



**Phase 4  
Participation Guidelines**

**Indoor & Outdoor Programs**  
*(Excluding Sports, Fitness, and Events)*

The following participation guidelines apply to Naperville Park District indoor and outdoor recreation programs during Phase 4 of the Restore Illinois Plan. Where Phase 4 guidance and Tier Mitigations imply different standards, the more restrictive Tier Mitigations will apply. Participants should check the Naperville Park District COVID webpage at <https://www.napervilleparks.org/coronavirus> for the current Tier status. Guidelines specific to sports, fitness, and outdoor events are included in separate documents. The Illinois Department of Commerce & Economic Opportunity Phase 4 Indoor & Outdoor Recreation Guidelines, in addition to information from public health organizations, was used in the development of the guidelines. The guidelines are subject to change as new information becomes available.

**Instructors/Staff**

- Instructors and staff will be provided instruction/education on COVID-19 prevention.
- All instructors and staff must perform a self-assessment daily and not report to work if they are ill or exhibiting symptoms of COVID-19. If an individual begins to exhibit symptoms during the program or shift they must be isolated from others.\*
- If a staff member has symptoms they must wait to enter the premises until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10 days have passed since their symptoms first appeared, OR until feverless and feeling well (without fever-reducing medication) for at least 72 hours OR confirmed to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.\*
- Instructors and staff should maintain a minimum 6 foot distance from others, unless instruction makes it impractical.
- When outdoors, staff should wear face coverings over their nose and mouth whenever not actively exercising or participating in an activity, and when unable to maintain a safe distance (6 feet) from others.
- When indoors, staff should wear face coverings over their nose and mouth at all times, including while conducting in an activity.
- Hand washing or hand sanitizing is recommended before and after activities.
- Depending upon the activity, additional handwashing breaks may be needed.

## Participants

- Participants must conduct a self-assessment daily and not attend the program if they are ill or exhibiting symptoms of COVID-19. At the time of drop-off program staff will ask the participant, or the parent/guardian, if the participant is currently exhibiting COVID-19 symptoms. If an individual begins to exhibit symptoms during the program they must be isolated from others until they leave the premises.\*
- If a participant has symptoms, they must wait to enter the premises until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10 days have passed since their symptoms first appeared.
- When outdoors, participants should wear face coverings over their nose and mouth whenever not actively exercising or participating in an activity, and when unable to maintain a safe distance (6 feet) from others.
- When indoors, participants should wear face coverings over their nose and mouth at all times, including while participating in an activity.
- Program participants are required to provide their own face coverings. The NPD recommends participants have additional face coverings on hand, if needed.
- Personal items should have proper separation, at least 6 feet, and should not be shared with other participants. Participants must bring their own water bottle. No sharing of water bottles between participants is to be permitted.
- Handwashing or hand sanitizing will be encouraged often. Additional handwashing breaks will be implemented between activities whenever possible.
- Check-in with the instructor upon arrival to the program location.
- Do not arrive more than 10 minutes prior to the class start time.
- No socializing or extra-curricular activities before or after the program.
- Maintain 6 foot distancing, except when instruction requires close interaction with the instructor/coach or other participants.
- Parent/child class participation will be limited to one guardian/parent.
- Participants should travel to the program location alone or with a member(s) of their immediate household, if possible. No carpooling.

## Parks/Programs

- Program sizes must not exceed 50 total people while Naperville remains under Phase 4 of the Restore Illinois Plan. Multiple groups of 50 or fewer people is permitted at once as long as:
  - Social distancing is maintained at the venue.
  - 30 feet of distance is maintained between groups.
- Facility capacity will be limited to 50% occupancy.
- The District's autumn hayride programs will be limited to a maximum group size of 50. Hay wagon capacity will be limited to 50% occupancy with a maximum of 12 people.
- Class/program areas will be setup to promote social distancing by spacing equipment, tables and chairs, etc. to provide a 6 foot radius when possible.
- Class/program areas will be setup before arrival of participants.

*\*Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle or body aches, headache, sore throat, new loss of taste or smell congestion or runny nose, nausea or vomiting and diarrhea.*

- Lost and founds of non-valuable items will be eliminated from park and facility operations.
- Additional participation guidelines may apply to specific programs.

### **Sanitization**

- Sanitizer products used for equipment and supplies will meet CDC guidelines.
- Cleaning products will include EPA-approved disinfectants or disinfecting wipes for sanitizing equipment before and after use by participants.
- Whenever possible, equipment and personal items should have proper separation, at least 6 feet, and should not be shared with others. Participants are encouraged to provide their own equipment for the program. If equipment must be shared among participants, staff should sanitize equipment before and after use at programs.

### **Public Restrooms**

- Public restrooms within parks will be cleaned at minimum once daily using EPA-registered disinfectants, particularly on high-touch surfaces such as faucets, toilets, doorknobs and light switches.
- Indoor public areas and restrooms will be cleaned approximately every two hours while programs are scheduled in the building using EPA-registered disinfectants, particularly on high-touch surfaces such as faucets, toilets, doorknobs and light switches.
- Supplies for handwashing, including soap and materials for drying hands will be checked and stocked every time the restroom is cleaned.
- Program staff and participants will be required to wash hands with every restroom visit.
- The number of participants permitted to use the restroom at any one time will be limited based on the facility size and current social distancing guidelines.

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