants is our number one priority and we have designed our activities and social events to comply with current Quebec government regulations. We have also developed individual protocols for each activity which are available on our website. <https://nbma.wildapricot.org/>

Below you will find important information regarding our COVID protocols:

1. A COVID waiver needs to be signed for each participating child:

The NBMA has put in place a variety of preventative measures to reduce the spread of COVID-19 in its programs and social events; however, the NBMA cannot guarantee that you or your child(ren) will not become infected with COVID-19. Before your child can participate in an NBMA program or social event, you must read and sign the NBMA COVID waiver. This form is available on our website and paper versions will be available on each Monday at the pier, beach and park. This form only needs to be signed once during the entire NBMA programming.

2. Every day of programming, your child needs to confirm that they have completed the COVID screening questionnaire

- Every morning, please help your child complete the Quebec government COVID 19 Self Assessment Tool <https://covid19.quebec.ca/surveys/cdd2/introduction>. A paper version is available in Appendix 1 that can be placed on your fridge. This screening tool will help you identify any COVID related symptoms your child may have. If your child has symptoms, please do not send your child to NBMA activities. These are the symptoms it assesses:



Fever

Children **ages**

5 and under

- **Rectal** temperature of 38.5 °C (101.3 °F) and above

Children **ages**

6 and older

- **Oral** temperature of 38.1 °C (100.6 °F) and above



General symptoms

- Sudden loss of smell without nasal congestion, with or without loss of taste
- Great fatigue
- Significant loss of appetite
- Generalized muscle pain (not related to physical exertion)



Respiratory symptoms

- Cough (new or worse)
- Shortness of breath, difficulty in breathing
- Sore throat
- Runny or stuffy nose ⚠️



Gastrointestinal symptoms

- Nausea
- Vomiting
- Diarrhea
- Stomach aches

Please keep your child at home if they are sick. Also, if anyone in your household is waiting for COVID test results, please keep your child at home until a negative test is received. For your information, Quebec public health authorities can be reached at 1-877-644-4545 (toll free).

3. NBMA COVID-related protocols

Every Monday, children will be briefed on COVID-related procedures. Please share the following procedures with your children before they start the program:

- Children will be required to wear masks when a 2m distance cannot be maintained. No masks will be worn when swimming.
- Arrival procedures: Children will be required to sanitize their hands when they arrive at a program, they will have to have their attendance taken and they will be asked if they have completed their COVID screening questionnaire and have answered no to each question.
- If the child has to leave mid-way through a lesson, they must advise the supervisor.

4. Specific instructions for parents

To reduce the number of people on pier, in the park and on the beach, we are discouraging parents from watching activities. If you choose to stay and watch, we ask that you please maintain a 2m distance from anyone else or wear a mask.

5. What to bring to all activities

In addition to items specially required to participate in an activity (such as a tennis racket for tennis, life jacket for kayaking, and a towel for swimming) children should always bring the following:

- A face mask in a Zyplock bag
- A water bottle (children will not be able to share bottles with children outside their family)

6. Specific instructions for various activities

Swimming

- **Beach lessons:** For beach lessons, parents or guardians are required to be in the water with their child as volunteers are unable to do this due to COVID regulations.
- **Swim Kids 1-5:** Children attending Swim Kids levels 1-5 must bring their own noodle or lifejacket (PFD) to class. The NBMA may loan a noodle to a participant for their exclusive use for the week, if they do not have one.
- Children attending a class or activity must find a place on the beach or pier to keep their bag or equipment at a 6 ft distance from other participants' belongings.
- Parents of children in lessons at the pier may watch the lessons from the pier but must maintain social distance from others on the pier. Wearing a mask is mandatory if they cannot maintain a 2m distance from other persons.

Kayaking

- Each child should bring their own Personal Flotation Device to class

Arts and Crafts

- Contact tracing information will be recorded upon arrival.
- Parents are invited to sit with younger children if they are too young to participate in the craft without assistance using scissors etc.
- Parents of older children will be encouraged to return to their dwelling in order to discourage loitering and "gathering" of large groups and to maintain social distancing protocols in the park.

Musical theatre

- Parents of children will be encouraged to return to their dwelling in order to discourage loitering and "gathering" of large groups and to maintain social distancing protocols in the park.

Toddler's Night:

- Contact tracing information will be recorded upon arrival.
- Parents of children will be encouraged to remain in the park to help supervise their toddlers.
- Parents will be reminded to keep 2m distance of each other or wear masks while watching their child participate.

Movie Night:

- Contact tracing information will be recorded upon arrival.
- Parents are invited to sit with younger children if they are too young to be dropped off for the duration of the movie.
- Parents of older children will be encouraged to return to their dwelling in order to discourage loitering and “gathering” of large groups and to maintain social distancing protocols in the park.
- No food or drinks will be sold this year.

Tennis

- We ask that all participants bring their own tennis racket. Tennis balls will be provided.
- Tennis will also include some badminton this year and rackets will be provided for this sport.

Field Sports

- The NBMA will provide all necessary equipment.
- Field sports will include more small group games this year rather than large group games.

Basketball

- The NBMA will provide all necessary equipment

If you have any questions regarding the COVID-related procedures, please ask the Program Supervisor, or Program Director. We thank you in advance for your diligence in helping to maintain a healthy community!

The NBMA Program Directors

COVID SCREENING FOR PARTICIPANTS

<https://covid19.quebec.ca/surveys/cdd2/introduction>

Part A. Does your child have difficulty breathing, for example are they experiencing shortness of breath or a feeling of suffocation? OR Do they have severe breathing difficulties even at rest such as shortness of breath that prevents them from speaking?

IF YES, seek medical attention immediately (i.e. call 911) Do NOT attend activity.

Part B. Does your child have ANY of the following symptoms?

- Fever (oral temperature 38.1° C (100.6 ° F) and above)
 - Sudden loss of smell without nasal congestion, with or without loss of taste
 - Recent cough or worsening chronic cough
 - Shortness of breath
 - Difficulty in breathing
 - Sore throat
 - Runny nose or stuffy nose (of unknown cause)
- IF YES to any of the above, do NOT attend activity.**

Part C. Does your child have TWO of the following symptoms?

- Stomach aches
 - Nausea (heartache) or vomiting
 - Diarrhea
 - Great fatigue
 - Significant loss of appetite
 - Generalized muscle pain (not related to physical exertion)
 - Headache
- IF YES to two of the above, do NOT attend activity.**