

RETURN TO PLAY PUBLIC PROTOCOL

YOGA IN THE PARK



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 participants and our staff.

NOTICE

If participants are not in compliance with these Protocols, their registration is subject to immediate cancellation. In addition, participants 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 participants will not become infected with COVID-19. Participants 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 participants immediately with such changes.

SCREEN

- Due to reduced capacities, participants are asked to **pre-register online, via ACTIVE Net, and complete your participant waiver in advance** for the Yoga in the Park summer series.
- Please take your temperature prior to attending and stay home if you have a fever of 100.4 or higher.
- Any person who is experiencing [symptoms of coronavirus](#), who has been in contact with anyone with a confirmed COVID-19 diagnosis in the last 14 days, who is awaiting COVID-19 test results or has been asked to quarantine will not be able to volunteer.
 - Per CDC guidance, If you have been exposed, even if you test negative for COVID-19 or feel healthy, you should stay home ([quarantine](#)) since symptoms may appear up to 14 days after exposure to the virus.

PREPARE

SOCIAL DISTANCING

Participants accept personal responsibility for public health guidelines and must follow all CDC and public health guidance for social distancing (of six feet or more) between different household units before, during and after Yoga in the Park.

MASKS

Due to the CDC and Polk County Public Health recommendations and the most recent [Mayor's Proclamation Amendment](#), you **are required to wear masks to/from your designated yoga area and outdoors** when social distancing of six (6) feet or more cannot be maintained or in the presence of members outside of your household, to help prevent the spread of the virus.

- 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 may only be removed while seated **and** actively engaged in eating/drinking.
- **Masks do not substitute for social distancing.**

PREPARE (continued)

RESTROOMS

Portable restroom(s) will be available on-site.

- Please do not gather or form lines outside of restrooms.
- Please disinfect hands before and after use.
- Participants are encouraged to bring their own hand sanitizer or wipes for disinfecting hands regularly. ***There are no handwashing facilities on-site.***

PARKING

- Safety regulations apply to all areas, including the parking area(s).
- Participants are required to maintain social distancing of at least six feet in the parking area(s) before and after programming.
- Participants must exit the facility and parking area(s) immediately following Yoga in the Park.

CHECK-IN

- Per the most recent [Mayor's Proclamation Amendment](#) the **outdoor gathering limit per class is 30.**
- Area is pre-marked to maintain distancing and is first-come, first-served.
- For your safety and to maintain social distancing, we ask that all participants **pre-register online, via ACTIVE Net, and complete your participant waiver in advance** for the Yoga in the Park summer series.
 - Pre-registration does not guarantee space will be available on-site but provides us the opportunity to minimize gatherings in registration on-site.
 - Pre-registered participants will go directly to an open spot.
- Staff and participants must ensure **at least six feet of physical distance** between each group or individual attending alone when seated.

INSTRUCTORS

- **To keep you safe, instructors are required to wear a mask to/from the stage.** If volunteer instructors are teaching outdoors, on the platform, and will be at least six feet or more from all participants, they may take off their mask.
- Instructors, demonstrators and assistants must maintain a distance of at least six feet or more away from participants and wear a mask at all times.

DISMISSAL

- Prior to exiting your designated area, remember to follow the most recent [Mayor's Proclamation Amendment](#). You **are required to wear masks to/from your designated yoga area.**
- Following the class, participants will be released row by row to minimize exposure.

PROTECT

- If you are at an event/program with us and then test positive for COVID-19, you must immediately contact Parks and Recreation Superintendent, John Hagener at jahagener@dmgov.org or (515)208-0426. To prevent the spread of COVID-19, we must be able to post notice of dates of public exposure for contact tracing purposes. No personal information will be shared.
- Parents/Legal Guardians must be present on-site and are responsible for ensuring minors in attendance comply.

RESOURCES/LINKS

CDC Coronavirus

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