

TA Adaptive Athletes, Adaptive Guests, Families, Volunteers and Staff — Participating with Therapeutic Adventures / IndependencePlus Adaptive Sports ~ COVID-19 Response for 2021-22

Due to ongoing challenges of living with the COVID-19 pandemic, in 2021-22 participation in adaptive sports and outdoor adventures will continue to address current updates, recommendations and guidelines. *Therapeutic Adventures / IndependencePlus Adaptive Sports (TA / I~AS)* is committed to making health & safety the top priority of ALL who are involved with our program — *TA adaptive athletes, adaptive guests, families, volunteers and staff*, hereinafter **TA / I~AS participants**.

We are working hard with all our partners to ensure our *TA / I~AS participants* 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.

VACCINATIONS, MASKS AND OTHER SAFETY PROCEDURES

Purpose

In accordance with Therapeutic Adventures, Inc. duty to provide and maintain a programmatic workplace/environment that is free of known hazards, we are adopting this policy to safeguard the health of our *TA / I~AS participants*; and the community at large from infectious diseases, such as COVID-19 or influenza. This policy will comply with all applicable laws and is based on guidance from the Centers for Disease Control and Prevention and the Virginia Department of Health, as applicable.

Scope

First, we believe in *free choice*. It is our position that you know what is best for you and your loved ones. *TA / I~AS participants* can and should make decisions about their personal medical care based on personal values and beliefs, recommendations from physicians or health professionals who are familiar with their medical history, their health records, as well as any other care and advice they may have received. Individuals should not be mandated or forced to make decisions that go against personal beliefs, medical reasons, or because of a sincerely held religious conviction.

It's worth noting, some individuals who have already had and been treated for COVID-19, develop what scientists refer to as "hybrid immunity" to SARS-CoV-2, the coronavirus that causes the disease COVID-19. Their bodies produce very high levels of antibodies, but they also make antibodies with great flexibility — likely capable of fighting off the coronavirus variants circulating in the world but also likely effective against variants that may emerge in the future.

**Ongoing research has lead to other viable treatments that are becoming more readily available.

Procedures

While we are not imposing any mandatory vaccination requirement, we do, however, STRONGLY RECOMMEND that all of our *TA / I~AS participants* who do not have any mitigating medical circumstances get vaccinated against COVID-19. This is simply the best way we can all protect ourselves and those we serve. If you have already had COVID-19, we recommend getting tested to see if you have the antibodies that produce “hybrid immunity.”

We also encourage use of masks by all *TA / I~AS participants*, but especially by anyone who has not been vaccinated or who has not verified that they have “hybrid immunity.” Masking is particularly important when activities are happening indoors and in situations where social distancing is not possible.

COVID-19 Operations TA /I~AS Adaptive Participants 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. MOVE UNITED/TA - Waiver and Release of Liability Form
 4. MOVE UNITED/TA - Media Release Form
 5. Adaptive Sports & Adventures EEC Forms
- * Face coverings will be worn by our *TA / I~AS participants* at all times when indoors and in circumstances where social distancing is not possible. 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.

- * To the extent that it can be without compromising other safety protocols, (i.e wheelchair mobility & transfers, assistive support for balance, etc.) social distancing should be practiced while at TA / I~AS adaptive programs. When possible, maintain 6 feet of distance between you and others.
- * Avoid social types of 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.

General Health and Wellness

All event attendees are collectively responsible for helping us all stay healthy and enjoy a successful event. Individuals and parents/guardians are responsible for symptom checking daily. If an individual, regardless of their affiliation with the program / event, experiences any of the following, do not attend and/or participate:

- * Has tested positive for COVID-19 within 14 days of the start of competition.
- * Is awaiting COVID-19 test results.
- * Has a fever or it has been less than 48 hours with no fever without the use of fever reducing medicine.
- * Has other persisting symptoms common to COVID-19 (difficulty breathing, cough, body aches, etc.).
- * Has new symptoms common to COVID-19 (difficulty breathing, cough, fever greater than 100.4F, loss of taste/smell, etc.).

- * Has been exposed to someone with known or suspected COVID-19 infection within 14 days of the start of competition.
- * Has recently traveled to an international location with widespread ongoing COVID-19 transmission as determined by the CDC or travel on a cruise ship or river boat.

Face Coverings, Physical Distancing, Sanitation Onsite Protocol

- * [Per CDC and current local guidelines](#) TA / I~AS participants who are fully vaccinated are recommended to properly wear a mask in general public areas, including inside event venues (i.e. when meeting your instructor and being fitted for equipment). If you have a condition that prevents the use of face coverings, please contact Mark Andrews — adaptive.guide@gmail.com Face coverings must fit completely over your nose and mouth. Please bring a supply of personal face coverings that will last the duration of your stay. Disposable face coverings will also be available onsite.
- * Unvaccinated participants will be required to properly wear a face-covering at all time while indoors as well as within 6 feet of others outdoors.
- * Face coverings may be taken down while in the active process of eating or drinking.
- * Be respectful of physical space and distancing, particularly when engaging in conversation (6 feet recommended).
- * Be mindful of crowding, particularly indoors, and follow any posted event/room capacity limits.
- * High frequency touch/shared surfaces and equipment will be regularly disinfected.
- * Refrain from cheering, shouting, hugging and high fives.

- * Avoid sharing personal items, food and beverages. Clearly label your personal items with your name, i.e. water bottles.
- * Wash or sanitize your hands frequently.
- * 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 **TA / I~AS participants**.

Sickness Protocol

1. Individuals who becomes **symptomatic** must immediately self-isolate and seek a PCR test (at their own expense).
2. Report known cases of COVID-19 to the TA /I~AS Executive Director, Mark Andrews - adaptive.guide@gmail.com within 24 hours.
3. Do not visit the event venues or programs
4. Call the TA /I~AS Executive Director, Mark Andrews at 434.981.5834

Process to Report Positive COVID-19 Test

1. COVID-19 Positive Results reported to Executive Director - Mark Andrews at 434.981.5834 or adaptive.guide@gmail.com within 24 hours of positive test result. Please provide the following required information:
 - Participant name and contact information (Parent or Guardian if applicable)
 - Date of onset of symptoms

- Date of positive test
 - Arrival date and method of transport
 - Departure date and method of transport
 - Hotel name and dates onsite
 - All TA / I~AS programs and events participated in, including non-lesson/instruction activities
 - All banquets/restaurants/meals attended, if applicable
 - Known close contacts (within 6 feet and for 15 mins+)
2. Therapeutic Adventures leadership to be informed. The identity of persons testing positive will not be shared beyond Therapeutic Adventures staff.
 3. Therapeutic Adventures Public statement release (email) to all participants (regardless of whether they have known contact with a positive case.)

ADDITIONAL INFO & PLANNING TIPS

We recommend that you —

- * Contact Therapeutic Adventures / IndependencePlus Adaptive Sports prior to your arrival if you have COVID-19 symptoms. Any TA / I~AS participants with a fever of or over 100.4 or any signs or symptoms of illness will not be allowed to participate.
- * 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.

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](#)