



Prescott Circus COVID-19 Safety Protocol (last update 10/7/20)

This protocol will be followed to the extent possible and will be adjusted based on our experiences teaching outdoors and as we continue to receive updated recommendations.

TABLE OF CONTENT

OVERVIEW

OUTDOOR SPACE

IN-PERSON CIRCUS CLASSES

HEALTH SCREENINGS

REFERENCES AND RESOURCES

OVERVIEW:

The safety of our students, teachers, families and community at large is paramount. This protocol was developed by the admin staff with the help of a volunteer registered nurse, based on information provided by CDC and Alameda County regulations and guidance. This document is designed to outline PCT's practices and safety measures upon return to in-person circus arts teaching for students who wish to join us.

While we are committed to providing a safe outdoors circus training space for our students and staff, we recognize that it is impossible to create a zero risk environment. We can, however, reduce the risk of infection as much as we are able. To minimize the risk we are only providing outdoor classes as of October 2020. When you're outside, fresh air is constantly moving, dispersing these droplets. So, you're less likely to breathe in enough of the respiratory droplets containing the virus that causes COVID-19 to become infected. Being outside offers other benefits, too. It offers an emotional boost and can help you feel less tense, stressed, angry or depressed. [Mayo Clinic Safe Outdoors during Pandemic](#).

Multigenerational households with elderly residents are at the greatest risk and should be thoughtful about attending.

Per Alameda County requirements, students will be grouped into stable pods (cohorts) of 14 people or less. We are planning to start the in-person classes with a small group of 8-10 students. If and when we get more than 14 interested students, we will make sure that groups of 10 to 14 students stay together with the same teaching artists for the duration of the program weeks.

OUTDOOR SPACE

The in-person circus classes will take place outside at DeFremery Park, behind the DeFremery Swimming Pool, near the baseball field at the corner of Poplar and 18th Street in Oakland. We are partnering with Oakland Parks and Rec and are allowed to use the restrooms at DeFremery facilities during our circus sessions. For the initial phase of in-person teaching during the pandemic, we are only inviting the older students - 6th graders and middle schoolers - who have experience with stilt walking. The families will be contacted by our teaching artist and each student will need to register for the program and sign a waiver form.



SMOKE DAYS

If the air quality is over AQI of 150 and deemed hazardous, the class will be canceled and children and families will be informed by text prior to the start time.

IN-PERSON CIRCUS CLASSES

- The classes will only take place in an outdoor area. No indoor classes have been planned as of October of 2020
- **The classes will be on Wednesdays from 3:00 to 4:30pm. The first day of the class is Wednesday, October 14 at 3:00pm**
- Students should arrive 5-10 minutes before the start of the class (see arrival details below)
- Adults and children not directly involved with the instruction and classes are asked to remain outside of the workshop program area

- A designated PCT staff member will be responsible for conducting a screening questionnaire and temperature check prior to each practice session for all instructors and participants.
- Children or staff with a fever higher than 100 degrees may not attend practice sessions.
- Adults and children must wear masks when they approach the location. Masks should be worn over the mouth and nose during the entire class.
- Masks must have at least two protective layers. Masks with exhalation valves release unfiltered droplets and are not allowed.
- Face shields over a mask is optional. Face shields without masks are not allowed.
- PCT will have clean, unused masks on site in case a student forgets to bring his/her mask.
- Staff and children are required to wash their hands with soap and water or use hand sanitizers available on site as they enter and as they exit the location
- Children and adults who are not a part of a single household, are required to stay 6 feet apart at all times
- If a student is late, the student must wait for a PCT staff by the check-in desk. The students can not participate in the practice session before completing the health screening form.

ARRIVAL and CHECK IN

- Students and adults arrive at practice sessions between 2:40 and 2:45pm.
- The circus classes will be held at the park behind the DeFremery Swimming Pool, near the baseball field. The Pool is located at the corner of Poplar and 18th street. See map
- Students and adults should arrive with masks and must keep their masks on at all times and keep a minimum of 6 feet apart.
- A designated PCT staff member will be responsible for conducting a screening questionnaire and temperature check prior to each practice session for all instructors and participants.
- Adults and children will wash their hands or clean with a hand sanitizer before the start of the class
- Students will enter a designated area marked as "Practice Space" and stay 6 feet apart
- A typical arrival will look like:
 1. Arrive between 2:40 - 2:45.
 2. You must arrive with a mask. If you don't have a mask PCT will provide one.
 3. Complete health screen at check-in desk
 4. Clean your hands with a hand sanitizer
 5. Wait for your coach at designated Practice Space

CIRCUS ACTIVITIES and EQUIPMENT

- Stiling is provided to students who are already qualified to go on stilts
- Students must sanitize their hands before using the props
- Each child will have a set of their own equipment to use throughout the day

- Teaching artists will sanitize the equipment at the end of each class with non toxic disinfectant spray bottles filled with 70% alcohol solution

Skills Training Protocols *procedural steps:*

Warm Up / Game

- 6' must be maintain between students
- Limit activities that require yelling / shouting (call and response)
 - Consider finding nonverbal body-cabulary to replicate call & response activities
- Running / movement activities OK so long as we follow above practices
- Consider ways to use this time to acclimate / practice safety and safety awareness

Stilt Practice

Getting stilts and knee pads

- PCT staff will designate an area and setup chairs for students to use to get ready for stilts
- One student at a time gets stilts and knee pads in the designated area

Putting on stilts

- Students must put on their own stilts and do a pre safety check and inspection of stilts before and after putting them on
- Students will receive a final check from the coach/adult who will be the designated safety checker for all the youth's stilts

Safety Checks

- There will be one designated coach who will check all the students' stilts after the pre safety check done by the students.
- The same person checks stilts every week to minimize points of contact and ease of contract tracing in event of a positive case among our group.
- There will be a designated personal space for each participant to put on their stilts and get them safety checked.
- If readjustments are needed they will come back to their personal area to get readjusted.

