

Health and Safety Plan to Minimize the Risk of Transmission of Covid-19 and other Infectious Diseases

PLEASE READ CAREFULLY

BOTH PARENTS MUST INITIAL EACH SECTION

We are very happy to welcome you to Rainbow! With guidance from the CDC and SFDPH, we have developed this safety plan which outlines how we work to minimize the risk of transmission of COVID-19 and other infectious illnesses in our program.

OVERVIEW

Rainbow Family Childcare is open between the hours of 9:00 a.m. and 3:30 p.m. We care for children in our outdoor area throughout the majority of our day, and research shows that the risk of transmitting illness outside is much lower than the risk is inside. We limit enrollment to 6 children per day, and Teacher Kim and one other teacher work with the group each day. Smaller groups mean smaller germ pools!

DROPOFF

Children arrive between 9:00 and 9:30. Please keep at least 6 feet between you and any other parent/child dropping off. Prior to entry, each child is screened for visible symptoms and we may ask you how your child is feeling. To minimize children's exposure, parents are not permitted to enter our play area while children are present with the exception of scheduled family get-togethers, which are always held outside.

HEALTH SCREENING

Please notify us if you, your child, and any members of your household have had any of the following symptoms in the past 48 hours: cough, chills, fever, shortness of breath, muscle aches, lethargy, sore throat, runny nose, loss of taste or smell, rash, sores, pink/watery eyes, stomach upset/vomiting or diarrhea. We may add to this list at any time. If you answer "yes" to any of these symptoms your child will not be allowed to attend. Please note, our "sick policy" is MUCH more stringent now than it has been in the past, and we expect that children will spend

more time at home with mild coughs/runny noses when ordinarily they might have returned to daycare. We are not able to make any exceptions to our illness policy.

If you suspect your child is not feeling well, please take your child's temperature. No child with a temperature higher than 100.0 will be allowed to enter.

HAND SANITIZER/HAND WASHING

Please thoroughly coat your child's hands with hand sanitizer (available at the door) prior to your child's entry. Your child's hands will also be washed with soap and water at our outside hot water hand-washing station upon arrival and at regular, frequent intervals throughout the day.

CHILDREN'S BELONGINGS

At the door, please take off your child's shoes. We maintain a shoe-free play area, but children will wear their "Rainbow" shoes or rain boots while outside in our garden.

SHOES, COATS, BLANKETS, SUNSCREEN, CUPS

Please bring rain boots on wet days, and a sunhat that will stay at Rainbow. Each child's Rainbow gear will be stored in individual "cubbie" containers. Please put sunscreen on every day before you come to Rainbow. Sunscreen is considered an over the counter medication, so we are not permitted to apply it to your child without written authorization. If your child naps at Rainbow, please send in a blanket. Please also send in a "sippie" or other cup with lid.

LOVIES, DOLLS, TOYS, PACIFIERS FROM HOME

We encourage you to send in a special lovie or stuffie from home that will stay with us at Rainbow and be available each day for your child. If your child uses a pacifier, please send one in with him along with the means to securely attach it to his shirt/jacket. (We don't want pacifiers falling out of children's mouths and contaminating surfaces.)

MASKS, GLOVES AND OTHER PERSONAL PROTECTIVE EQUIPMENT

Teachers wear gloves for diaper changes and food preparations. Shoes are not generally worn in the play areas, if someone is walking through they may wear disposable shoe covers. Rainbow teachers do not generally wear masks at this time, but our enrichment instructors do.

ACTIVITIES

Our Rainbow garden is set up prior to children's arrival with a block/manipulative area, a book area, kitchen and dramatic play area, art area, diaper changing/toileting area and hand washing area. These are in addition to the climbing/sliding/sandplay/garden options. We have additional tables and chairs, soft rubber matting and/or carpets for the patio, and large umbrellas for shade and shelter from light mist. Per the CDC, group sand play and water play is permitted. Children wash their hands or use hand sanitizer as they move between different areas. All play materials are sanitized at end of day.

