



CCASC COVID-19 POLICY

Please carefully review the following:

- If you are sick, including but not limited to fever and/or cough, stay home and contact your doctor for care.
- If you are in a high health risk category, such as having a weakened immune system, stay home.
- If you have been or believe you have been exposed to someone with COVID-19, follow your doctor's guidance on the proper duration, if any, for a quarantine.
- 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.

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. CCASC has incorporated these policies and procedures into our programs and will continue to update them as new information becomes available.

- We recommend that participants arrive fully vaccinated. According to the CDC, people are considered fully vaccinated for COVID-19 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or 2 weeks after they have received a single-dose vaccine (Johnson and Johnson).
- All individuals who are unvaccinated are required to wear a face covering while indoors (e.g., inside our office in Shaver Lake).
- It is also recommended that individuals who are unvaccinated wear a face covering outdoors whenever social distancing cannot be maintained.
- For all participants (vaccinated and unvaccinated):
 - Participants must have their personal items with them when they arrive. See "Participant Personal Items Checklist" on our web page under "[2021 Summer Programs](#)."
 - Participants should only require minimal physical assistance during CCASC activities. Exceptions apply for persons requiring additional assistance by allowing household members to assist one another. Participants must be independent in their basic activities of daily living (ADLs) or will be accompanied by someone who can assist. [Basic activities of daily living \(ADLs\) are defined here.](#)
 - Maintain strict hygiene – wash hands frequently (soap, water, and hand sanitizer will be provided).
 - Cover any sneeze or cough with tissue or elbow space.
- Staff will frequently clean surfaces that have a potential for being shared.
- CCASC's leadership team will do everything we can to support fun, safe participation for all persons involved in our activities.