



COVID-19 Risk Management Plan for Participants and Families

We are excited to see you and your family in person soon! To do so safely, please review the following information on how we can work together to minimize risk for all individuals in our community.

Highlights:

- Governor Kate Brown announced on February 28, 2022, in concert with the governors of California and Washington, that indoor mask requirements will be lifted at 11:59 p.m. on March 11, 2022. In Oregon, this includes lifting mask requirements in schools. Nighthawk does not require mask use throughout the duration of programming.
- We implement small, stable cohorts for our programs. 2022 programs will have no more than 12 participants per program, sometimes less.
- We monitor and log participants' symptoms when reported and reserve the right to turn people away for programming. [Please follow the current CDC quarantine guidance](#). 5 full days, or 24 hrs after fever (longer of the two), with mask use days 6-10, as of our most recent update of this document.
- We sanitize our shared supplies and provide hand sanitizer to participants and masks if you want one. Hand sanitizer or hand washing is encouraged at meal times and bathroom times.
- We follow Oregon's current recommendations for Youth Programs¹

Background Information

In March 2020, Oregon Governor Kate Brown issued orders mandating the closure of K-12 schools and many businesses to prevent the potential spread of the COVID-19 virus. Essential businesses, including certain types of childcare facilities, were allowed to remain open, with childcare being in groups of less than 10. (See Executive Order 20-12 webpage linked below)²

In June 2020, Kate Brown issued protocols for reopening Oregon in phases, on a county-by-county basis, depending on numbers and decline in COVID-19 cases.³ On June 6, Deschutes County was approved for Phase 2 of reopening.⁴ This allowed for many businesses to reopen with specific health and sanitation guidelines in place, including kids' day camps, small outdoor gatherings, and outdoor recreation organizations.⁵

¹ Oregon Youth Programs COVID Recommendations:
https://sharedsystems.dhsosha.state.or.us/DHSForms/Served/le2351p_R.pdf

² Executive Order 20-12 "Stay Home, Save Lives", From the office of the Governor:
https://govsite-assets.s3.amazonaws.com/jkAULYKcSh6DoDF8wBMO_EO%2020-12.pdf

³ Governor Brown's phased opening:
https://www.oregon.gov/gov/admin/Pages/eo_20-25.aspx

⁴ Deschutes County Reopening Guidelines, Deschutes.org:
<https://www.deschutes.org/bcc/page/deschutes-county-approved-enter-phase-2-state%E2%80%99s-reopening-plan>

⁵ Youth Programs Guidelines:

After research and the development of federal, state, and county safety guidelines, Nighthawk Naturalist School began running programs again under Phase 2, as defined by the governor's phased reopening plan. Nighthawk Naturalist School aims to provide effective and safe programming, while also strengthening nature connection and community. This COVID-19 Risk Management Plan for Participants and Families follows the guidance of health experts, including Oregon Health Authority (OHA), the Deschutes County Health Services, the Centers for Disease Control (CDC), and Oregon's phased reopening plan.

On June 30, 2020, Oregon's Governor Kate Brown removed phased reopening and the majority of mask mandates. Nighthawk switched optional mask use, as our programs are all outdoors.⁶

On August 13, 2021, Oregon has re-imposed a universal mask policy for all indoor spaces.⁷ As Nighthawk runs all youth programming and most adult programming outdoors, we do not require mask use throughout the duration of programming. However, we request mask use or social distancing during youth pickup and dropoff. In the rare case we meet indoors, we request mask use for all individuals over age 5. See other precautionary measures detailed below.

