



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

PLEASE READ CAREFULLY

We are very happy to welcome families back to Rainbow! We have been permitted to open, effective June 1, with health directives issued by the San Francisco Department of Public Health, based on CDC guidelines (view here.)

[INTERIM GUIDANCE FOR CHILD CARE PROGRAMS](#) We have developed this safety plan which outlines how we will implement the directives at Rainbow Family Childcare.

OVERVIEW

Until further notice, Rainbow Family Childcare will be open between the hours of 9:00 a.m and 3:30 p.m. ONLY. To minimize the risk of exposure to pathogens, we will care for children in our outdoor area as much as possible. We will limit enrollment to 6 children per day, and Teacher Kim and one other teacher will work with the group each day.

DROPOFF

Children may arrive between 9:00 and 9:30. Adults MUST wear masks, and please, only one adult per child. There will be duct tape markings 6 feet apart on our stairs outside our door for families to wait on. Please do not move closer to other families or allow your child to. Parents will drop off their children at the door with Teacher Kim, one family at a time, where each child will be screened prior to entry. Unfortunately, parents are not permitted to enter our program.

HEALTH SCREENING

When you arrive, you will be asked to verbally confirm that you, your child, and all members of your household have not 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, stomach upset/vomiting or diarrhea. We may add to this list as more information becomes available. If you answer “yes” to any of these symptoms your child will not be allowed to attend.



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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.

Prior to entry, your child’s temperature will be taken daily. You will have two options: you can take your child’s temperature at home or in your car just before drop-off and report the reading to me for recording, or I will use a touch-less infra-red thermometer to take the temperature. No child with a temperature higher than 100.0 will be allowed to enter. Your child’s temperature will be taken again at 11:00 a.m. and recorded. (We prefer you take your child’s temperature before arrival.)

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 hand-washing station upon arrival and at regular, frequent intervals throughout the day.

CHILDREN’S BELONGINGS

Children may not bring ANYTHING from home in with them. At the door, please take off your child’s shoes, socks, and coat, and put them in the plastic box with lid that we will provide. Any other items will need to go in the box, as well (toys, etc.) where they will stay until pick-up. We are not permitted to take any items from home out of the sealed container. No strollers, scooters, car seats, etc, can be left at Rainbow.

SHOES, SOCKS, COATS, SUNSCREEN

Please bring a pair of shoes and/or rain boots, a hat and a jacket that will stay at Rainbow. PLEASE DROP THESE ITEMS OFF NO LATER THAN 5/30 SO THEY CAN BE WASHED BEFORE MONDAY. We will put these items on, along with a clean pair of socks, after your child has entered Rainbow. Each child’s Rainbow gear will be stored in a separate container. All coats will be washed on Fridays. Please put sunscreen on every day before you come to Rainbow, as we will no longer be able



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to use a shared sunscreen tube on the children. You are welcome to send in a tube with your child's name on it that we will store in his personalized Rainbow container.

LOVIES, DOLLS, TOYS, PACIFIERS FROM HOME

Unfortunately, we can't allow your child to hold onto any item from home. If your child has a special security object (like a bunny or Monster Truck), please bring in an extra one from home that I can wash prior to giving it to your child. (Please drop off your item no later than 5/30 so I have time to wash and sanitize it before we open on June 1). The lovie/toy will stay at Rainbow throughout your child's enrollment. 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 will wear masks throughout the day, children will not. The CDC specifically prohibits children 2 and younger from wearing masks, as they present a choking hazard. Children 3 and up are permitted to wear masks ONLY if they can do so without frequently touching them or taking them off. For that reason, we will not require masks for our 3 year olds. Teachers will wear gloves for food preparation and serving and during diapering and toileting. Shoes will not be worn in the house at any time.

ACTIVITIES

We will have our back yard 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 regular climbing/riding/garden options already in place. We have purchased additional tables and chairs, soft rubber matting for part of the patio, a large awning for shade and shelter from light mist, and low barriers to help create multiple designated play areas. We will use individual trays for meals and art projects, and individual tubs for sand and water play. Each child will have their own "art box" with crayons, markers, paint brushes and glue so that they won't



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have to share those items. Paint and collage materials will be given to each child by a teacher in individual portions. Children will wash their hands as they move between different areas. All play materials will be easily sanitized; no cloth materials, such as stuffed animals or dress-up clothes, will be used.

