

## **2020 Minneapolis Fall Outdoor After School Adventure Classes**

*Revised: 09/13/2020...additional updates will be forthcoming*

### **COVID-19 Safety Measures**

A. If you show any symptoms below do not attend class:

- 1.) A new fever (100.4°F or higher), or a sense of having a fever.
- 2.) A new cough that you cannot attribute to another health condition.
- 3.) New chills that you cannot attribute to another health condition.
- 4.) New shortness of breath that you cannot attribute to another health condition.
- 5.) A new sore throat that you cannot attribute to another health condition.
- 6.) New muscle aches that you cannot attribute to another health condition, or that may have been caused by a specific activity (such as physical exercise).
- 7.) A new headache that you cannot attribute to another health condition.
- 8.) New loss of smell or taste that you cannot attribute to another health condition.
- 9.) Every student and staff will have their temperature taken at the start of each day.
- 10.) Face masks are optional for both students and staff while outside; students and staff will be required to wear a face mask while inside a building.

B. Practice social distancing (6ft from nearest person):

- 1.) Maintain 6 feet while biking.
- 2.) Maintain 6 feet while kayaking.
- 3.) Maintain 6 feet while engaged in activities.
- 4.) Maintain 6 feet while fishing. Each student will have their own fishing rod and bait can to keep with them throughout the day/week.
- 5.) Maintain 6 feet while stationary.
- 6.) If students do not follow social distancing policies, parents will be notified and the student will be sent home.

C. Wash hands thoroughly with hand sanitizer frequently:

- 1.) Upon arrival and departure to and from class.
- 2.) Before fishing and after fishing.
- 3.) Before kayaking and after kayaking.
- 4.) Before and after using equipment and supplies.
- 5.) Anytime you have contact for any reason with your mouth, nose or eyes.
- 6.) After using the restroom.

D. If you have to sneeze or cough, do so into your elbow and away from others.

E. Student and staff temperatures will be taken before each class session.

### **2020 Minneapolis Fall Outdoor After School Adventure Class Changes**

A. Class activities:

- 1.) Biking - maintain 6 feet and no touching or sharing of others bicycle; look for new bike routes this Fall.
- 2.) Fishing - maintain 6 feet and no touching or sharing of fishing gear; each student will be given a fishing pole and bait container at the beginning of class that they will keep in their backpack.
- 3.) Kayaking - maintain 6 feet at all times. Paddles, kayaks and life jackets will be sanitized after each use.
- 4.) While engaged in activities - maintain 6 feet.

B. What to bring each day (class specific):

- 1.) Bicycle and helmet (Bike Adventures Class Only)
- 2.) Backpack with padded straps...no string backpacks (Fishing Adventures Class 1 and 2 Only)
- 3.) Face mask - students will have the option to wear but, are required to bring (All Classes)
- 4.) Hand sanitizer - parents need to supply, we will have extra for refills if needed (All Classes)
- 5.) Water bottle - Active Solutions will supply bottled water to refill students bottles (All Classes)
- 6.) Extra clothing - be prepared for the weather (All Classes)
- 7.) Fishing rod - Active Solutions will supply (Fishing Adventures Classes 1 and 2 Only)
- 8.) Bait can - Active Solutions will supply (Fishing Adventures Classes 1 and 2 Only)
- 9.) Sunscreen (All Classes)
- 10.) Gym shoes or closed toe sandals...no open toe sandals or flip-flops please (All Classes)

C. If unsafe weather conditions at start, middle or end of class are imminent, parents will be sent an email for your child to be picked-up ASAP (please plan accordingly). Normally we hunker down in park buildings or schools and these facilities are closed at this time. Classes will start back up once safe weather conditions resume.

If you have any questions or concerns, please contact either Pat Caldwell or Pete Hill.

Thank You

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