

2022 Summer Safety Guidelines

NEHSA is excited to return to summer programming this year and in order to do so safely, we need your help and compliance with the policies outlined here for the upcoming season. At NEHSA, safety is always our first priority and these policies are put in place with everyone's safety in mind. These guidelines are designed to minimize potential spread of COVID-19 during participation in our program and promote the safety of all program participants. We appreciate your understanding and continued adaptability as we navigate the changes we may see throughout this season.

General Guidelines:

- All NEHSA guidelines are written so that the safety of all program participants is prioritized.
- **All NEHSA Volunteers will be required to be fully vaccinated with one booster (if eligible) to participate in spring, summer, and fall programming.**
- While NEHSA highly recommends vaccination if eligible for athletes and athlete families, it is not required for participation.
- Masks are not required during participation in our summer programs, but please use masks to your comfort level during dryland activities.
 - Masks may not be worn while on water due to concerns regarding drowning and suffocation.
 - If an athlete requests that volunteers wear a mask during certain close contact scenarios, such as transfers, volunteers are expected to comply for athlete comfort and safety.
 - When social distancing cannot be maintained indoors, such as in the NEHSA Lodge, masks may be required at the discretion of the Executive Director.
 - Certain special events, programs, and venues may still require masks. Volunteers are expected to comply when masks may be required in these special circumstances.
- Social distancing should take place when possible.
- Please stay home if you are experiencing any COVID-19 symptoms or if you or anyone you have regular close contact with has received a positive diagnosis, is awaiting test results, or is in quarantine due to possible exposure.
 - Symptoms include: Fever (100.4 F or higher), chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.
- NEHSA will be utilizing email communications more often than in seasons past, please be sure to open emails from us in a timely manner as they will include important information regarding screening, cancellations, and program updates.

Summer Programs

- NEHSA will be offering 2 summer programs this year. We will have our watersports program (kayaking and paddle boarding) as well as hiking.
- Watersports will begin the week of June 13th and will continue as temperatures allow into the first week of October. Hiking begins May 17th and will continue throughout the summer and fall months.
- Individual Kayak, Tandem kayak, and Paddle-Boarding lessons will be available. Hiking will be accessible to all participants through use of NEHSA's new TrailRider equipment.
- Watersports sessions and hikes are offered based on the summer programming calendar.

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- Watersport sessions are scheduled for specific times with our community partners and individuals can schedule half day lessons that begin at 10:00 AM and 1:00 PM
- Hiking sessions are scheduled as one hike and times are outlined in the summer programming calendar.
- The number of participants may be limited due to the availability of equipment, venue size, and other special event restrictions.
- Programs will continue to be as hands off as possible. We understand that in certain situations, such as transfers and close proximity equipment adjustments, instructors and athletes may need to be in close proximity. Masks are not required but are encouraged. Masks will be available if needed.

Volunteer Scheduling

- We ask that you schedule your time to volunteer with us as far in advance as possible so that we can offer as many of the limited time slots for lessons as we can.
- There are many ways to be involved with NEHSA programs both directly and indirectly with athletes. Other positions include monitoring the beach during paddles, equipment set ups, or helping at the office. NEHSA staff will do our best to provide ample opportunities for volunteering.
- We also ask that you let us know if you can be an on-call volunteer. While we want to make sure we minimize last minute changes, we want to remain flexible in anticipation of last-minute volunteer cancellations.

Screening/Testing

- All athletes, caregivers, family members, volunteers, and staff who may be involved during programming will be screened prior to their involvement. Any individual who has not been screened may not participate until they are screened.
- The day before volunteering, we will email you a link to the [screening acknowledgement](#) on our website. We ask that you answer these questions and sign your acknowledgement before you arrive.
- If you wake up in the morning on a day you are due to volunteer and are experiencing any COVID-19 symptoms (see those listed above), please stay home and call the NEHSA Office before 9:00 AM, if possible.
- If you engage in prolonged close contact travel scenarios such as airplane, train, or cruise ship travel, NEHSA encourages testing and self-monitoring for potential Covid-19 exposure prior to participation in NEHSA programs.

Watersports Safety

- All watersports participants and volunteers must wear a PFD. PFD's must be on, fitted, and fully buckled or zipped. Volunteers assisting outside of boats in the water must also wear PFD's. PFD's must be worn throughout the entirety of the paddle.
- All on water participants are to remove face coverings once on water. This is to reduce the risk of drowning or suffocation during water-based activity. NEHSA suggests bringing a zip-lock bag to keep your mask dry while on the water.

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Hiking Safety

- Hiking participants that utilize the TrailRider are now required to wear a helmet. Please ensure the athlete is properly wearing their helmet before starting any hikes. Helmets will be provided when needed.
- All athletes must stay with a hiking volunteer. Please do your best to ensure that the group stays together on the trail. Allow for breaks so that the group can stay together.

Special Events and Training

- Hiking Training- Tuesday, May 3rd
- Kayak Clean Up- Monday, May 23rd
 - Rain Date: Friday, May 27th
- Kayak/Paddleboard Training- Friday, June 10th
- Summer Sports Clinic- VA Application Required
- ACA Certification/Recertification- August 10-12 Sign Up Required
- WJRVA Biathlon- Wednesday, August 24th
- Portsmouth Veteran's Appreciation Paddle- Sunday, August 28th
- Please note there may be special day events that may adapt these guidelines or adapt the guidelines of other agencies. The purpose of the guidelines in place will always be to protect everyone involved in the event.

Positive Case/Exposure Protocol

- If you have had **close contact exposure** (within 6 feet for 15 minutes total within 24 hours) to someone who is positive for COVID, please contact the NEHSA office. We will then take you off the schedule for the next 6 days. In order to return to NEHSA, you will need to have either 2 negative antigen tests (with the first test done no sooner than 5 days after exposure, with the day of exposure being Day 0, and a second test done 24-36 hours later) or a negative PCR test done on the fifth day or later. The antigen test is the rapid test that you can do at home.
- If you have had **close contact exposure** (within 6 feet for 15 minutes total within 24 hours) to someone who is positive for COVID, and you yourself have had a documented positive case of COVID within the last 90 days, please contact the NEHSA office. If you are able to provide professional documentation (lab/pharmacy/Doctor's office) of your case, you will be permitted to return to NEHSA, and will not need to isolate for 5 days.
- If you have a **positive COVID test** and you were at NEHSA during the 2 days prior to developing symptoms or having your test done, please contact NEHSA immediately. We will then need to contact anyone with whom you had close contact (15 minutes) on those days. We will also take you off the schedule for the next 6 days. In order to return to NEHSA, you will need to get tested no sooner than 5 days after your positive test or 24 hours after you no longer have symptoms (whichever is longer). The accepted testing is either 2 negative antigen tests 24-36 hours apart (the antigen test is the rapid test that you can do at home) or a negative PCR test.