



POLICE ACTIVITIES LEAGUE



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The Police Activities League COVID-19 (Coronavirus) Action Plan

This interim guidance is based on what is currently known about the transmission of the coronavirus disease (COVID-19) as provided by the Centers for Disease Control and Prevention (CDC). COVID-19 is a respiratory illness that can spread from person to person, especially between people who are physically near each other (within about 6 feet). People who are infected but do not show symptoms can also spread the virus to others. The CDC will update their guidance as additional information becomes available.

<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

Implementing a workplace **COVID-19 prevention program** is the most effective way to mitigate the spread of COVID-19 for our programs.

The primary concern for our volunteers, participants, and spectators is the safety of all involved with the Police Activities League (PAL). This includes:

- Prevent and reduce transmission among employees
- Maintain healthy business operations
- Maintain a healthy work environment

Prevent and Reduce Transmission of THE COVID-19 Virus and its Variants

Monitor federal, state and local public health communications about COVID-19 regulations, guidance and recommendations and ensure that employees have access to that information. Frequently check the [CDC COVID-19 website](https://www.cdc.gov/coronavirus/2019-ncov/).

Symptoms of COVID-19

There are a wide range of symptoms reported in people with COVID-19 – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Below is a list of possible symptoms.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose

- Nausea or vomiting
- Diarrhea

CDC will continue to update this list as more symptoms reveal itself.

Actively Encourage Sick Individuals to Stay Home

- Participants, volunteers, and spectators who have symptoms and suspect they may have contracted the COVID-19 virus are strongly encouraged to remain at home and contact their primary healthcare provider.

Educate Volunteers, Participants, and Spectators About Steps to Take to Protect Themselves from The COVID-19 Virus

- Encourage all those involved with the PAL to follow any new policies or procedures related to illness, cleaning and disinfecting at the PAL sites
- Advise those involved with PAL to:
 - Stay home if they are sick, except to get medical care, and to learn what to do if they are sick
 - Wear a mask when at the PAL venues
 - Avoid touching their eyes, nose and mouth with unwashed hands
 - Cover their mouth and nose with a tissue when you cough or sneeze or use the inside of their elbow. Throw used tissues into no-touch trash cans and immediately wash hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer containing at least 60% alcohol.
 - Adhere to the rules as implemented by the City and County of Honolulu Parks and Recreation
 - Practice social distancing by avoiding large gatherings and maintaining distance (at least 6 feet) from others when possible

Facilities Protocols

Disinfecting

The PAL will disinfect, as best to their ability, any equipment used at the various activity venues. This will include scorekeeper's tables and chairs, the electronic clock, the tent legs, and any sports related equipment such as basketballs, footballs, etc.

Routine Cleaning

- If less than 24 hours have passed since the person who is sick or diagnosed with COVID-19 has been in the space, clean and disinfect the space.
 - Determine what needs to be cleaned. Prioritize cleaning high-touch surfaces at least once a day. Generally, the more people who touch a surface, the higher the risk.
 - Consider the resources and equipment needed. Keep in mind the availability of cleaning products and the personal protective equipment (PPE) appropriate for the cleaners and disinfectants used using a HEPA filter
 - Ensure safe and correct use and storage of cleaning and disinfectant products

- If more than 24 hours have passed since the person who is sick or diagnosed with COVID-19 has been in the space, cleaning is enough.
- If more than 3 days have passed since the person who is sick or diagnosed with COVID-19 has been in the space, no additional cleaning (beyond regular cleaning practices) is needed.
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Additional Protocols

- Increase physical space between spectators, where feasible
- Provide hand sanitizer stations in multiple locations to encourage hand hygiene. Provide tissues and no-touch trash cans.
- Provide disposable disinfecting wipes so that the PAL Officers, officials, and volunteers can wipe down commonly used surfaces (e.g., doorknobs, tables, chairs, etc.).

When to Quarantine

People who have been in close contact with someone who has COVID-19 – excluding people who have had COVID-19 within the past 3 months or who are fully vaccinated – need to quarantine.

- People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.
- People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.
- People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease and show no symptoms.

Close Contact

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed or somehow got respiratory droplets on you

Stay Home and Monitor Your Health

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at higher risk for getting sick from COVID-19

Returning to PAL Activities

Stay Home When Needed

- If you have or think you have symptoms or have tested positive for COVID-19, stay home and find out what to do if you are sick and find out when you can be around others.

- If you are well, but you have a sick family member or recently had close contact with someone with COVID-19, notify your supervisor and follow CC recommended precautions.

Monitor Your Health

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
- Take your temperature if symptoms develop.
- Follow CDC guidance if symptoms develop.
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Wear a Mask

- Wear a mask at all PAL sanctioned events, especially where staying 6 feet apart is not possible.
- Wearing a mask does not replace the need to practice social distancing.
- Wear masks to help keep from getting and spreading COVID-19.

Social Distance in Shared Spaces

- Maintain at least 6 feet distance between you and others.

Wash Your Hands Often

- Wash hands often with soap and water for a least 20 seconds or use hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth if you haven't washed your hands.

Cover Your Coughs and Sneezes

- Remember to cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissue into no-touch trash cans and immediately wash hands with soap and water for at least 20 seconds.

Clean and Disinfect Frequently Touched Surfaces and Objects

- Cleaning high touch surfaces and shared objects once a day is usually enough to sufficiently remove virus that may be on surfaces unless someone with confirmed or suspected COVID-19 has been in your facility.

Training

The PAL Officers have been trained on the latest procedures regarding the following:

- Policies to reduce the spread of COVID-19
- Use of PPE
- General hygiene
- Safe Work Practices
- Symptoms, what to do if sick

- Cleaning and Disinfection
- Masks
- Social Distancing