



# **Police Athletic League of Wilmington**

## **COVID-19 Response Plan**

Our country has received an outbreak threat of the COVID-19 (Coronavirus). Delaware has received its first confirmed case of the virus in Newark, Delaware. We will be taking every precautionary action to be prepared for any transmission to our local community. We have developed a disease response plan for our Administration team to follow and administer in the case of an outbreak. We will move through the phases of this plan as advised by the Centers for Disease Control and Prevention (CDC) and the Delaware Division of Public Health (DPH).

The Police Athletic League of Wilmington has developed a communication protocol for a disease response plan for dealing with the COVID-19 (Coronavirus). The response plan will include information on educating our staff, parents and community on updates and outbreaks that may affect our facility or surrounding community. Surrounding community hereto and after is referencing the City of Wilmington. The PALW will follow the guidelines of the Delaware Department of Health and Services (Division of Public Health) along with the Disease Control and Prevention (CDC). We will prepare our staff to follow all preventive maintenance within our facility. We will ask all parents to follow the preventive home care provided by these departments for their child(ren). Please see the information below and the response plan that we will follow for our facility moving forward.

At this time we have not received any word of positive cases in our surrounding area. We will continue with our normal daily procedures until further notice or a confirmed positive case that will impact our facility.

**WE HAVE PREPARED SOME EDUCATIONAL INFORMATION TO HELP PREVENT THE SPREAD OF COVID-19. THE LAST SECTION WILL PROVIDE YOU WITH Q & A OF COVID-19**

### **Preventative Steps**

As you know, this is a rapidly changing situation. Please be assured that PALW will remain vigilant in our efforts to prevent the spread of COVID-19 and will communicate any changes to our Response Plan. We would like to reinforce best practices for helping to prevent the spread of COVID-19:

- *Wash your hands often with soap and water for at least 20 seconds;*



# **Police Athletic League of Wilmington**

- *Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available;*
- *Avoid touching your eyes, nose, and mouth with unwashed hands;*
- *Avoid close contact with people who are sick;*
- *Stay home when you are sick;*
- *Cover your cough or sneeze with a tissue and throw the tissue in the trash immediately, or use the bend of the elbow; and*
- *Limit physical contact with others such as handshakes and high fives.*

## **Mandatory Actions to be taken by PALW**

- *We will disinfect all surfaces, handles, knobs and push bar surfcase three times a day.*
- *All classroom surfaces will be disinfected as many times as needed during the day.*
- *All Multipurpose room surfaces will be disinfected as many times as needed during the day.*
- *All Kitchen surfaces and handles will be disinfected as many times as needed during the day.*
- *All Bathroom surfaces and handles will be disinfected as many times as needed during the day.*
- *If a student or staff member becomes or shows signs of illness;*
  - *They will be immediately sent home.*
  - *They will have to see a physician as soon as possible.*
    - *They will need to follow whatever precautions given by the physician.*
  - *They will not be permitted to return without Physician authorization.*

The PALW will continue to keep all families and our community informed of any situations that may arise. We will do our best to help protect our students, staff, families and community. If you have any questions, please feel free to contact us at 302-764-6170.



# Police Athletic League of Wilmington

## PALW Disease Response Plan

PHASE 1	PHASE 2	PHASE 3	PHASE 4
No Confirmed case(s) in Delaware or Immediate Surrounding Area	Confirmed case(s) in Delaware or Immediate Surrounding Area	Increased Number of Confirmed cases in Delaware or Immediate Surrounding Area	Widespread Number of Confirmed cases in Delaware or Immediate Surrounding Area
<b>Following CDC and DE Division of Public Health Guidelines</b>			
PROGRAMMING OPEN	PROGRAMMING OPEN	PROGRAMMING LIMITED	PROGRAMMING CLOSED
<p>Monitoring Daily</p> <p>Modify all cleaning routines.</p> <p>Teach and communicate preventative practices to all students and staff.</p> <p>Enact Communicable Disease Response Plan</p> <p>Monitor and evaluate status of all known and approved student and staff field trips.</p> <p>Monitor and enforce applicable quarantine, self-isolation and readmittance protocols for enrolling students and students returning from international travel.</p>	<p>Continue Phase 1 practices</p> <p>Consider postponing/ Suspending the following:            Students and staff travelling, including field trips, depending upon available information.            Monitor outside groups events in our facilities            Monitor rentals events and activities</p> <p>Consider limiting audience attendance at PALW activities or outside visitors activities. (athletic events, music performances, association meetings, ect.)</p>	<p>Continue Phase I and II practices</p> <p>Consider postponing/ Suspending all childcare programming, activities and general population activities.</p> <p>Consider postponing/ Suspending all Administrative events.</p> <p>Consider suspending all volunteer activities.</p>	<p>Suspend All Programming in our facility. <b>NO STUDENTS</b></p> <p>Close, assess and deep clean all classrooms and areas of our facility.</p> <p>Deep clean all associated transportation vehicles</p> <p>Evaluated options issued from the Governor, PALW Board of Directors regarding loss of time for employees if any</p> <p>Enforce applicable quarantine, self-isolation and re-admittance protocol for all students and staff affected.</p>



