

COVID-19 Protocols: Information for Parents/Guardians & Service Users

Children & Young People have rarely been the person who brought COVID-19 into a household when household spread has happened. Children & Young People seem more likely than adults to have no symptoms or to have mild disease. Symptoms in children & Young People include cough, fever, runny nose, sore throat and vomiting. It is important for parents/guardians and the staff of MYFRC to accept that no interpersonal activity is without risk of transmission of the virus. However public health advice is that reopening is appropriate.

MYFRC is committed to providing a safe, healthy and fun environment for all our Young People and staff. To ensure that this happens, we have developed the following COVID-19 Response Plan. Our Board of Management and our staff are responsible for the implementation of this plan and a combined effort will help contain the spread of the Virus. The successful and sustained opening of our Youth Group will greatly depend on our collective individual responsibility-Young People, parents/guardians, staff and Board of Management.

When is it safe for Young People to Return to Youth Groups:

Young People should not attend their Youth group if...	They can return to their group after...
They have been diagnosed with Covid-19 or are suspected of having a case of Covid-19 and they are awaiting their test results	14 days from testing
They have been in close contact with a person who has been diagnosed with Covid-19 or a person who has a suspected case and they are awaiting their test results	14 days from testing
They have returned home after travelling abroad to a country not on the Irish Government's Green List	14 days after returning to Ireland
They have returned from a county with travel restrictions in place	14 days after returning to Laois
They have an underlying health condition and have been directed by a health care professional not to attend the Youth Group	Once approved by healthcare professional
They are feeling unwell	48 hours after feeling better

MYFRC staff have been trained and have implemented a number of measures to limit the risk of infection including measures to prevent the virus being brought into the setting and to reduce the chance of spread of the virus in case it is inadvertently brought into the setting. We will focus on ensuring appropriate infection prevention and control. In this regard, it is important that settings and parents/guardians follow advice of the Health Prevention Surveillance Centre (HPSC), the Health & Safety Authority (HAS) and the Health Service Executive (HSE). MYFRC will focus on the following in particular:

- Continue to monitor our COVID-19 response plan and amend this plan in consultation with our staff and Board of Management
- Hand-washing and ensuring that children and Young People learn good hand-washing techniques
- Respiratory hygiene and ensuring that children and Young People learn good techniques

- Sanitizing equipment and surface areas regularly
- A maximum number of 10 Young People per group with 2 meters distancing
- Staff will wear face covers and visors when safe social distancing cannot be maintained
- Young People in our TEENS groups to wear face coverings (unless otherwise directed by a health professional) where 2 meters distancing can't be maintained
- Operating a one-way system entering/exiting the building
- Keep a contact log to help with contact tracing

If Young People do not feel well:

- If your Young Person has symptoms associated with a viral infection, even if they are mild, they must not attend MYFRC
- Likewise parents/guardians who have respiratory symptoms must not be involved in collection or drop off.
- Parents/guardians must not take their Young Person to MYFRC if a parent/guardian or anyone else in your home is suspected of having or known to have Covid-19.
- If your Young Person displays symptoms of Covid-19 while attending MYFRC, they will be isolated in our designated isolation room until they are collected by their parent/guardian. A Parent/guardian will be directed to contact your GP straight away and follow HSE advice.

The symptoms to take note of are as follows...

1. **A temperature of 38 degrees Celsius or higher**
2. **A new cough**
3. **Loss or changed sense of taste or smell**
4. **Shortness of breath**

MYFRC will continue to safeguard children and Young People's needs for physical care and ensure that they all feel safe, that they belong and enjoy their experience. MYFRC will continue to follow the latest guidelines from the relevant bodies.

Parents/guardians should follow the drop off policy:

- Depending on the venue that your Young Person's Youth Group will take place, you will be informed on the drop off and collection areas and staggered drop off/collection times
- It is important that parents/guardians are physically distance from each other and from staff
- Face coverings should be worn by parents/guardians/teens when dropping off and collecting their Young Person
- Parents/guardians should not enter the building. Staff will be present at drop off and collection times and your Young Person will be accompanied to the collection area

What should be done to prepare Young People for returning MYFRC for the first time:

It is important that you talk to your Young Person to support them to prepare for the transition from home and school. It is also important to talk to a MYFRC staff member, if you need to, discuss what

changes they are making to the environment and, our practice in response to public health guidance. Chat to your Young Person about what might be different about the setting, such as drop off or collection, lots of hand-washing, staff wearing PPE or that staff might have changed. Also, explain to them what will be the same such as catching up with friends, playing games, doing fun activities indoors and outdoors, doing art projects, music and so on.

Do not bring any items from home:

Children and Young People must not bring their own toys, teddies, blankets or equipment from home. In the slight chance that the virus exists either in the home or in the MYFRC premises, the movement of toys, teddies, blankets or equipment between buildings can aid in the transfer of the virus. Where it essential that items need to come with your Young Person, we will need to be notified in advance and we will endeavour that the item is not shared amongst others.

Schoolbags should not be brought to group for the time being (this will be reviewed along with schools giving homework). If a bag is brought to group it will be placed on your Young Person's chair along with their jacket/coat.

Young People who require lifesaving medications must bring them to group and we will facilitate correct storage of them onsite as always. We would recommend that if possible life saving medication could be stored on site for your Young Person and this could prevent any transfer of the virus.

Masks/Social Distancing:

- During drop-off and collection, MYFRC will wear face coverings and a visor
- Parents/guardians/Teens will use face coverings during drop-off and collection
- Face coverings will be used by anyone in our TEENS group (unless otherwise directed by a health professional) where 2 meters distancing can't be maintained. Young People should bring their own face covering

MYFRC will be directed by the most up to date information from the relevant bodies.