ENRICHMENT ACTIVITIES

The SFDPH permits outside instructors to teach yoga/dance and music to our children in-person, as well as our gardener/educator. Instructors wear masks and disposable shoe coverings at Rainbow, and maintain social distancing. All instructors are fully vaccinated for COVID-19. Children enjoy group cooking activities, and we wash hands before and after. Atelier Hilary leads our Famous Artist program and our Sensory Art and Science activities virtually, so that parents have the benefit of seeing the recorded lesson plans each week. Daily art projects do not include shared art materials. Art projects are sent home each day or at end of week.

SOCIAL DISTANCING

Fortunately, our yard has plenty of room for children to spread out, and we feel that the outdoor environment precludes the need for strict social distancing.

MEALS

Gloves are worn by teachers during food prep and serving. We offer a light breakfast, snacks and hearty lunch every day. Children generally eat outside and

our eating area allows for some distance between each child. All cooking and eating materials are sanitized in the dishwasher before reuse.

TEMPERATURE READINGS AND HEALTH SCREENING THROUGHOUT THE DAY

We no longer take children's temperatures unless we suspect they have a fever. Any child with a temperature of 100.0 or higher, or any other illness symptom, will be isolated inside the house until a parent can pick up. We ask that all parents be extra vigilant about listening for our calls and come as promptly as possible if called.

ILLNESS POLICY (Please read carefully)

Your child's temperature should be taken before arrival if you suspect any illness. A child with a fever of 100.0 or more must remain at home for 48 hours AFTER the fever has broken, without fever reducing medications. We will not allow a doctor's note for returning before the 48 hours. A negative COVID test is required prior to return.

Children showing any symptoms of possible COVID infection listed on the CDC site, including but not limited to, cough, fever, runny nose, or congestion, nausea/vomiting, diarrhea, rash, sores, pink/runny eyes, sore throat, headache, loss of taste or smell, are excluded from care and must take a COVID test. Home tests are acceptable. If COVID test is negative, child may return to care when ALL symptoms are gone. A positive COVID test will require a child to quarantine for a minimum of 5 days and a negative COVID test. Children who continue to test positive for COVID may return after 10 days, provided all symptoms are gone.

WEATHER

It is our intention to be outside all morning every day, in almost any weather. We believe that the safest way for our children to enjoy socialization and developmentally stimulating activities is to do so outdoors, where there is less chance of passing airborne viruses to each other. Outside play and interaction with natural environments also encourage empathy, relaxation and integrated learning. We bundle each child up in coats, hats and boots on cool days and use sunhats on sunny days. We have large umbrellas which will provide protection from light rain as well as offering shade. In heavier rain, we are indoors, but

windows are kept open, HEPA filters are used and we promote fresh air circulation as much as possible.

PICKUP

Children should be picked up by 12:30, unless they are staying for naptime. Children who stay for nap may be picked up between 3:00 and 3:30. Parents should maintain social distancing from each other at pickup. I won't be able to chat at length with you, but I will brief you on your child's day. We will send as many pictures during the day as possible, and I will communicate by text any additional information. I am always available by phone, too.

DISINFECTION

Most toys and equipment are sanitized and rinsed at the end of every day. Cots and cribs are sanitized each day, and fresh sheets are used daily. High touch surfaces such as tables, chairs, door handles, light switches, soap dispensers, etc, are wiped down with disinfectant at the start and end of each day. Any toy or item that goes into a child's mouth is placed into a disinfectant tub until the end of the day. The entry way and traffic area are sanitized before children's arrival. Children and teachers wash hands with soap or use hand sanitizer throughout the day.

STAYING HEALTHY

We need your help in keeping all the children, families and staff healthy. We count on you to let us know if anyone in your family has illness symptoms and to test for COVID if you do. We ask all families to quarantine for 5 days after airline travel or after a known or suspected exposure to COVID-19, and to test for COVID before returning to Rainbow.

We know this is a lot to take in. Although COVID is a relatively new virus, at Rainbow we have always been vigilant about children's health and safety. Please share any questions or concerns you have with me. Above all, I want to thank you for allowing us to care for your children, and for letting us be partners with you. Let's stay healthy and happy!

Sincerely, Teacher Kim

PLEASE INITIAL EACH SECTION AFTER READING

I HAVE READ RAINBOW FAMILY CHILDCARE'S SAFETY GUIDELINES AND I AGREE TO FOLLOW THEM, INCLUDING FOLLOWING SFDPH GUIDANCE.

Parent signature

date

Parent signature

date

Print both parents' names

Print name of child