



## **Thorne Nature Experience**

### **COVID-19 Health Policies and Procedures**

*(Last updated: 9/2/2021. This document will be reviewed and updated at least monthly throughout the COVID-19 pandemic to ensure compliance with all Boulder County Public Health and Colorado State Child Care Licensing guidelines.)*

#### **CONTACT INFORMATION**

If you have any questions or concerns related to Thorne's COVID-19 Health Policies and Procedures or need to report possible symptoms or exposure to COVID-19 before, during, or immediately following a Thorne program, please contact the Program Director for your Thorne program.

#### **School Year**

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#### **Thorne Nature Preschool**

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#### **Summer Camp**

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## **INTRODUCTION**

**The health and safety of our participants and staff continues to be Thorne's top priority. The following policies and procedures are designed to help prevent the spread of the COVID-19 virus.**

Thorne's COVID-19 Health Policies and Procedures will be the governing health policy throughout the COVID-19 pandemic. Thorne's standard illness policy will be used as indicated in the CDPHE COVID-19 guidance.

Thorne's COVID-19 health policies and procedures were originally developed with guidance from Boulder County Public Health & Environment (BCPHE), CO Department of Public Health & Environment (CDPHE), CO State Emergency Operations Center, Colorado Office of Early Childhood - Department of Human Services (CDHS), the Center for Disease Control (CDC), and the American Camp Association. Thorne will continue to follow CDPHE and local health department guidelines throughout the pandemic to adapt policies and procedures related to COVID-19. Thorne will refer to CDPHE guidelines and will consult with Boulder County Public Health as needed when making decisions related to program policies, closures, exclusion, isolation, quarantine, and general health and wellness. See the [CDPHE Cases and Outbreaks in Child Care and Schools](#) guidance for more information on specific protocols.

***If you have any questions, please contact us at [info@thornenature.org](mailto:info@thornenature.org), (303) 499-3647, or contact the Program Director for your Thorne program.***

## **GENERAL POLICIES AND PROCEDURES**

### **Resources:**

[Boulder County Covid Updates](#)

[How sick is too sick?](#)

[At-home Covid 19 symptoms screening tool](#)

[Return to Learn guidelines](#)

[What happens to the contacts?](#)

### **Pre-Program**

#### **Pre-Program Communication**

- Two weeks prior to the start of a program, parents/caregivers will be emailed Thorne's COVID-19 Health Policies and Procedures, Thorne's standard illness policy, and Thorne's COVID-19 [Pre-Program Screening Questions](#).

## COVID-19 Pre-Program Screening Questions

- During the week before the participant's program, parents/caregivers are required to contact the Director for your Thorne program for further guidance, if they answer yes to any of the following questions:
  - **Does the participant have any of the following symptoms?**
    - New loss of taste or smell (critical symptom)
    - Fever 100.4 F or above
    - Chills
    - New or worsening cough
    - Shortness of breath or difficulty breathing
    - Fatigue
    - Muscle aches or body aches
    - Headache
    - Sore throat
    - Congestion or runny nose
    - Nausea or vomiting
    - Diarrhea
  - **Has the participant been around a household member or close contact with a positive case of COVID-19 in the last two weeks?**
    - **Close Contact | A person who:**
      - Was within 6 feet of someone who has COVID-19 (even if they did not have symptoms) for at least 15 minutes total.
      - Provided care for someone who is sick with COVID-19.
      - Was a household contact of someone who is sick with COVID-19.
        - Had direct physical contact with someone who is sick with COVID-19.
      - Shared eating or drinking utensils with someone who is sick with COVID-19.
      - Got exposed to respiratory droplets from someone who is sick with COVID-19 (through sneezing, coughing, shouting, etc.).
      - Was in the same class/cohort as a person with COVID-19.
    - **Siblings and Household Contacts:**
      - **If a household member has COVID-19:** The siblings and other household contacts of people with COVID-19 will likely be considered close contacts because they often live in the same house as the person who has COVID-19. *They will stay home for a 10-day quarantine.* Public health may recommend children get tested for COVID-19 about 7 days after they were in contact with their sick sibling/household contact.
      - **If a household member was exposed:** The household members of people who are home for *quarantine* because they were exposed to COVID-19 do not need to stay home or be tested unless the sibling/household contact in quarantine develops symptoms or tests positive for COVID-19. Parents should closely monitor all of their children and themselves for symptoms.

## **During Program**

To ensure the safety and well-being of all participants and their families, Thorne encourages all participants and the members of their direct family to follow state and local orders and recommendations related to COVID-19. If a participant or direct family member has for any reason not been in compliance with local orders or recommendations for the two weeks prior to or during a Thorne program, please contact the Director of your Thorne program (contact information is on page 1-2 and in program addendum) so that we can assess risks and minimize the potential for spreading COVID-19 to other Thorne participants and their families.