# Police Athletic League of Wilmington

## Mandatory 14-Day Quarantines and Superscript References

- Mandatory 14-day quarantine for any staff member or student with a confirmed case or living with/exposed to someone with a confirmed case of COVID-19
- Mandatory 14-day quarantine (self isolation and social distancing) for all staff/students that have traveled to/from or who have someone living with them who has traveled to/from CDC designated Level III countries<sup>6</sup>
- Must follow all Federal and State regulations regarding students and staff that have traveled to Level II or Level III countries as defined by the CDC.

1. Transition between phases done in full consultation with federal, state, and local health agencies. All planning and preparation done with the most recent federal and state guidance.
2. PALW will monitor COVID-19 status and attendance, student and staff, daily to determine appropriate phase
3. Focus of infection is categorized as a geographic area with a confirmed case of infection.
4. Outside groups include all non-PALW sponsored organizations such as City of Wilmington activities and associations.
5. Building closed to all students and staff - status will be reviewed and monitored daily; guidance will be sought from CDC and DE Division of Public Health
6. As per guidance from CDC and DE Division of Public Health



# ***Police Athletic League of Wilmington***

**Delaware Department of Health and Services (Division of Public Health)  
Current Information Provide as of 3.12.2020**

**Q: What is a novel coronavirus?**

**A:** A novel coronavirus is a new coronavirus that has not been previously identified. It is named for the crownlike spikes that protrude from its surface. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

**Q: How worried should I be?**

**A:** The outbreaks in Asia, Europe and the Middle East are leading to fears of a global pandemic. While the U.S. recorded its first death in late February, the risk for people in Delaware and the rest of the country remains low at this time. The Centers for Disease Control and Prevention (CDC) has warned that Americans should brace for the likelihood that the virus will spread to the U.S.

**Q: How do I keep myself and my family safe?**

**A:** Wash your hands frequently and thoroughly; avoid touching your face or mouth with unwashed hands; sneeze or cough into your elbow, if you use a tissue, throw it away immediately; and stay home if you are sick. Listen for updated guidance from the Delaware Division of Public Health and check the DPH website at [de.gov/coronavirus](http://de.gov/coronavirus)

**Q: Should I travel?**

**A:** For those considering travel outside of the country, check the CDC's list of travel alerts and the agency's recommendations for travel. Recommendations change frequently so you are encouraged to check the website frequently. There are currently no recommendations to limit travel within the U.S. Each person/family should make their own decision based on personal health factors and anticipated travel destinations. Find the CDC travel information at:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>



# ***Police Athletic League of Wilmington***

## **Q: What are the symptoms?**

**A:** Illnesses can be mild, or in some cases be severe enough to require hospitalization. Symptoms of this respiratory illness primarily include:

- Fever
- Cough
- Shortness of breath

## **Q: How is it spread?**

1. Through the air, by coughing and sneezing
2. Close personal contact, such as touching or shaking hands
3. Touching an object or surface with the virus on it, then touching your mouth, nose, or Eyes

## **Q: How contagious is the virus?**

**A:** People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads. The virus that causes COVID-19 seems to be spreading easily and sustainably in the community (“community spread”) in some affected means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

## **Q: Is there a treatment?**

**A:** There is no specific treatment for COVID-19. Individuals confirmed to have the disease, should receive medical support/care for the symptoms they are experiencing.

## **Q: How can people help stop stigma related to COVID-19?**

**A:** People can fight stigma and help, not hurt, others by providing social support. Counter stigma by learning and sharing facts. Communicating the facts that viruses do not target specific racial or ethnic groups and how COVID-19 actually spreads can help stop stigma.



# ***Police Athletic League of Wilmington***

**Q: Should I wear a mask to prevent catching coronavirus disease?**

**A:** CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19. You should only wear a mask if a healthcare professional recommends it. A facemask should be used by people who have COVID-19 and are showing symptoms. This is to protect others from the risk of getting infected. The use of face masks also is crucial for health workers and other people who are taking care of someone infected with COVID-19 in close settings (at home or in a healthcare facility).

**Q: I just returned from a country that has a travel alert for COVID-19, but feel fine. Can I go to Work?**

**A:** In order to ensure that returning travelers from countries with travel alerts of Level 2 or higher do not spread the disease to others, it is recommended that they remain at home for **14** days after their return from a trip, and monitor themselves for fever, coughing or shortness of breath.

**If you do develop symptoms, contact the Division of Public Health at 1-888-295-5156 for guidance on next steps.** Fourteen (**14**) **days** is the presumed incubation period for this virus, so remaining at home and avoiding large gatherings for this time will ensure that you do not spread the virus in the community if you develop symptoms.