

Adaptive Guests (*Adaptive Athletes/ Families*) Participating with Therapeutic Adventures / IndependencePlus Adaptive Sports ~ COVID-19 Response for 2020-21

Due to COVID-19, in 2020-21 participation in adaptive sports and outdoor adventures is unlike any year we've experienced before. Things will look and will be a little different at *Therapeutic Adventures / IndependencePlus Adaptive Sports (TA / I~AS)* as we make the health & safety the top priority of ALL who are involved with our program.

We are working hard with all our partners to ensure our adaptive guests, their families, our *TA / I~AS* volunteers/instructors and employees experience a safe and enjoyable environment despite many necessary restrictions and protocols being put in place.

TA / I~AS will update this page with more information as it becomes available. We will adhere to the current standards of the Virginia Department of Health - VDH www.vdh.virginia.gov, Centers for Disease Control (CDC) www.cdc.gov, and Occupational Safety and Health Administration (OSHA) www.osha.gov. We appreciate your patience as we work to determine where adjustments need to be made moving forward.

It should be known, an inherent risk of exposure to COVID-19 exists in any public place. COVID-19 is an extremely contagious disease that can lead to severe illness and deaths, especially for senior citizens and individuals with underlying medical conditions. By participating in services offered by

Therapeutic Adventures / IndependencePlus Adaptive Sports you voluntarily assume all risks related to exposure to COVID-19.

ADAPTIVE PARTICIPANT, ACCOMPANYING FAMILY & FRIENDS POLICIES FOR REGISTRATION & INSTRUCTION:

- * Reservations are required for *Therapeutic Adventures / IndependencePlus Adaptive Sports* (1) sessions/lessons are available for full day (8-hour) session, and 1/2 day (4-hour) session.

- * TA / I~AS is using a contactless registration process. <https://taonline.org/v2/index.php/participant-resources/>. All of our adaptive athletes MUST complete each of these forms:
 1. Registration Form
 2. Health Form
 3. Adaptive Sports & Adventures EEC Forms (a. Water Sports, b. Fitness, c. Cycling, d. Team Sports)
 4. DSUSA/MOVE UNITED - Waiver and Release of Liability Form
 5. DSUSA/MOVE UNITED - Media Release Form

- * TA / I~AS adaptive athletes/guests undergo daily screening for signs and symptoms of Covid-19.

- * Any TA / I~AS adaptive athletes/guests with a fever of or over 100.4 or any sign or symptom of illness will not be allowed to participate.

- * Face coverings will be worn by our TA / I~AS adaptive athletes/guests and TA / I~AS Instructors/Volunteers at all times. Face coverings must cover nose and mouth. Acceptable face coverings include 2x layer cloth face coverings, disposable medical style face masks, 2x layered neck gators/buff or any form of NIOSH respirator.

- * Social distancing should be practiced while at TA / I~AS adaptive programs. Maintain 6 feet of distance between you and others.
- * Avoid physical contact, such as shaking hands. Sneeze or cough into a tissue, cloth or your elbow. Practice good hygiene — wash your hands frequently and use disinfectant.
- * Cancelled reservations prevent others from receiving TA / I~AS services. Please maintain communication with our staff throughout the process.
- * Failure to cooperate with COVID-19 protocols and updated Therapeutic Adventures / IndependencePlus Adaptive Sports policies will result in a loss of privileges.

ADDITIONAL INFO & PLANNING TIPS

- * Contact Therapeutic Adventures / IndependencePlus Adaptive Sports prior to your arrival if you have COVID-19 symptoms.
- * Arrive dressed in the appropriate clothing/gear for your scheduled program. Plan to store nonessential belongings in your vehicle or don't bring them with you.
- * Plan for indoor access limitations — restrooms, resting, warm-up, meals.
- * Carry a snack and a collapsible hydration bottle with you. Drinking fountains may be turned off but bottle fillers will be available.

DISINFECTION & SANITIZATION

- * Hand sanitization locations are in and around the lodge, the rental shop and other adaptive program areas.
- * Shared equipment will be sanitized at the end of a scheduled session, before being used by a new person.
- * TA / I~AS will implement other procedures as needed to address safety of our adaptive athletes/guests and instructors/volunteers.

RESOURCES FOR SOCIAL DISTANCING AND MASKS:

- [Sesame Street Video to Help Kids with Autism Wear a Mask](#)
- [Video Explaining Social Distancing to individuals with cognitive and sensory disabilities.](#)
- [Information about masks for individuals with cognitive and sensory disabilities.](#)
- [Video on learning to wear masks for individuals with cognitive and sensory disabilities](#)
- [Wearing a Mask for Kids Video](#)
- [Wearing a Mask Social Story for People with Autism](#)
- [CDC recommendations for face masks](#)