



COVID-19 GUIDELINES

Thank you for your interest in participating at the Central California Adaptive Sports Center. The health and well-being of you, our instructors, and our community are of utmost concern as we proceed into the winter season.

CCASC Covid-19 mitigation measures include planning and communication, screening, masking, sanitizing, and maintaining social distancing. These measures apply to all persons intending to interact with employees of CCASC. Working together, we believe that we can mitigate the spread of Covid-19, while providing a safe and rewarding experience for our participants.

Current Advisories

- If you are sick, including but not limited to fever and/or cough, stay home and contact your doctor for care.
- If you have tested positive or believe you have been exposed to someone with COVID-19, follow your doctor's guidance on the proper duration for a quarantine. When in doubt, follow the Center for Disease Control's guidelines posted [here](#).
- If you are in a high health risk category, such as having a weakened immune system, stay home. [Please follow this link to find out if you are at high-risk for serious illness due to COVID-19.](#)
- If any of the above apply to you, please **do not** come to the Central California Adaptive Sports Center. We will be here for you when circumstances change and/or you are well.

Policies and Procedures

The following policies and procedures have been adopted by CCASC in consideration of the Covid-19 pandemic. All plans for programming will be subject to change based on applicable directives, including those issued by the California State Public Health Officer & County of Fresno Public Health Officer. CCASC has incorporated these policies and procedures into our programs and will continue to update them as new information becomes available.

Pre-Trip Checklist

- Submit your online registration packet at least one week prior to your desired dates to participate: [Please follow this link to fill out our registration form.](#)
- Receive your registration and reservation confirmation from CCASC.
- If coming with friends and/or family, ensure that they have made their reservations for lessons, rental equipment, and lift tickets in advance.
- Before coming to China Peak please carefully read the advisories section above and affirm that you are symptom free of COVID-19: [please follow this link.](#)
- Participants must have their personal items with them when they arrive. Double check at this link: [Participant Personal Items Checklist](#)

While at the Adaptive Sports Center

- CCASC employees will be screened for Covid-19 at the beginning of every shift as per Fresno County Department of Public Health.
- Participants will be screened at the beginning of each program.
- Please limit drop-off and pick-up assistants to one individual. Pick-up/drop-off locations will be designated to be outdoors whenever possible. Parent/guardian is required to wear a face covering and social distance during pick-up and drop-off procedures.
- Program start times may be staggered so that only one participant and a household member will be present in the fit-up area of the Adaptive Center at one time. Participants are asked to show up at their start time. If they show up early, they may wait in their vehicle until we contact them or wait in the Center's conference room. Please do not congregate in waiting areas.
- On nice weather days, instructors and their assistant(s) will prepare the participants for their programs inside a large ventilated tent located adjacent to the Adaptive Center.
- In order to abide by our social distancing policy, a “hands-off” approach to our instruction will be implemented.
- All CCASC programs are limited to the instructor, instructor assistant, participant, and a household member (for purposes of transferring and other close contact situations).
- All present will maintain at least six feet of separation whenever possible. Participants should only require minimal physical assistance during CCASC activities. If a participant requires additional assistance, a member of their household may be present at necessary phases of the lesson to assist the participant.
- Participants must be independent in their basic activities of daily living (ADLs) or should be accompanied by someone who can assist them. [Basic activities of daily living \(ADLs\) are defined here.](#)
- In unusual circumstances where social distancing cannot be maintained at six feet, or when indoors, all persons are required to wear a face covering (to be provided by each person). Neck gaiters are not considered appropriate face coverings by CCASC or the CDC. Because we cannot necessarily anticipate when such circumstances will arise, all participants must bring a face covering with them and have it available at all times.
- Maintain strict hygiene – wash hands frequently (soap, water, and hand sanitizer will be provided).
- Cover any sneeze or cough with tissue or elbow space.
- Do not share activity equipment (including outriggers, sit-skis, skis, ski poles, ski boots, helmets), clothing or food and water containers. Staff will frequently clean surfaces that have a potential for being shared.
- Participate below your skill level to reduce the risk of injury and/or need for rescue.
- Participants should plan on leaving the Adaptive Center immediately after their lesson has ended so that we can sanitize and prepare for the next day.
- Respect the communities in which we program – do not act in a manner that might stress local healthcare resources.
- CCASC’s leadership team will do everything we can to support fun, safe participation for all persons involved in our activities.