



Illness Policy for Club Staff, Volunteers, and Attendees

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Policy Statement

This illness policy provides guidance and procedures for staff, volunteers, and Club members to follow to limit the passing of germs and sickness as much as possible.

Reason for Policy

The health, safety, and well-being of our members and staff are top priorities. To ensure that all are on the same page about disease prevention and when to stay home, the Club has created an illness policy with detailed procedures for all staff, volunteers, and Club members to follow.

Who Should Read This Policy

Employees, Board of Directors, Volunteers, and Club Parents

Definitions

An "individual" is any staff member, volunteer, visitor, or Club member who participates in Club-related programs or activities and/or is at the site interacting with Club staff or members.

The Policy

While coughs and colds are an inevitable part of life, the Boys & Girls Club of Lake Tahoe strives to limit the passing of germs and sickness as much as possible. Therefore the following policies and procedures have been put in place for staff, volunteers, and Club members to follow.

Handwashing and basic hygiene:

Staff and Club members are to wash their hands after using the restrooms and before and after eating. Anyone who needs to sneeze or cough should do so into the crook of their arm. Keypads, door handles, and other frequently touched areas are regularly cleaned and disinfected to reduce the spread of germs.

Fever:

An individual may not return to the Club with a fever (99.5°F or above) or if they have had a fever in the last 24 hours. If a Club member complains of feeling ill, their temperature will be checked by a staff member. Anyone with a temperature of 99.5°F or above will be sent home immediately. An individual is not permitted

to return to Club until they have a healthy temperature (98.6°F or less) for a period of 24 hours or more without the help of medication.

Common cough and/or cold:

Provided that the individual has no fever (98.6°F or less without the use of medication), an individual may return to Club with a mild cough or cold if they can manage their runny nose, cover their cough in a hygienic manner, and can fully participate in all Club activities.

Excessive coughing:

If experiencing bronchitis or frequent coughing due to a severe cold or other health issue, the individual should stay home to help expedite recovery. Individuals with excessive coughing that leads to vomiting or breathing difficulties will be sent home.

Nausea, vomiting, and/or diarrhea:

Parents, if your child vomits and/or has diarrhea at home or school, please do not send them to the Club. No individual may not return to the Club until they have gone 24 hours without vomiting, having diarrhea, and taking an anti-nausea or anti-diarrheal medication. If a child has an upset stomach, diarrhea, or a vomit incident at the Club, the parent or guardian will be contacted and the child must be picked up immediately. If clothing is soiled, the staff will determine if it is salvageable and reserves the right to dispose of it.

COVID and/or flu:

Any individual with COVID or a combination of flu-like symptoms (e.g. body aches, chills, cough, sore throat, and congestion) must not come into the Club. If the individual tests positive for COVID and has symptoms, they must wait until they are symptom free without medication for 24 hours before returning to the Club.

Strep throat:

White spots or patches in the throat or tonsils are signs of strep throat. Strep throat is highly contagious. Consider seeing a medical provider and do not return to the Club until symptoms are gone for 24 hours or more.

Sudden rashes:

Children are prone to rashes. Some rashes can be mild, such as heat rash, while others may indicate a severe allergic reaction or contagious disease. Please do not come to the Club if a sudden or prevalent rash cannot be easily explained. Any child who develops a rash at the Club will be examined. If a possible cause is an allergic reaction or virus, a parent or guardian will be contacted immediately for pick-up with the recommendation the child be seen by a medical provider.

Headlice:

The stigma of head lice is worse than the actual condition. However, the Club takes steps to prevent the parasite from spreading. Children should not share or exchange clothing, especially hats. During the winter months, members are asked to hang their coats and hats separately or use their assigned cubby. Members with long hair are encouraged to tie it back and anti-lice sprays are implemented on the Club's soft furnishings. The Club reserves the right for staff to periodically check members' hair if there is an outbreak at the Club or participating schools. If head lice is found, a parent or guardian will need to pick up their child from the Club and administer a medically-approved shampoo treatment at home. Infected individuals may return to the Club after their hair has been treated, and individuals with long hair should keep it tied back.

Parent or Guardian Illness:

If a parent, guardian, or other adult picking up their child(ren) has any of the symptoms or illnesses outlined above, they should consider wearing a mask or having another adult pick up their child(ren) that day.

Administering Medication, Inhalers or EpiPens:

Club staff have completed at a minimum a First Aid and CPR/AED training. However, no staff may administer prescription or over-the-counter medications to Club members. A Club member's medication, such as an inhaler or nebulizer, can be stored safely for their use only and older members can administer their own medication after consultation approved from staff member on the senior administrative team.

Exception for EpiPens: An Epi-Pen may be administered by a staff member if there is a severe allergic reaction and emergency first aid is required. Staff must call 911 in these incidents. The parent or guardian is responsible for providing any emergency medication, making sure it has not passed the expiration date, and updating the supply or dosage as needed. If a Club member takes medication regularly, a parent or guardian is welcome to come to the Club and administer the medication to their child during Club hours.

Any illness or injury:

The Club reserves the right to send a child or staff member home if they believe that individual is ill or injured, may infect others, or is unable to participate in Club activities. Sometimes children exaggerate their symptoms, but the Club takes all illness and injury complaints seriously.