



# Limited In-Person Activities COVID-19 Training

## El Dorado County 4-H

September 2020

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# UC ANR Information for Resuming Limited In-Person Activities in 4-H







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## Stage 2: Five Basic Mitigation Protocols

UC ANR has implemented five basic mitigation protocols that must be followed for all activities.

These protocols are minimum standards for conducting 4-H programs.

These protocols and any additional local procedures are detailed in your County Office's Location Safety Plan.






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## Stage 2: Five Basic Mitigation Protocols

**In-person five basic protocols for all volunteers and participants:**

1. **Do not participate in any in-person UC ANR (4-H) activities if:**
  - a. You are sick (frequent cough, fever, difficulty breathing, chills, muscle pain, headache, sore throat, recent loss of taste or smell).
  - b. or if you or someone you know has been in contact with or been diagnosed with COVID-19.
2. **Maintain 6 feet of distance between people at all times.**
3. **Face coverings (cloth or paper masks, cloth bandanas, etc.) are required in certain situations.**
4. **No group meetings/gatherings/events with more than 10 persons.**
  - a. This total includes staff, leaders, youth, and guardians.
5. **Maintain sanitary practices**
  - a. frequently clean and disinfect workspaces and equipment
  - b. wash hands often
  - c. and use hand sanitizer.



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## Resuming Limited In-Person Activities

The following steps must be completed by adult volunteers in order to resume limited in-person 4-H meetings, programs, or activities.

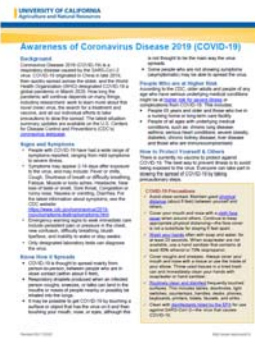
Any unauthorized in-person activities will not be covered by the UC insurance and may not be included in 4-H record books.

Corrective actions may be taken if 4-H volunteers or families host or participate in any unauthorized in-person activities.






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## Required for Limited In-Person Activities: Step 1




Must review, understand, and follow the UC ANR [Awareness of COVID-19](#) summary sheet.






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## Required for Limited In-Person Activities: Step 2



Must review, agree to, and follow the UC ANR [Mitigation Standards Summary for COVID-19, Stage 2](#).



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## Required for Limited In-Person Activities: Step 3

Must be prepared to implement the five basic mitigation protocols:

1. encourage participants stay home when they are sick or symptomatic
2. ensure distance between volunteers and/or members
3. use of face coverings
4. limiting the number of people
5. and maintaining hygienic practices.

(Five Basics Mitigation Protocols on slide 3)

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### Required for Limited In-Person Activities: Step 4

Must review, agree to, and follow any specific guidance or safety protocols provided by the UCCE County office.

*(which we have none)*



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### Required for Limited In-Person Activities: Step 5

Must attend virtual COVID-19 Phase 2 Safety Training hosted by 4-H personnel.

*(That is this presentation)*



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### Required for Limited In-Person Activities: Step 6

Must complete the [COVID-19 Phase 2 Safety Protocol Checklist](#).



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### Required for Limited In-Person Activities: Step 7

Must receive approval prior to in-person activities from the local 4-H staff (Vera M. Bullard).

To request and an in-person activity, use this form:

<http://ucanr.edu/survey/survey.cfm?surveynumber=30429>



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## UC ANR Safety Standards For In-Person Activities



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## Communications & Training

Ensure all program communications clearly state UC ANR protocols:

- max 10 people
- 6-feet distancing
- face masks required when indoors or when distancing cannot be ensured outdoors.

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## Health Monitoring, Testing, and Tracing

At risk populations encouraged, but not mandated to continue remote engagement.


Sign-in all participant using the [Daily Attendance and Visitor log](#)– includes, all employees, volunteers, members, and parents present at the activity.

Retain documents for 15 days.

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If you feel unwell or have the following symptoms  
please leave the building and contact your health care provider.  
Then follow-up with your supervisor.


**DO NOT ENTER if you have:**

- FEVER
- COUGH
- SHORTNESS OF BREATH

cdc.gov/CORONAVIRUS

[CDC Stay Home if You are Sick](#)

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## 10 persons Max

### 1. 10 persons maximum includes:

- staff,
- adult volunteers,
- members,
- and parents.

### 2. Two adults required

- Ideally two appointed adult volunteers,
- Or one appointed adult volunteer and another adult (at least 21 years of age).



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## Occupancy: 6' Distance

### 1. 6 feet of distance between all attendees.

- Use tape-markings, signs, barriers
- Move people

### 2. Consider traffic flow.

- Designate specific entrances & exits

### 3. Minimize congregation.

- E.i. breakrooms, kitchens, common spaces
- Use outside tables, if possible

### 4. No serving and eating foods.



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## Face Coverings & PPE

### 1. Face coverings/masks required in certain circumstances.

- Always Indoors.
- Outdoors when six feet of separation cannot be ensured and maintained.
- Disposable masks must be made available.



### 2. Single-use gloves:

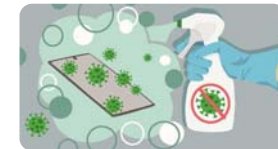
- Cleaning.
- Handling shared materials.
- When exchanging samples/materials with the public.
- Gloves must be made available.



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## Cleaning & Disinfecting

- Ensure soap and water are available at all locations with sinks
- Ensure hand sanitizer is available
- Ensure off-site meeting venues comply with standards – distancing, disinfecting, and cleaning
- Meet outside when possible



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### Procedures for 4-H Meetings during Covid-19

*UC 4-H wants you and your child to be safe and healthy. In order to hold in-person meetings, there are some guidelines that must be met to ensure everyone's well-being.*

**Wear a mask.**  
Masks must always be worn indoors and outdoors when physical distancing cannot be maintained.

**Wash your hands.**  
Wash your hands with soap and water when you arrive (at your school or field location). Wash them again as soon as you get home.

**Check your temperature before you come.**  
Do not come to a meeting if you have had a fever within the last 48 hours.



**Do not share items.**  
Please confirm with your leader ahead of time what items you may need to bring to the meeting. Do not share your things with others.  
*If possible, you should maintain one 6 feet distance with your items.*

**Watch for other symptoms.**  
Aside from fever, Covid-19 symptoms include cough, difficulty breathing, headache, body aches, muscle loss of taste or smell and fatigue. Do not come to a meeting if you feel sick.

**Keep a record of the meetings you have gone to, with dates.**  
If you or someone you live with gets sick within 48 hours of a meeting, let your project leader know immediately. Be sure your leader has recorded your attendance as well.

**Practice physical distancing.**  
Maintain at least 6 feet distance from others.




**Together we will help to keep everyone healthy!**  
UC 4-H Health Living Team  
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## UC ANR Safety Resources

- [4-H COVID-19 Phase 2 Information for Volunteers](#)
- [UC ANR Awareness of COVID-19 Summary Sheet](#)
- [UC ANR Mitigation Standards Summary for COVID-19](#)
- [COVID-19 Phase 2 Safety Protocol Checklist](#)
- [Sample Daily Attendance and Visitor Log](#)
- [Amador/EI Dorado In-person Activity Request Form](#)
- [UC ANR Resuming In-Person Activity Website](#)
- [Procedures for 4-H Meetings During COVID-19 Poster](#)
- [CDC Stay Home if You are Sick Poster](#)

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# Thank you!



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