The following additional resources may be useful in helping your family to develop its own plan to stay as safe as possible from catching or spreading COVID-19:

[Boulder County Public Health COVID-19 Resources](#)

[Colorado COVID-19 Website](#)

## **Each Day Before the Program**

- **Parents/caregivers will be asked to read through the pre-program screening questions and take the participant's temperature each day before the program.**  
Parents/caregivers are required to keep the participant home if they are sick, starting to feel sick, or if they have a fever. If a participant has any Covid 19 symptoms, they must stay home.
  - Please refer to the CDPHE "[At Home COVID-19 Symptom Screening Tool for Parents and Staff](#)" and the "[How Sick is Too Sick](#)" document if you have any question about if your child should be kept home from the program.
- If a participant does not attend a program because of an illness, parents/caregivers must notify the Director of your Thorne program (contact information is on page 1-2 and in program addendum). In the message, please include the participant's first and last name, a detailed list of symptoms, and onset time of illness.
- Parents/caregivers should apply sunscreen to the participant within 30 minutes of drop-off each day to minimize the need for teacher/participant contact.
- Participants should use the restroom at home prior to arrival to the program to limit use of shared restrooms.

## **Arrival At Program**

Daily health check for participants, staff, and volunteers:

- Upon arrival, parents or caregivers must sign-in the Thorne participants via the paper sign-in form
- On this form, there will be a section to answer Yes or No in regard to if the participant has any of stated Covid symptoms, if the participant has been around a household member or close contact with COVID-19 in the last two weeks, and if the participant has completed the at-home screening

- Participants who answer YES to **any** of the health screening questions will be required to go home. Thorne Staff will refer to CDPHE guidelines, communicate with CDPHE for further guidance if necessary, and follow up within 24 hours on next steps. See **COVID-19 Illness Policy** below.

### **During the Program**

- Health Precautions
  - All participants are taught the process to sneeze into the fold of their arms
  - Staff will teach and remind participants to avoid touching their eyes, nose, and mouth.
  - Thorne participants will bring individual lunches and snacks and will not share food.
- Hand washing/sanitizing
  - Hand washing or use of hand sanitizer for all staff and participants will occur as follows:
    - Upon the start of each program,
    - Before and after snack and lunch,
    - Before and after using shared learning materials,
    - After an “unguarded” sneeze or cough within 6 feet of group,
    - After using the restroom,
    - At the end of the program.
  - When sinks are not available, Thorne staff will have spray bottles of clean water, biodegradable soap, and hand sanitizer available throughout the day. Frequent hand washing will be encouraged.
  - All participants will be taught the correct “20-second” protocol for hand washing.
  - Hand washing with soap and water is the preferred method; however, hand sanitizer is a backup to hand washing.
- Restrooms
  - High touch surfaces in restrooms at Thorne facilities will be cleaned and sanitized regularly
  - Programs may use public restrooms.
  - Participants will wash hands thoroughly after using the restroom.

### **After the Program**

If a program participant or family member becomes ill within 48 hours of your Thorne program, please contact the Director of your Thorne program (contact information is on page 1-2 and in program addendum). In the message, please include the participant’s first and last name and a detailed list of symptoms and date of the onset of illness.

## COVID-19 Illness Policy

- If a participant does not attend a program because of an illness, parents/caregivers must immediately notify the Director of your Thorne program (contact information is on page 1-2 and in program addendum). In the message, please include the participant's first and last name, a detailed list of symptoms, and symptom onset time.
- If a participant becomes ill during the program day, Thorne will follow the CDPHE COVID-19 guidance: [Child/Staff Feels/Appears Unwell after Arriving at School](#). If COVID-19 is suspected, the participant will be isolated from other participants until a parent/caregiver or emergency contact can retrieve them. Staff will have extra face coverings to protect themselves and participants in case a participant starts displaying symptoms of COVID-19.
- Depending on the circumstances of the illness, CDPHE and Thorne will determine if a communication and action plan is needed and such plan will be put into action.
- Thorne will exclude participants, staff, and volunteers who have COVID-19 related symptoms or COVID-19 exposure from attendance until they are cleared to return to programming. Thorne will follow the CDPHE [Return to Learn](#) guidance and will communicate the next steps that need to be taken with participant's families, staff, and volunteers.
  - If a COVID-19 test was required for a child, the parent/caregiver must provide a copy of the child's negative COVID-19 test in order to return to the program. If an alternative diagnosis was required, the parent/caregiver must provide a note from a medical provider that shows an alternative diagnosis and clearance for participation.
  - In the event a child or staff member tests positive for any other respiratory pathogen (e.g. influenza, RSV, etc.) this will not be used to "rule out" infection with COVID-19. Patients presenting with respiratory illness are tested for COVID-19 in addition to other respiratory pathogens.
  - COVID-19 Exposure:
    - If a close contact has COVID-19: If an unvaccinated\* participant, staff, or volunteer has a close contact with COVID-19 they will likely be required to stay home for at least a 10-day quarantine. Public Health may recommend that the person gets tested for COVID-19 about 5-7 days after they were in contact with someone with a positive case of COVID-19. If they develop symptoms, they should get tested sooner.  
\*Fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.
  - If families have questions about where to get tested for COVID-19, they should contact their insurance company or refer to [BCPHE's website](#) for more information.
  - If families are concerned about discomfort during the COVID-19 test, the health department recommends looking for a testing center that uses

Anterior Nares Swabs. These swabs are smaller and may be gentler for children.

