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KY YMCA KUNA 202 COVID-19 Health & Safety Protocols Updated: 02/10/2022

The health and safety of our participants has been, and always will be, our top priority.

The Kentucky YMCA Youth Association is excited to host KUNA in-person and will do everything possible to ensure the health and safety of all participants. Please know that participants will be participating in many activities that can involve increased risk for the transmission of COVID-19. While we will adhere to CDC guidelines, all participants are attending at their own risk. Participation is purely voluntary, and the Kentucky YMCA Youth Association cannot be held responsible if a participant contracts COVID-19 or is exposed to the virus.

We intend to comply with guidelines and recommendations of the [Centers for Disease Control and Prevention](#), [American Camp Association](#), YMCA of the USA, as well as our state and local health departments to ensure we provide the healthiest environment possible. This KY YMCA website/document will be updated as guidelines may change.

For the purpose of this document, please use the below definitions regarding vaccination status:

Boosted: You have received a booster shot of a vaccine and are at least two weeks out from receiving it.

Vaccinated: You have received two shots (or one if Johnson & Johnson) and are at least two weeks out from receiving it.

Unvaccinated: You have not received a vaccination, have not finished your series of vaccinations, or are not at least two weeks out or more from receiving it.



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Pre-Conference Protocols:

In order to attend KUNA 2022, participants must adhere to the following. It is recommended to read all the below options which also covers COVID-19 exposure.

1. **Be fully boosted against COVID-19** and be at least two weeks after receiving their booster shot. The booster has been proven to decrease transmission risks and risks of serious illness. **A copy of the vaccination card with the booster listed must be submitted via the form sent pre-conference.** (Do not share your personal form link when received via email three days prior to the conference). The form must be submitted prior to check-in at the conference, your advisor will be able to review if you've had a successful submission. We recommend bringing a copy to conference as well.

OR

2. **If not fully boosted (due to booster eligibility or other reasons) all attending students and adults must take a negative COVID-19 test within a 72-hour window of the conference.** The test can be taken any time within the 72-hour window, including day of. Students and adults will be required to take a **picture of their negative test results alongside a piece of paper with their name and the date.** This picture must be uploaded via the form sent pre-conference. (Do not share your personal form link when received via email three days prior to the conference). The form must be submitted with test results prior to check-in at the conference, your advisor will be able to review if you've had a successful submission.

Home test and PCR tests are allowed for these purposes. It is the responsibility of the student and adult participant to find a test and take a test before the program. If you are going to take an at-home test we encourage you to purchase one asap as they are in high demand. A negative test result is required from all student and adult participants if participants have not received the booster shot.

3. **If you are vaccinated but have not received the booster shot or are not two weeks out from the date of the booster shot.** We ask that you submit a copy of your vaccination card to the form along side your negative test result. Quarantine measures may be different for those with some vaccination shots versus none. Again boosters are not required to attend, but if not boosted, but a negative test



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result is. Knowing the full vaccination information of participants will help to determine the KY YMCA course of action if symptoms appear at the conference or after.

4. **If tested positive recently, regardless of vaccination status**, a 10-day quarantine is required, with day zero being the date of the positive test OR you must test negative after day five. Attendees who are still testing positive or are under the five-day quarantine are not permitted to attend.
5. **If unvaccinated and you have been directly exposed**, a 10-day quarantine is required OR you must test negative after day five. Unvaccinated students directly exposed under five days may not attend the conference, even with a negative test result.

The **required pre-conference COVID-19 form** where you **submit proof of vaccination or negative test result**, will also require acknowledgement that you are **not experiencing any COVID-19 symptoms** and agreement that should symptoms arise in between submission and the conference that you will not attend the conference. The form will require a signing of a **COVID-19 waiver** to acknowledge that the Kentucky YMCA Youth Association shall not be held liable for any instances of COVID-19 or other illnesses spread at the conference. As well as recognizing that the **KUNA is a voluntary program**. Lastly, it will request emergency contact information outside of the guardian(s) listed on the Info Form. It is incredibly important that the KY YMCA has **each participant's most accurate emergency contact information** should we need to contact a parent or guardian in the event of a COVID-19 exposure, or if your teen tests positive (or shows symptoms) for COVID-19.

Please note that adult and student participants will not be allowed at the conference if proof of vaccination with booster or negative test results are not present. **No refunds will be given if someone shows up without this necessary documentation. Testing will not be available onsite.**

Any student or adult experiencing any of the known COVID-19 symptoms, (including, but not limited to, fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, congestion, or runny nose), or who has been in close contact with a confirmed case of COVID-19 in the 10 days prior to the conference, **must not attend the conference**. Those with extenuating circumstances (e.g. doctor's note, documented Covid-19 exposure/test, or death in the



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family) can email starla@kymca.org to explain their request for a larger refund. These requests will be handled on a case-by-case basis, factoring in incurred costs and potential attendance at another conference.

Staff and volunteers of the KY YMCA will follow all the policies listed above.

The KY YMCA understands that the conference policies may be stricter than some school policies, but we believe it is necessary to create the safest conference environment possible.

The KY YMCA will not grant any exceptions to the policies stated above.



