

# *River Terrace Church*

## COVID GUIDELINES FOR MIDDLE SCHOOL & HIGH SCHOOL GROUP ACTIVITIES – **Updated October, 29<sup>th</sup> 2021**

These guidelines take into consideration the most recent recommendations from the CDC and our Council. As has been our practice during this pandemic, we will continue to monitor updates from the CDC and will adjust as needed.

- Any individuals participating in Middle School or High School group activities outdoors may choose to wear a mask, but all staff, volunteers, parents, and students are required to wear a mask indoors.
- No food is being served currently due to Covid.

### **Self-monitoring**

Please review this list of possible symptoms. If you have symptoms, fever, or know you have been exposed to someone with possible COVID recently.

- Fever or chills
- Mild or moderate difficulty breathing
- New or worsening cough
- Sustained loss of smell, taste, or appetite
- Sore throat
- Vomiting or diarrhea
- Aching throughout the body
- Exposure to any person with COVID in the last 10 days.
- Travel from a high-risk location: please stay home for 14 days upon return. This includes travel from a country with a Level 2 or Level 3 Travel Health Notice.