In December of 2021, the CDC changed its quarantine guidelines to 5 full days⁸ after symptom onset, known exposure, or positive test. Or 24 hour after fever naturally dissipates. Whichever is longest. Strict mask use is recommended on days 6-10. We will follow this guidance. [Please see details here.](#)

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As you read through this document, please keep the following in mind:

- This is a living document. Nighthawk Naturalist School will update and adjust policies based on the evolving health situation and the evolving guidance from the CDC, state, and local health departments. We will keep participants and families informed of any changes and update this document as needed.
- The precautionary measures described in this document may catch people who display symptoms of COVID-19 (fever, fatigue, cough, shortness of breath), but cannot eliminate the possibility of asymptomatic, yet potentially contagious, people present on a program.
- Nighthawk Naturalist School continues to navigate policies and procedures of many different federal, state, and local entities that will impact our program season. This document outlines

https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2351p_R.pdf

⁶ Mask Mandate Lifted June 30 2021:

<https://www.statesmanjournal.com/story/news/local/coronavirus/2021/06/25/oregon-lift-all-covid-19-restrictions-june-30/5345701001/>

⁷ August 2021 Reinstated mask mandate:

<https://covidblog.oregon.gov/governor-brown-reinstates-statewide-masking-mandate/>

⁸ Dec 2021 Quarantine Updates

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

the policies and procedures within Nighthawk Naturalist School's control and influence. We will reach out to participants and families if decisions are made outside of our control that prohibit us from running programs.

Internal Safety Measures

Nighthawk Naturalist School CoFounders and Educators will:

- Track educator and participant symptoms on program days to attempt to catch potential infection of COVID-19.
- Sanitize materials shared among participants.
- Follow and implement the below-mentioned safety protocols.

Pre-Program Requirements for Participants

All participants and/or parents/guardians will be sent and are required to read through this plan and acknowledge that they have read, understood, and agree to abide by safety protocols outlined by signing a waiver.

Participants and/or parents/guardians will be asked (in our liability waiver) if participants have any pre-existing conditions that put them at higher risk of severe outcomes if they contract COVID-19. If any of these are marked yes, one-on-one follow up will occur to ensure that the participant and family understand their risk prior to participation in programming.

One Week Before Program: Nighthawk Naturalist School staff request that participants and/or parents/guardians track participant temperature and symptoms (fever, fatigue, cough, shortness of breath) for the seven (7) days prior to program start.

On day one of programming, please report whether the participant has had a fever, fatigue, cough, or shortness of breath in the seven (7) days prior to program start.

To keep participants and the community safe, we reserve the right to turn participants away if they are experiencing COVID-19-related symptoms and/or refuse to follow safety protocols as outlined here and communicated during programming. We are required to restrict from program any participant or educator known to have been exposed (e.g., by a household member) to COVID-19 within the preceding 6 days. We also must prevent educators from working and communicate to participants not to attend, if they or anyone in their household have recently had an illness with fever or a new cough. If they have, they should stay home for at least 5 full days after illness starts and until 24 hours after fever is gone, without use of fever reducing medicine, and COVID-19 symptoms (fever, cough, shortness of breath, and diarrhea) are improving. Those who have a cough that is not a new onset cough (e.g. asthma, allergies, etc.), do not need to be excluded from camp. ⁹

In the event that a participant cannot engage in program activities due to a confirmed or possible infection of COVID-19, options for Nighthawk Naturalist School program credits will be made

⁹ OHA's Day Camp guidelines: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2357.pdf>

available on a case-by-case basis. Refunds will not be offered for non-compliance with safety protocols unless they are health related.

Requirements for Participants During Programming

At the start of each program:

Please report on kids' sign-in roster or to the on-staff educators if participants or close family have had fever or symptoms in recent week.. Response to all situations with a potentially symptomatic individual will be handled on a case-by-case basis, in a discreet manner.

During program:

Participants should now bring to program:

- Personal hand sanitizer (we can recommend natural homemade options, if requested!)
- Belongings labeled if possible (masking tape and permanent marker is fine) to reduce possibility of participants touching other participants' materials.

Handwashing: All participants and staff will wash hands [as directed by the Centers for Disease Control \(CDC\)](#) . Due to the nature of our programs, there may be times when it makes more sense to use hand sanitizer rather than soap and water. Each participant and educator will carry their own hand sanitizer. Educators will also carry backup hand sanitizer (natural, homemade option available) among other safety materials.

