



Therapeutic Recreation Services Line Dancing COVID return to play guidelines

- **PURPOSE** – The purpose of these guidelines is to create a comprehensive return to recreation plan for Spokane Parks and Recreation Department (SPRD) Therapeutic Recreation Services Indoor Line Dance Programs. Guidelines that are compliant with federal, state, and local regulations.
 - Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way to completely eliminate the risk of infection and as such SPRD requires all participants to follow these recommendations as safety precautions.

ALL participants will be REQUIRED to sign complete a health screening form and a Waiver/Release including COVID-19 PRIOR to ANY participation in SPRD Sanctioned Events.

- The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.
- **RETURN TO PLAY GUIDELINES FOR SPRD TRS PROGRAMS** – Follow all guidelines when participating in any activities.
- **Before Activities:** Be symptom free for at least 14 days prior to any activity. If you or anyone in your household experienced any of the following symptoms, we kindly ask you to please NOT attend league. Symptoms may appear 2-10 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:

Cough ~ Shortness of breath or difficulty breathing
Or at least two of these symptoms:
Fever ~ Chills ~ Repeated shaking with chills ~ Muscle pain ~ Headache
Sore throat ~ New loss of taste or smell

Stay home if you are sick or do not feel well. ~ **Be aware of and disclose any potential close contacts with COVID-19 positive individuals.** ~ Wash and sanitize your hands often. ~ **Do not touch your face, eyes or mouth with unclean hands.** ~ Practice social distancing regularly. ~ **Wear a face mask to reduce exposure to airborne particles.** ~ Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.

Convention Center TRS Line Dancing Procedures:

- Upon entry to the Convention Center there will be a temperature screening kiosk.
- Everyone will need to wear a mask entering or leaving the facility (may be taken off during physical activity).
- Everyone will need to bring their own water bottle.
- We ask that you remain 6' apart from others at all times.
- We ask that you do not enter the facility until 10 minutes before your scheduled play time. Early attendees will be asked to wait in the parking lot.
- Please exit within 10 minutes of your program end time.
- Staff and volunteers will have marked spots on the floor for the dancer's home position to ensure to maintain physical distance.
- Masks worn at start of class and if cannot distance.