Getting up and walking around

- Spaced accordingly: 6ft or more
- Students may be put into formations and spaced accordingly depending on what we are practicing
- Flow of movement in same direction

When spotting is needed

- Students will be assisted by the same coach at all times when spotting is needed.
- Spotter will use hands, fist, or spotting stick for holding.

When adjustments are needed

- See safety check

Falling / Getting back up

- See safety check

End of practice session

- Students retreat back to their personal designated area to remove stilts and knee pads.

Taking off stilts and knee pads

- Students will place stilts tied and knee pads separated to get ready to be sanitized

Putting away equipment

- Stilts will be tied up accordingly and placed into designated “sanitized zone” for cleaning
- PCT staff will sanitize the stilts for next use

Juggling

- There will be a designated area with lots of space for juggling
- Students will pick up their juggling equipment and keep them for the duration of the day
- At the end of juggling session, the students put the equipment away in clearly marked buckets
- PCT staff sanitize the equipment for next use

Unicycle

- TBD

BREAKS and SNACKS

- There will be a designated area where students and or staff can take a break in isolation
- Students or staff are not allowed to take a break in groups
- Students and staff are allowed to take a mask break one at a time in a designated area at least 20 feet from other people
- PCT will provide individually wrapped snacks or juice boxes. Students and staff will keep the appropriate physical distancing while eating their snack

BATHROOM

- Students and staff are allowed to use the restrooms at DeFremery facilities
- Students must be accompanied by an adult while using the restroom
- Adults are responsible to clean the bathroom after each use, compiling with De Fremery house rules.

HEALTH SCREENINGS for STUDENTS and STAFF

- All staff and students must complete the [health pre-screening form](#) within no more than 12 hours before attending the class. This is a simple form that can be filled out online on your phone or any other device.
- [CLICK HERE TO VIEW THE FORM](#)
- PCT staff will conduct a health pre-screen for students before the start of the class.
- If a child shows any signs of COVID-19 symptoms cannot attend the class.
- If a child is exhibiting any COVID-19 symptoms, including but not limited to fever over 100, cough, headache, muscle aches, fatigue, or chills, please do not attend the circus classes until 10 days since symptoms first appeared and 24 hours with no fever without the use of fever-reducing medications and other symptoms of COVID-19 are improving, and/or a negative COVID-19 test result. [CDC Website](#).
- If a staff member has symptoms or is at risk of exposure to COVID-19, they will not be allowed to come to the class until 10 days since symptoms first appeared and 24 hours with no fever without the use of fever-reducing medications and other symptoms of COVID-19 are improving, and/or a negative COVID-19 test result.
- Staff may return to work before the wait period only if they take an antigen (rapid) test or mRNA (PCR) test with negative results. Antibody test results are not acceptable.
- If a family member is tested positive, the child who has had close contact with the family member with COVID-19 should stay home for 14 days after their last exposure to that family member.
- When returning from travel via airplane, please wait a minimum of 14 days before attending the circus program to ensure that the student or a household member does not develop symptoms.
- Any student or staff who travels by air must notify Prescott Circus in writing and stay home for 14 days. Alternatively, they may attend the circus program if they obtain a negative PCR or Antigen test on or after day four or five of their return.

CONFIRMED COVID-19 CASES

- If we are made aware of a confirmed COVID-19 case within our circus program, we will immediately notify the Alameda County Department of Public Health to determine next steps.
- A PCT staff person will work with the county health department on contact tracing. Contact tracing includes identifying adults and/or children who have had contact within six feet of the individual for more than 15 minutes during the time between two days prior to when the individual's symptoms appeared and the last time the individual attended the circus program.
- PCT will follow county recommendations on pausing the circus classes on a case-by-case basis using the most up-to-date information about COVID-19 and the specific cases in the community.

- All equipment and possible surfaces at the location will be disinfected by PCT staff

TESTING STAFF and STUDENTS

Alameda county has identified COVID-19 testing as a key strategy in reopening schools safely. When everyone is tested, it helps provide a baseline to identify asymptomatic carriers (people who are infected but showing no symptoms). Some people may be infected and contagious for days before they get sick, while other infected individuals may never develop symptoms. Both of these groups have the potential to spread the virus to the community at large.

While Prescott Circus Theatre does not require any of our families to be tested before the first day of the program, all staff that will be participating in in-person sessions must test negative before the first day of class.

Testing Sites

[COVID-19 Testing in West Oakland - Color](#)

[City of Oakland List of Testing Sites](#)

REFERENCES AND RESOURCES

[Alameda County Public Health Department](#)

[EVENT SAFETY ALLIANCE REOPENING GUIDE](#)

[Mayo Clinic Safe Outdoors Activities](#)

[California Coronavirus \(COVID-19\) Resources](#)

[Centers for Disease Control and Prevention \(CDC\)](#)

[CDPH State Recommendations](#)