

Addendum to COVID-19 Operations Manual: Physical Activity

Physical distancing among children and adults is a key component of YMCA of the East Bay's plans to reopen safely while minimizing the spread of COVID-19. In addition to the procedures for personal protective equipment and sanitizing outlined in the COVID-19 Operations Manual, the practices below will be implemented to the extent possible in order to maintain adequate levels of physical activity for children.

- Continue to provide adult-led physical activity for at least 60 minutes a day
- Arrange indoor and outdoor furnishings and play equipment to maintain 6 feet of separation between children, where possible
- Create clear boundaries with barricades, tape, chalk, or paint for physically distant spaces for children to engage in active play
- Increase time spent outdoors to maximize ventilation and physical activity.
 - Ideas: circle time, reading, art activities, and meal/snack times can be modified to take place outdoors
- Train staff on outdoor games and activities that do not require close contact between children
 - Ideas: rotating activity stations, dancing or jumping in place, yoga on mats spread 6' apart, and activities that can take place in small groups
- Take advantage of parks and other outdoor spaces in the community where staff and small groups of children may walk, even if playgrounds are closed
- Incorporate physical activity breaks and activities regularly during distance learning
 - Ideas: GoNoodle videos, Cosmic Kids Yoga videos, having children walk or run in place during read-alouds

Adapted from California Department of Public Health guidance for Child Care Programs and Providers

<https://files.covid19.ca.gov/pdf/guidance-childcare--en.pdf> Best practices as of July 2020

Further resources:

Healthy Apple Program for nutrition and PA <https://healthyapple.arewehealthy.com/default.aspx>

Healthy & Active Before 5 4P's (Pledge the Practice, Pass the Policy) mini-grants program: <http://www.hab45.org/>