

# RETURN TO PLAY PUBLIC PROTOCOL

## ADOPT-A-PARK/ADOPT-A-TRAIL



### PURPOSE

This Return to Play Protocol was formed from various recommendations, from the Centers for Disease Control and Prevention (CDC), Iowa Department of Public Health, National Recreation and Parks Association and other public health organizations, as mitigation efforts to help ensure the safety of our volunteers and our staff.

### PRIOR TO VOLUNTEERING

- To minimize volunteer gatherings and check-in times on-site, volunteers will complete and sign their Adopt-a-Park or Adopt-a-Trail agreement digitally, prior to the program date.
- Group leaders will be provided a link or QR code and are responsible for ensuring all participants have completed this online sign-up prior to beginning.

### PREVENT

#### GET VACCINATED

The CDC, American Academy of Pediatrics, Iowa Department of Public Health, Polk County Public Health, and the City recommends staying up to date on your COVID-19 vaccinations, to help protect you against COVID-19. [Vaccination is a critical tool](#) to help stop the pandemic and a booster helps increase your protection over time. To learn who is eligible or find more information on vaccination and/or booster shots please visit the [CDC online](#). Find a vaccine online at [vaccines.gov](#).

\*Reminder: Per CDC recommendations, people who have a condition or are taking medications that weaken the immune system may not be fully protected even if they are fully vaccinated. They should continue to take all precautions recommended for unvaccinated individuals including wearing a well-fitted mask.

#### AVOID CROWDS

- Being in crowds put you at higher risk for COVID-19.
- The virus that causes COVID-19 most commonly spreads from person-to-person respiratory droplets during close physical contact (within 6 feet).
  - Individuals should consider if they can stay at least 6 feet apart from people they don't live with before visiting our facilities.

#### STAY HOME

- Any person experiencing symptoms of coronavirus (***including both fully vaccinated and unvaccinated individuals***), or tests positive, are prohibited from participating, until the [CDC's isolation period](#) is complete.
  - Per CDC guidance, even if you test negative for COVID-19 or feel healthy, symptoms may appear up to 10 days after exposure to the virus.
- If you have been in close contact (within 6 feet or less for a cumulative total of at least 15 minutes over a 24 hour period) with anyone with a confirmed COVID-19 diagnosis, are awaiting COVID-19 test results, or have been asked to quarantine/isolate (stay home), you must complete the [CDC's quarantine or isolation period](#). To view complete guidance, visit [cdc.gov](#).
  - Per CDC guidance, if you have been exposed, even if you test negative for COVID-19 or feel healthy, symptoms may appear up to 10 days after exposure to the virus.
  - If you develop symptoms, get tested immediately and isolate.

---

## OPTIONS FOR FULLY VACCINATED INDIVIDUALS

*Current CDC guidance allows individuals, whose vaccinations are up to date, the option to resume some normal activities (see vaccinated quarantine guidelines below). To view complete guidance, visit [cdc.gov](https://www.cdc.gov).*

### IF YOU

Were exposed to COVID-19 and are [up-to-date](#) with vaccination OR had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

### No quarantine

You do not need to stay home **unless** you develop symptoms.

### Get tested

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19

### Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

### If you develop symptoms

[Isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

### Take precautions until day 10

#### Wear a mask

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

#### Avoid travel

**Avoid being around people who are at high risk**

*Vaccination helps prevent you from severe illness and death, however, vaccinated individuals can still spread the virus. To reduce the risk of being infected and possibly spreading it to others, everyone, regardless of vaccination status, is required to wear a mask inside City facilities during substantial or high transmission.*

---

## TEST

CDC recommends that anyone with any signs or [symptoms of COVID-19](#) get tested, regardless of vaccination status or prior infection. If you get tested because you have symptoms or were potentially exposed to the virus, you should isolate away from others pending test results and follow the advice of your health care provider or a public health professional.

Every person is eligible for free mail-in/drop-off testing kits from Test Iowa. To order your kits or find the nearest location to pick one up, visit [testiowa.com](https://www.testiowa.com).

