

Contract Classes

Participant Rules and Regulations

(Resources: CDC, California Department of Public Health and the Orange County Health Care Agency)

The reopening plan for contract classes will take into consideration the guidelines and strategies published by the CDC, California Department of Public Health and the Orange County Health Care Agency. They are subject to change as the situation continues to evolve. Program modifications may be required to ensure the welfare of our community, including our participants, instructors and City staff.

Cancellation: In the event an instructor or participant tests positive for COVID-19, programs should be prepared to cancel in compliance with County of Orange Health Orders for quarantine.

Hygiene: Participants are expected to maintain good hygiene practices, including but not limited to:

- Do not participate if you are exhibiting any illness symptoms or have been in contact with someone with COVID-19 over the last 14 days.
- No-contact greetings
- Clean hands before and after eating, after coughing or sneezing, and before and after restroom use.
- Bathroom trips should be staggered to reduce congregating in an enclosed space.
- Masks should be worn:
 - By people 2 years of age and older.
 - Any time you are in a public setting.
 - When you are around people who do not live with you.
 - During a fitness program, masks can be removed when the participant is safely distanced from other participants (6 ft apart).
- Avoid touching your face and cover your coughs and sneezes with a tissue or shielding with your elbow
- Clean and wipe down your equipment, including water bottles. Do not share equipment.

Maximums: For outdoor contract classes, multiple groups may be permitted pending review of field to ensure adequate capacity. Inside contract class maximums will be based on the capacity of an assigned location as predetermined by City staff.

Waiver: The waiver incorporated on our registration form has been updated to include COVID-19 specific verbiage. All participants will be required to sign this before being permitted to take part in any City programming.

Social distancing: 6 feet of space or more should be maintained at all times between all individuals involved in a given program.

Personal protective equipment (PPE): At a minimum, all instructors and participants will be required to provide and wear a face mask that covers their mouth and nose.

Alert protocol if tested positive to COVID-19

- If you test positive to having COVID-19, call 949-470-3061 or email rcs@cityofmissionviejo.org. City staff will notify any class instructors and students that they could have been exposed to COVID-19 and to monitor themselves at home. If the class instructor becomes COVID-19 positive, their class will automatically be canceled.

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2–14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has Emergency Warning Signs of COVID-19

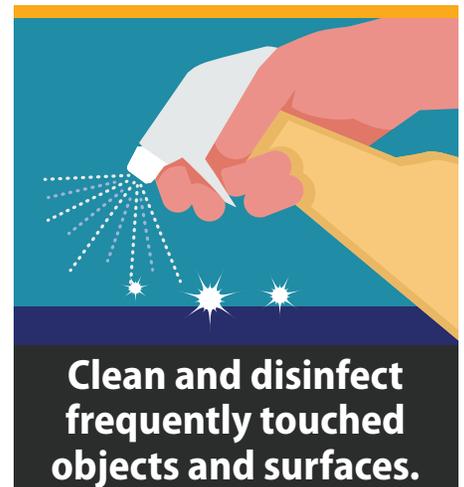
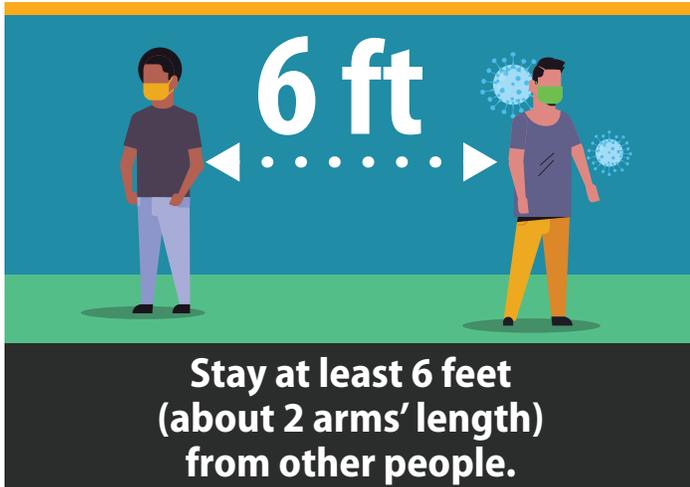
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



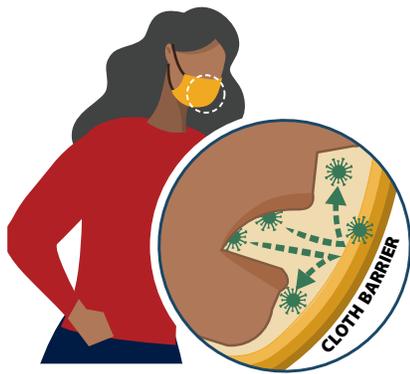
cdc.gov/coronavirus

How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO PROTECT OTHERS

- Wear a face covering to protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)