

## COVID-19 Health and Wellness Statement

(This document may be updated as the Province changes policies and procedures)

Dr. Bonnie Henry is advising parents who can, to care for their children at home. For essential service workers, Dr. Henry maintains that child care centres can safely care for children if they are following the prescribed health protocols.

Accordingly, please note the following Covid-19 Health and Wellness policy, which applies to all staff and children within this facility.

Parents will be asked to sign a statement each morning, confirming that their child is symptom free & that their child has not been given acetaminophen or ibuprofen in the last 12 hours. You must also sign that your children and family are practicing social distancing when away from the child care center

Symptom	May return when
Temperature of 100 F / 37.8 C or higher (orally) or 99 F / 37.2 C or higher (under the arm)	May return to child care after 10 days or when symptom-free, whichever is longer
Runny nose	May return to child care after 10 days or when symptom-free, whichever is longer
Cough	May return to child care after 10 days or when symptom-free, whichever is longer
Sore throat	May return to child care after 10 days or when symptom-free, whichever is longer
Difficulty breathing or wheezing	May return to child care after 10 days or when symptom-free, whichever is longer
Unexplained fatigue, aches or cold/flu-like symptoms	May return to child care after 10 days or when symptom-free, whichever is longer
Sinus congestion	May return to child care after 10 days or when symptom-free, whichever is longer
Children who have, or children with others living in the same home who have just returned from international travel	May return after self-isolating for 14 days <b>and</b> being symptom-free
Children who have, or children with others living in the	May return after self-isolating for 14 days <b>and</b> being

same home who have been identified as at-risk of potential Covid19 exposure	symptom-free
---	--------------

Day camps and childcare during a time of COVID concern.

We understand that it may not be easy to send your child into a group setting at this time and will be doing our best to ensure their health, safety and happiness. In order to do so, it is vital that parents also do their part in this in order for your child and others to stay safe.

1. You will be asked to be in compliance with the health and wellness commitment every day. Each morning you will be asked to sign indicating:
  - a. That you and your child are practicing the health and safety policies and suggestions from the province of BC regarding social distancing, travel etc.
  - b. That your child is free from all cold and flu symptoms
2. Each morning we ask that you assist your child in:
  - a. Hanging up their belongings on their designated hook and reminding them to keep their belongings off the floor and away from items of other children.
  - b. Monitor a thorough 20-30 second-hand wash of your child.
3. Do not allow your child to bring toys or personal belongings from home other than necessary clothing and food and drink and requested items for particular activity (like a bike/ helmet or lifejacket) .
4. Explain to your children that in order to help with social distancing and to be breathing in fresh clean air as much as possible that they will be playing outdoors for the majority of the day. This may be hard for some to get used to.
5. We will be working on creating personal bubble zones the size of fingertip to fingertip with arms outstretched. If there is not enough space to spin with arms outstretched then kids are too close and should give space. Staff will be helping kids throughout the day by calling out "space check" everyone will stretch out their hands and move far enough away as to not be able to touch another outstretched hand.
6. Send belongings with them to help them have a comfortable day outdoors. Hats, hoodie, t-shirt, shorts, send a swim suit everyday.
7. Send two snacks, lunch and a refillable water bottle labelled with their name. It is important to note we are not allowing use of Thrive cups or spare water bottles right now so it is essential that your child has their water bottle every day.
8. Thrives program moto is EXPLORE DISCOVER THRIVE. We believe kids are happier, healthier and smarter when interacting with nature therefore we are often out on trips to

natural parks and forest areas. Because of this, it is important that your child is dropped off by 9:30 am and picked up no earlier than 4:00pm unless otherwise pre-arranged with staff. If your child can not attend an out trip you will need to find alternate care for that day.

9. Tick season is upon us. It is important to note that we are playing outside in grass and forest. Most ticks do not carry diseases, and most **tick bites** do not cause serious **health** problems, however, to help your child remain safe from tick bites that may be harmful. hats are a must-have for forest play at this time. Staff will be applying bug repellent to kids ankles, waist, neckline, if you have signed permission for that in your sandbox file. If you have not and you wish to send your own natural bug repellent, please do. We also encourage you to ensure your child showers off once home and that you help do a tick check in the hard to see places.
10. Help us find hand sanitizer, anti-bacterial hand wipes, surface sanitizing wipes and spray on Lysol. As you know it is very very hard to find these items on the shelves at stores these days. We are set with bleach and soap products but if you are able to find any of those other handy easy to use convenient items please grab us some! We will be happy to reimburse you!
11. Registration is by the week. 30 days written notice is required to withdraw and get a refund or credit unless proven health (COVID) circumstances.
12. Please stay in communication with us! The staff will be doing their best to have open and invited communication with parents. If you feel that concern is not being heard by staff on-site please do not hesitate to call us at the support office. We continue to train and mentor our young staff and feedback is always valuable.  
[office.thrivekelowna@gmail.com](mailto:office.thrivekelowna@gmail.com)