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At-Conference Safety Protocols:

General:

- We will operate at a **lower capacity**, in accordance with CDC guidelines and our own abilities to maintain a safe environment.
- Masks will be required indoors unless eating, sleeping, showering, or brushing teeth. **Masks must be worn over the nose and mouth at all times. Gaiters, bandanas, and cloth masks will not be allowed at the conference.**
IMPORTANT NOTE: A surgical mask, N95, KN95, or 94 masks are required.
If a participant does not abide by our masking policies, they will be asked to leave the conference without a refund. The KY YMCA will not grant any exceptions to the masking policy.
- Masks will be kept on **while giving speeches** into a microphone.
- Large group sessions will take place, but **physical distancing of 3 ft** will be in place along with assigned seating for contact tracing purposes.
- **Assigned seats** will be in place for all committee rooms, along with 3 ft. physical distancing between chairs, allowing for contact tracing purposes.
- **Hotel roaming is not allowed while at KUNA.** Participants must be in mandatory sessions or sleeping rooms.
- Two schools will not be combined for sleeping room purposes in order to limit exposures.
- Youth and adults will be encouraged -- and provided with opportunities -- to wash their hands frequently and use the hand sanitizing stations around the hotel when hand washing is not possible.

Meals:

- Schools will be assigned rooms to **eat as a delegation**—or will be asked to eat in their sleeping rooms— in order to limit the exposure while masks are down while eating. The exception of this may be for high school specialized programs and Presiding Officers which will be seen as their own pod.
- Schools and specialized programs will be called individually to purchase or receive their food items at the conference.
- **Late night pizza will not be served** to eliminate food sharing at the conference. We strongly discourage schools and individuals from using food delivery services while at the conference to avoid increased exposures.
- **Smoothies will not be sold** at the hotel to limit crowding in hallways.



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- The coffee shop will remain open and physical distancing is encouraged when waiting in lines.
- **The hotel's restaurants are discouraged to KUNA participants** due to limited contact tracing measures, and increase of exposure to the general public, that can take place inside of the restaurant.

Foot Traffic Control:

- Schools will receive **assigned arrival times** to limit hallway traffic in the hotel.
- Committees and Chambers will be **dismissed strategically and individually** to limit hallway traffic in the hotel.
- Schools will be dismissed individually to their sleeping rooms to avoid hallway traffic in the hotel.
- Stairs will be encouraged at all times- except for accessibility purposes- to **limit time on elevators.**
- Mandatory fun will switch to a **talent show** style format to have assigned seats for distancing and contact tracing purposes. There will be a **movie option** and **chill room** where individuals will be required to sign up beforehand to allow for have assigned seating and contact tracing.

Visitors and Leaving Early:

- The KY YMCA **will not allow visitors** at the 2022 KUNA conference, with the exception of advisors who need to switch out with another advisor. Any type of advisor switch must be approved pre-conference by the director and all people must follow our documentation requirements of proof of vaccination or negative test result.
- If a school is **not staying overnight**, they must check-out with the KY YMCA each night, but cannot leave before the assembly ends. **If parents are picking up students, they must remain outdoors and have their proof of identification ready to show to pick-up their student to the school advisor.** Students should sign-in with their school each morning at a designated location inside the hotel. If a student doesn't show up for a day of programming a member of the Y-staff must be informed immediately by the advisor.
- **Students will not be allowed to leave the conference and return to the conference**, apart from if their school is not staying overnight. Exceptions will not be made for students who wish to leave for sports or other extracurricular activities as the risk for exposure is too high. No refunds will be given if a student chooses to leave the conference early for another commitment and cannot return to due the KY YMCA policies.



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Sick Policy Before and At Conference:

- Any student or adult **experiencing** any of the known COVID-19 symptoms, (including, but not limited to, fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, congestion or runny nose), or who has **been in close contact with a confirmed case** of COVID-19 in the 10 days prior to the conference and has not tested negative after five days, **must not attend the conference. Please refer to exposure guidelines under Pre-Conference Protocols.**
- All students and adults **must be 72 hours free of vomiting and diarrhea** before attending the conference.
- If a student or adult becomes sick while at the conference, **we will work to quarantine them into their own room and will move any roommates to a new room.** The potentially ill participant will be required to create a plan to be picked up from the conference within a six-hour period. **All illnesses fall under this policy** and there are no exceptions as we cannot take additional risks around health and safety measures. Refunds will not be given as all incurred fees will have already been paid for.
- **The safety of our students, volunteers, and staff is our number one priority.** The KY YMCA will use **contact tracing** to determine if any students were directly exposed to COVID-19. We are using guidelines from the CDC and State/Local Department of Health and schools to detect levels of exposure. **If a student or advisor tests positive directly following KUNA please contact rianna@kymca.org so that contact tracing can begin.**



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Summary:

- A Pre-conference form will be sent that requires:
 - Agreement to all the COVID-19 Policies and Protocols
 - Proof of full efficacy (two weeks) boosted vaccination **OR** a photo with name and date visible of a negative test result taken within 72 hours of the conference.
 - Affirmation that they are not currently experiencing symptoms and will not attend if symptoms occur prior to the conference.
 - Release of liability to the KY YMCA regarding exposure to COVID-19.
 - Emergency contact information.
- Home tests, rapid tests, and PCR tests are allowed.
- Cloth masks are not allowed. Surgical masks, KN-95, N95 or N94 masks are required.