



Raleigh  
Parks

# Track Out X-Press

## Know Before You Go

We can't wait to see our participants in our Track Out X-Press program! We will be following additional safety precautions to ensure that participants and staff will have a fun, exceptional experience. Please read the following information to learn more about what we're doing to maintain a healthy environment and what you can do before you bring your child to our center.

Please note: these protocols may change based on Centers for Disease Control (CDC) guidelines as well as guidance from federal, state, and local public health agencies.

### What To Bring

- Participants are required to bring labeled re-fillable water bottles.
- Children five (5) years or older are required to bring and wear a face covering indoors. Face coverings will also be recommended outdoors when participants are less than 6 feet apart.
- No food may be brought into the program to share with other participants. Programmed food experiences and program managed events, such as pizza parties, are exceptions.
- Participants can bring labeled items into camp which may include the following: books or other individual items that can be used during designated program times for quiet time. Toys and electronic devices are prohibited and should not be brought into the program. Time will not be provided to participants for electronic device usage during program hours. This program is designed to welcome participants that are not currently participating in remote learning.
- All items are for individual use and should not be shared with other participants.

### Drop Off

- Track Out X-Press hours are 7 a.m.-6:30 p.m.
- Drop off and pick up will occur inside of the facility. Parents/Guardians will sign participants in and out on the attendance sheets.
- Participants will be required to complete a temperature check prior to entry to camp. Participants will not be allowed to attend program if temperature is 98.4° or above using a forehead scan thermometer.
- In addition, participants should not be dropped off if they are:
  1. Diagnosed with COVID-19 within the past 10 days
  2. Exposed to COVID-19 within the past 14 days and not fully vaccinated
  3. Instructed to quarantine
  4. Experiencing any of the following symptoms:
  5. Sick or experiencing symptoms of illness
  6. 100.4° fever or higher using an oral thermometer or 98.4° fever or higher using forehead scan thermometer.
  7. Sore throat
  8. New cough
  9. New shortness of breath or difficulty breathing
  10. New loss of taste or smell
  11. Diarrhea or vomiting
- The Track Out X-Press location may hold other activities in the building during program hours.



### Program Activities

Activities will include arts and crafts, active and quiet games, outdoor activities, physical activity, movies, cards and board games, and other activities based on site amenities.

While we are making modifications for the safety of staff and participants - they will still be FUN!

- Participants will be assigned to a group, called a "household", upon arrival.
- Each household will be limited to 24-28 participants or less, and will be assigned to a home base.
- Activities have been modified so that any shared equipment will be used only by one household or sanitized between household use.
- Group contact will be limited to no more than two households.
- Locations with gymnasiums will be shared spaces allowing for active indoor recreation opportunities during the day. Households may alternate use of homebase and gym spaces.
- Outside time will be scheduled as frequently as possible, weather permitting.
- This includes using picnic shelters or outside spaces for meal times and activities.
- Participants may be provided an opportunity to access playgrounds. This is subject to change based upon state and local guidelines.
- Group bathroom breaks and individual breaks will be provided.

### Example daily schedule for the Track Out X-Press program

Schedules can be altered by site and as needed for program and weather conditions. The schedule may vary for middle school programs.

<b>Time</b>	<b>Activity</b>
8-9 a.m.	Arrival and choice play in home base, outside, and/or gym per schedule
9-10:30 a.m.	Active activity in home base, gym or outside space
10:30-11 a.m.	Morning snack and bathroom break
11-11:45 a.m.	Active activity in gym or outside space
11:45 a.m.-12:45 p.m.	Lunch Board games in home base with bathroom breaks
12:45-1:45 p.m.	Organized activity in gym or outside
1:45-2:30 p.m.	Organized art activity in home base
2:30-3 p.m.	Group bathroom break and afternoon snack
3-3:45 p.m.	Brain booster game or equivalent
3:45-4:30 p.m.	Organized activity in gym or outside
4:30-5 p.m.	Group bathroom break and return to home base for checkout



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### **Additional Safety Measures**

- Increased cleaning of group space, common areas, restrooms, high-touch areas like door handles and shared group equipment.
- Reminders to avoid touching others, including but not limited to handshakes, fist bumps, hugs, etc.
- Reminders to cover your mouth and nose when coughing or sneezing.
- Reminders to wash hands with soap and water upon arrival and frequently while in our program. This will include after sneezing, coughing, blowing nose, or contact with any other bodily fluid, after being outside, before and after meals, and after toileting.
- Each facility has identified space at the site that will serve as an isolation room. The purpose of this room is to remove any symptomatic staff or participant immediately from the rest of the staff and participants at the facility until they are able to leave the building. If a participant becomes symptomatic they will be removed to the isolation room and monitored by a staff member until the parent/guardian can arrive at the site.
- Staff will be required to complete and clear wellness screenings prior to entry into program space.
- When feasible, staff members will wear cloth face coverings when in the camp facility and when unable to maintain at least six feet distance outdoors.

Raleigh Parks will make every effort to operate Track Out X-Press during the 2021-2022 school calendar. There are circumstances that could force changes in location, closure of a site, closure of multiple sites or closure of the entire program including but not limited to direct COVID-19 exposure to participants and/or staff at a site, a spike in community spread or transmission in the Raleigh area, or staff shortages. Should circumstances force a closure, Raleigh Parks will communicate this information as quickly as possible.