## SOCIAL DISTANCE

- **Stay at least six feet away**, from people you don't live with at all times.
- Any lines for check-in, restrooms, or other are also discouraged.

## WEAR A MASK

- Indoors: Per CDC guidance, masks are required inside City of Des Moines facilities during times of substantial or high transmission, ***regardless of vaccination status***.
  - Masks are required in our restrooms.
- Outdoors: Per CDC guidance, masks are strongly recommended in crowded outdoor settings in areas of high transmission, for unvaccinated individuals and fully vaccinated individuals with weakened immune systems, and for activities with [close contact](#) (within 6 feet for 15 minutes or more over a 24-hour period) with others who are not fully vaccinated.
  - Masks should NOT be worn by children under the age of two or anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
  - Masks do not substitute for social distancing.

## PLAN AND PREPARE

### CHECK-IN

- Volunteers will complete their registration/waiver online, to minimize on-site gathering.
- Verbal check-in process may be used. Please maintain distancing and do not gather.

### TOOLS

- Tools/supplies are shared use items. Please disinfect your hands before and after use.

### RESTROOMS

- Masks are required inside City of Des Moines facilities ([see above](#)), including restrooms.

### HYGEINE

- ***Each location is different. There may be no restroom or handwashing facilities on-site.***
- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom and before eating.

### FOOD/DRINK

- All food will be set out pre-served in individual portions or pre-packaged. Please do not share food or drink with other volunteers.
- If you are unvaccinated or have a weakened immune system, please distance yourself at least six feet or more away from people you do not live with before removing your mask to eat or drink.
- Water cooler stations may be provided. Disinfect your hands before and after use.
  - Water stations are to be used with **disposable single-use cups only**.
  - Volunteers are encouraged to bring their own water bottle. It must be clearly labeled and **cannot be refilled** at water cooler stations, to prevent cross-contamination.
    - No glass containers allowed.
- Drinking fountains are not disinfected. Use at your own risk.

### CHAIRS/TABLES

- Outdoor seating and tables (if applicable) are not disinfected. Please disinfect your hands before/after use.
- To maintain at least six feet of distance, no more than 2 people per picnic table (if applicable).

## PROUD

We are so proud of our community and how they've come together to show they care during the pandemic. We are incredibly grateful for our volunteers and your service to our community. Thank you for working with us to find ways we can all be together safely, protect our first responders, essential workers, businesses, vulnerable populations, and each other.

### PHOTOS

- Please remember to show the community just how much you care about them when taking photos with mixed groups of vaccinated and unvaccinated individuals.
  - Wear your mask if you are near others. Masks do not substitute for social distancing.
  - Maintain social distance of six feet or more between each group or individual attending.

## PROTECT

If you are volunteering at an event, program, or other volunteer opportunity with us and then test positive for COVID-19, please contact Parks and Recreation Supervisor, Callie Le'au Courtright at (515)505-2231 or [chlcourtright@dmgov.org](mailto:chlcourtright@dmgov.org). To prevent the spread of COVID-19, we must be able to post notice of dates of public exposure (if applicable) for contact tracing purposes. No personal information will be shared.

## NOTICE

**If volunteers are not in compliance with these Protocols, their service is subject to immediate cancellation. In addition, volunteers found in violation of the Protocols will be requested to leave the premises if violations continue after one verbal warning of violation.**

The City of Des Moines cannot guarantee that any of the Volunteers will not become infected with COVID-19. Volunteers use the City's facilities at their own risk.

The Parks and Recreation Department reserves the right to change the Facility Use requirements at any time and will contact Volunteers immediately with such changes.

## RESOURCES/LINKS

CDC Coronavirus

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

CDC Interim Guidance for Fully Vaccinated Individuals

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

City of Des Moines COVID Response Site

<https://www.dsm.city/covid19>

Iowa Department of Public Health

<https://idph.iowa.gov/emerging-health-issues/novel-coronavirus>

Polk County Public Health Department

<https://www.polkcountyiowa.gov/health-department/2019-novel-coronavirus-covid-19/>

Test Iowa

[testiowa.com](https://testiowa.com)

Vaccinations

[vaccines.gov](https://vaccines.gov)