

SPARROW'S NEST PLAY SAFETY PLAN

Essential Safety Practices¹

- Teachers and adults are trained in adult and pediatric CPR and First Aid
- SNP relies on outside experts to maintain safety guidelines
- Daily site assessments are made prior to session start to identify hazards and plan for mitigation or hazards in the environment
- Regular site assessments are made to identify hazards and plan for the removal or mitigation of hazards in the environment
- Emergency policies have been developed, communicated and are regularly reviewed with caregivers and guides
- Procedures for protecting health and hygiene of all participants are regularly reviewed
- First Aid and safety gear is maintained for program use at all times
- Children and teachers are equipped with appropriate clothing for activities and weather conditions
- Appropriate teacher:child ratios are maintained to ensure appropriate supervision.
- Boundaries are set and regularly reviewed in outdoor and wild spaces to ensure teachers maintain a line of sight and auditory connection.
- Safety incidents are promptly reported via an Incident Report Form and given to the caregiver.
- Safety regulated teaching strategies are regularly reviewed by teaching staff and adapted as needed.

Appropriate Outdoor Clothing

The Nature Play mantra for weather and clothing is “There is no bad weather, only inappropriate clothing.” While we definitely provide a Weather Safety Protocol (see below), we also encourage children to be in touch with their environment by noticing the weather, its patterns and selecting clothing appropriate for outdoor play.

¹ https://naturalstart.org/sites/default/files/staff/summary_of_practices.pdf

Here are our recommendations:

Winter

- **Waterproof** rain pants. Denim jeans please may prove very uncomfortable when wet, but are perfectly acceptable when dry.
- **Waterproof** rain jacket, sweatshirts and coats. Dress in layers to allow for flexibility in movement and temperature.
- Rain boots (any rubber pair will work) with lightweight socks in case of rain or standing water. For dry winter weather, hiking shoes or sneakers are acceptable foot wear.
- Long sleeved quick-dry shirt
- Hooded shirts or warm hat to cover ears
- Fingerless gloves

Summer, Fall, Spring

- **Waterproof** rain pants Rain pants are important to keep your child dry and also protect legs from thorns, insects, poison ivy etc. When it is really hot, teachers will tell you when only quick dry shorts are acceptable. Just pack rain pants in backpack and make sure to add bug spray and sunscreen to legs. Denim jeans please may prove very uncomfortable.
- **Waterproof** rain jacket
- Rain boots (any rubber pair will work) with lightweight socks. When it is very hot, teachers will also tell you the days that hiking shoes or sneakers are acceptable foot wear.
- Short sleeved quick-dry shirt
- Quick dry shorts under rain pants.
- Sunhat
- Sunscreen labeled with name
- Insect repellent labeled with name

Attending to “Risky Play”²

Learning to negotiate risk is an important part of childhood development, but

² https://naturalstart.org/sites/default/files/staff/summary_of_practices.pdf

risk is healthy only insofar as it is managed, to the appropriate degree, by a knowledgeable and attentive adult. Nature-based programs manage hazards in the environment, and create environments and experiences that allow children to take the risks that are individually and developmentally appropriate as they emerge within the natural world.

Toileting and Hygiene

Bathrooms are provided for all programs. Children do not enter public bathrooms without an adult escort. Handwashing is encouraged before meal and snack times.

General Health and Illnesses

Illness Policy In the following cases, we ask that participants (including students, teachers, and accompanying volunteers) stay home from Forest School for at least 24 hours after their last symptom has subsided:

- Temperature over 101 degrees F or 38.3 degrees C
- Vomiting
- Diarrhea (watery, profuse stools)

Should the above-mentioned situations arise while at Sparrow's Nest Play, the affected participants will be asked to return home.

Participants affected by communicable diseases including but not limited to measles, chicken pox, mumps, flu, strep throat, viral pneumonia, conjunctivitis (pink-eye), etc., are asked to stay home from Sparrow's Nest Play until their health care provider (i.e. naturopath, doctor, nurse, etc.) has communicated that it is safe for them to attend. Any outbreak of communicable disease will be communicated to parents via email.