EXTRACURRICULAR ACTIVITIES

Outside instructors who are in contact with other programs will not be permitted to enter Rainbow. Music (2 times per week), dance and yoga, Messy Play and Science will be taught virtually by either JAMaROO or Rainbow instructors. We will set up a computer monitor outside and will assist and encourage children to participate virtually with the instructors. Each child will have their own class materials, such as scarves, shakers, rhythm sticks and yoga mats. Most parents at this time have indicated they prefer these activities to occur while children are at Rainbow. We will reevaluate this regularly. Our Gardener/Educator, Joanna, will continue to come into Rainbow every other week. Joanna is not in contact with other programs, and spends her professional day outside, so we believe that her presence here, provided social distancing is practiced, will not be an additional risk, and children will benefit from her knowledge and enthusiasm. We will not be able to do group cooking projects, but we will continue to do cooking activities individually with each child. We will not send food home, but we will send recipes! Art projects will be sent home in plastic zip lock bags at the end of each week.

SOCIAL DISTANCING

This is tough with young children in a group environment. We will encourage children to spread out as much as possible and will arrange our yard accordingly. The two teachers will maintain a 6-foot distance from each other. If a child is upset, we will absolutely comfort and hug them. In general, we will try to replace high fives and other touches between children with waving hands in the air and other fun alternatives.



MEALS

Gloves and masks will be worn by teachers during food prep and serving. We will offer a light breakfast, snack and hearty lunch every day. Children will be spread out among several tables for meals and will be served on individual trays. We will no longer hand wash any cooking and eating utensils, instead they will be sanitized in the dishwasher before reuse.

TEMPERATURE READINGS AND HEALTH SCREENING THROUGHOUT THE DAY

Children's temperatures will be taken and recorded, either by teachers or parents, prior to entry. Temperatures will be taken again, at 11:00, with an infra-red touchless thermometer, and be recorded. 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 will be taken upon arrival and again at mid-morning. Any 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.

Any child showing signs of respiratory issues, such as excessive coughing, tugging in the chest, wheezing, shortness of breath, etc, will be sent home and may not return for 7 days plus 3 additional healthy days and must be cleared by a medical professional.

Children with a cough AND a fever will be required to be seen by a medical professional within 24 hours. Children must remain home for 7 days plus an additional healthy 3 days. Parents must let us know within 24 hours what the illness is.

If your child or any member of your family is presumed positive for COVID-19, or you have been in contact with anyone who is confirmed positive, you **MUST** notify us immediately. We will close and remain closed until the results of testing are in.



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If the test is negative, we will reopen. If your child or any member of the family tests positive we must close for 14 days. This is a mandate of the SFDPH.

WEATHER

It is our intention to be outside all morning every day, regardless of 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 on to each other. We will bundle each child up in coats, hats, boots. We have an awning and two large umbrellas which will provide protection from light rain. In heavier rain, we ask that you keep your child at home. In the event of a sudden downpour, we will bring children inside until parents can arrive. We will evaluate the practicality of this as time goes by.

PICKUP

All children must be picked up between 12:30 pm and 1:00 pm unless they are enrolled in the Extended Day option in which children must be picked up between 3:00 pm and 3:30 pm. We will wash hands prior to pick-up. Parents may line up on the markings on the stairs. As you arrive, I will give each parent the box with their own child's shoes/jackets/socks. Please dress your child as quickly as possible so that the next parent may pick up their child. I am so sorry that I won't be able to chat and brief you on your child's day like I usually do. 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

EVERY single thing, all surfaces in the yard, and all toys and equipment will be sprayed down with disinfectant at the end of every day. We have an ample supply of EPA-certified disinfectant. At this time we are not permitted to disinfect with any "green" or plant-based products. In the morning, before children arrive, all the toys and materials will be rinsed and allowed to dry. High touch surfaces such as tables, chairs, door handles, light switches, soap dispensers, etc, will be wiped down with disinfectant several times a day. Any toy or item that goes into a child's mouth will be placed into a disinfectant tub until the end of the day. The



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entry way and traffic area will be sanitized before children’s arrival. Children and teachers will wash hands with soap or use hand sanitizer multiple times per day.

STAYING HEALTHY

We need your help in keeping all the children, families and staff healthy. We count on you to be open about any illnesses your child or you may be experiencing. We ask that all families practice social distancing and refrain from visiting crowded parks, playgrounds and large group gatherings.

We know this is a lot to take in. This is a brand new experience for all of us, and I anticipate we will make changes as we go along. I also anticipate the CDC and the SFDPH will update their guidelines, too, and we will adjust accordingly. 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

I HAVE READ RAINBOW FAMILY CHILDCARE’S SAFETY GUIDELINES AND I AGREE TO FOLLOW THEM.

Parent signature *date*

Parent signature *date*

Print both parents’ names Print name of child