Appropriate hand cleaning should occur:

- Before programming.
- At snack and meal times.
- After going to the bathroom.
- After blowing nose, sneezing, coughing, or touching eyes.

Face coverings: Governor Kate Brown announced on February 28, 2022, in concert with the governors of California and Washington, that indoor mask requirements will be lifted at 11:59 p.m. on March 11, 2022. In Oregon, this includes lifting mask requirements in schools. We do not require mask use throughout the duration of programming.

****Long-term classes and Immersion courses will create their own community values around PPE and social distancing, especially when the entire class is up-to-date on vaccinations****

Participants are asked to provide their own masks, but if they cannot provide their own masks, Nighthawk Naturalist School can provide a face covering. Below are the requirements for appropriate face coverings, who should not wear face coverings, and instructions for expected mask sanitation:

Cloth face coverings should:¹⁰

- Cover the mouth and nose,
- Fit snugly but comfortably against the side of the face,
- Be secured with ties or ear loops,

¹⁰ Centers for Disease Control. DIY Cloth Face Covering Instructions:
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>

- Include multiple layers of fabric,
- Allow for breathing without restriction, and
- Be able to be laundered and machine dried without damage or change to shape.

To comply with proper mask sanitation, educators and participants are expected to:

- Discard cloth face coverings that:
 - No longer cover the nose and mouth.
 - Have stretched out or damaged ties or straps
 - Do not fit snugly on the face.
 - Have holes or tears in the fabric.

In line with recommendations from the CDC, the following individuals should not wear face coverings:¹¹

- Children under age 2.
- Anyone who has trouble breathing, is unconscious, or incapacitated.
- Anyone unable to remove the mask without assistance.

Social Distancing: Nighthawk will strive to lead programs with activities and games that do not require students of any age to be in close, prolonged proximity with one another.

In the event of educators or participants experiencing symptoms or illness before, during, or after programs:

All educators and participants must stay home with any illness involving fever, new cough, or shortness of breath. Individuals should stay and remain home for 5 full days after illness starts and until 24 hours after fever is gone, without use of fever reducing medicine, and COVID-19 symptoms (fever, fatigue, cough, shortness of breath) are improving.

Post-Program Requirements and Recommendations

Please see the section above about “Masks and Social Distancing at drop-off” for requirements at pick-up for kids programs.

Post-Program Symptom Tracking:

The health community now understands that an individual may experience symptoms of COVID-19 up to 2-14 days after exposure to the virus.¹² This means that should you or your child be exposed to the virus during Nighthawk Naturalist School programming, they may not present any symptoms until after the program is over.

We strongly recommend that if your household experiences illness after participating in Nighthawk Naturalist School programming that you:

¹¹ Centers for Disease Control. How to Wear Cloth Face Coverings:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>

¹² Centers for Disease Control. Symptoms of Coronavirus:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

- Visit your doctor. Your doctor will recommend a COVID-19 test, if deemed appropriate.
- Get tested when appropriate. Please see [Oregon's COVID-19 testing page](#) for recommendations on getting tested and testing locations.
- In the event of a positive test result, contact tracing will be performed by a healthcare provider. Please see Deschutes County's website on [Contact Tracing](#) to learn more about the process and how it helps the community.
- Inform us by emailing chelsea@nighthawknaturalistschool.com

To return to programs the next time a participant is scheduled to do so, please refer to the pre-program screening protocols, including temperature and symptom checking and exposures to COVID cases and/or symptoms within the household.

AGREEMENT OF RISK AND LIABILITY RELEASE

Before attending our in-person programs, you will be required to sign that you have read, understood, and agree to adhere to the above-mentioned protocols (see Liability Waiver).

We are open to hearing constructive feedback on these policies. If you would like additional information about our safety protocols or have any questions or concerns, please reach out to us: chelsea@nighthawknaturalistschool.com