Head lice is not considered a communicable disease but rather an annoying condition which spreads rapidly. If a participant is affected by head lice or nits are present we ask that you:

- Contact staff at Sparrow's Nest Play immediately so that other families can be informed (the affected individuals will remain anonymous)

- Follow the treatment suggestions at

<https://www.cdc.gov/parasites/lice/head/index.html>

COVID-19/ Infectious Diseases

When the participants are outside, it is not required to wear masks/face covering, adults and children may wear masks/face coverings at their own or family's discretion. The Sparrow's Nest Play community supports those that choose to stay masked, especially when in close proximity. Should any group be indoors, we recommend all students and adults to put their mask on.

*These guidelines and regulations are subject to change.

Outdoor Classroom & Small Groups: Unless the weather requires shelter-use, the children's day will take place in the fresh air – outdoors. There is plenty of room for physical distancing, running and playing and taking advantage of the outdoor environment to promote health and growth.

Learning will take place with each small group led by a teacher/guide. All groups will be adequately supervised and will follow safety guidelines and protocol. All staff are screened and trained. All locations are protected and beautiful.

Physical Distancing: Groups will allow for personal space and distancing when needed – using sit mats that are spaced out and distancing during activities and circle time.

Families...this is a community endeavor, when attending any Sparrow's Nest Play program, please minimize exposure by using healthy protocols. The teachers and staff of Sparrow's Nest Play will do the same and will be tested regularly. This is a team effort with the goal of a safe and healthy experience.

Before attending, ask yourselves these questions: Have you been in contact with someone who may have or been exposed to the virus? Have you or anyone in immediate contact with you had the following symptoms: fever, loss of sense of smell, unusual cough, unusual chest pain or difficulty breathing? Consider testing and vaccination, it is now convenient and free. If you answered yes to any of these questions, please consider getting tested and keep in contact with the directors.

Sickness: If any staff or program participants are experiencing symptoms, it is required to stay home. Children or staff who exhibit symptoms of illness during the day will be sent home.

Toys: Children must leave toys and blankets and their comfort items at home where

they are safe and sound. Accommodations will be made for children with disabilities or special needs, but items will be kept separate and cleaned.

Sit-Mats / Sit-Upons: Each participant will be furnished their own fabric sit-mat/sit-upon (small towel/blanket) each day of programming. The sit-mat will be disinfected daily and washed weekly or as needed.

Hand-Washing: Disinfecting wipes and hand sanitizer will be on hand at all times to be used for any necessary wipe-downs of face and hands. Guides and caretakers will facilitate frequent hand-washing sessions at the bathrooms. Each caretaker will have a set of hand-cleaning supplies. Families are permitted to send their own special wipes or hand sanitizer in a small labeled bag that children can carry with them throughout the day.

Bathrooms: Small groups will be guided by guides to use restrooms. Staff will clean and disinfect the facilities regularly.

Cleaning Supplies: Alcohol, Soap, Water, Paper Towels, Disinfecting Wipes, Disinfecting Spray (with alcohol and essential oils).

Should anyone in the Sparrow's Nest Play community (staff or family) contract Covid-19, it is necessary to communicate with the directors immediately.

Medication Administration Policy

Students are not to administer their own medications, unless previously approved by Sparrow's Nest Play. Parents are to bring all medications to Sparrow's Nest Play where it will be stored and administered by staff. Parents are to fill out a Child Medical History and Prescription Medication Records Form upon drop off of medication.

Weather Safety

*At first signs of threatening weather (increased wind, thunder and lightning) teachers should begin to move children closer to safe area.

- Step 1: Weather emergency broadcast via radio to staff
- Step 2: Move to a designated safe spot
- Step 3: In the case of a tornado
- If outdoors in immediate danger-- move to lowest spot (ditch)
 - If outdoors with time to move—go to nearest safe indoor space and move as close as possible to middle of structure, away from windows (closets, inner hallway or crawl space)

Emergency Preparedness Plan

Shelter-in-Place

- Step 1: Law Enforcement Emergency notified to staff
- Step 2: Move to designated safe spots, or closest building that can be locked. Shelter in place and maintain radio silence. Text messages to admin and teachers to share locations and numbers of children.
- Step 3: Remain in safe place until all clear is received

Fire Safety

- Step 1: Fire Emergency broadcast via radio to staff
- Step 2: Move to designated safety zones as directed

Medical Emergency

- Step 1: 911 call
- Step 2: Call Parents
- Step 3: Call Admin
- Step 4: Injured person, if movable, is taken to extraction point
- Step 5: All emergency vehicles arrive and will be directed