- In the event that a participant, staff, or volunteer tests positive for COVID-19, Thorne staff will consult with CDPHE for additional guidance on isolation/quarantine procedures and program closures. The Thorne program may need to close for 24 hours for deep cleaning, disinfecting, and that participant's group may also be required to quarantine for 10 days. See CDPHE's [What Happens to the Contacts?](#) guidance for more information on possible responses to a positive case or presumed positive case.
  - The class may also be required to quarantine for up to 10 days if a classroom contact has symptoms of COVID-19 after an exposure, has new loss of taste or smell, or has ongoing symptoms of COVID-19 that last longer than four days.
- Staff will record all illnesses on the illness surveillance form and will communicate with CDPHE if COVID-19 is confirmed.
- Thorne has a backup, substitute system for staff who have COVID-19 related symptoms and cannot work.
- For all illnesses that do not have symptoms associated with COVID-19, families should refer to the CDPHE [How Sick is Too Sick](#) document and Thorne's Standard Illness policy.

## **Face Coverings and Social Distancing**

With regards to face coverings and social distancing, Thorne Nature Experience will continue to follow all protocols put forth by CDPHE and Boulder County, as well as Boulder Valley School District (BVSD). Please see below for the most recent update by the county:

*Boulder County Public Health Order 2021-07 requires all individuals ages 2 and older to wear a mask while indoors at any PK-12 building, childcare facility or center, or indoor youth extracurricular, including sports, camps, etc. Public Health Order 2021-07 is a legal requirement for all individuals age 2 and older in these environments while indoors, and the only exemptions and exceptions are those identified in the orders. Schools, childcares, and other facilities cannot "opt out" of the order. The mask order does not contain a personal belief exemption or a religious exemption.*

*The order does provide an exemption for those who cannot medically tolerate a face covering, often referred as the "medical exemption."*

If you have requested an exemption, contact your program director with all accompanying paperwork and exemptions. [Please see this document](#) from BVSD as an example of reasonable accommodations being granted.

- All children must have a mask with them at their camp/program each day.

- When indoors, all participants and staff will wear face coverings and social distance. Children will not wear face coverings during mealtimes or rest times; during these times, children will be spaced apart.
- When outdoors, masks are optional. Mask use is encouraged outdoors for staff, parents, and caregivers at pick-up and drop-off, with a high recommendation for those adults who are unvaccinated.
- Any parent/caregiver who wants Thorne staff to ensure that their child wear a face covering most or all of the time or not be allowed in close contact with other participants not wearing a face covering should contact the Director of their program (contact information is on page 1-2 and in program addendum), and any agreements made between the Director and parent will be confirmed in writing by the Director to the parent by e-mail.

### **Grouping of Participants**

- Thorne will be segmenting participants into specific groups.
- Groups will limit intermingling with other groups in order to reduce risk of spreading COVID-19, except in the instance where intermingling of groups is needed in order to as best as possible ensure the safety of participants (i.e. during a weather emergency or in response to the injury of a participant).
- Different groups will not use the bathroom at the same time.

### **Indoor Spaces**

Thorne will operate programs outdoors as much as possible, but there are days and/or times of the day when program participants will be indoors. During times of unsafe weather, which could include storms or extreme heat or cold weather, we will operate indoors. We also may go indoors for bathroom use and handwashing. Some Thorne programs use indoor spaces more than others do. See program specific policies and procedures for more information on the use indoor spaces for each individual program.

When indoors, we will follow these procedures:

- Participants will wear face coverings and social distance. Face coverings will be required for children ages 2 and older.



## THORNE'S STANDARD ILLNESS POLICY

If an employee is ill, Thorne asks them to stay home until 24 hours after they are symptom free and fever free. This protects the health of the participants and adults in the program. When an employee shows signs of a severe or communicable illness, they will be asked to go home and a substitute teacher will fill in. In case of a known communicable illness, staff will report to the local health department pursuant to regulations of the State Department of Public Health and Environment and contact all employees and parents/caregivers of participants in care.

If a participant is ill, Thorne asks parents/caregivers to keep them home until 24 hours after participants are symptom free and fever free. This is so that participants can get better and it protects the health of the other participants and adults in the program. When a participant shows signs of a severe or communicable illness, they will be separated from other participants, the parent/caregiver notified, and a doctor or medical facility consulted as needed regarding treatment. In case of a known communicable illness, staff will report to the local health department pursuant to regulations of the State Department of Public Health and Environment and contact all parents/caregivers of participants in care.

If a participant says that they are feeling ill during program hours and they do not have any symptoms of COVID-19, they will be given the option to lay down on a nap pad to see if it passes. If after 10-20 minutes they are still feeling ill or if there are clear symptoms of illness, parents will be called to pick up their participant.

See the CDPHE [How Sick is too Sick?](#) document for more information.

***If you have any questions, please contact us at [info@thornenature.org](mailto:info@thornenature.org) or (303) 499-3647.***