

Covid Protocol

OUTDOOR PARENT-CHILD & Bridge CLASS 2021-22

The Outdoor Parent-Child class is aimed at finding safe, supportive, and healthy ways for children and adults to gather outside to explore nature through the seasons, sing songs, picnic snacks, and socialize with each other. The location of the class will be shared upon registration and is 5 minutes from our main West Asheville Campus.

Outdoor Parent Child Class:

- All classes held exclusively outdoors, rain, or shine.
- Participants will not hold hands during songs.
- Participants will bring their own food for snack and water bottles.
- Participants will bring their own blanket or yoga mat to sit upon during circle time.
- Adults will sit with their children at a safe social distance during circle.
- Adults will be mindful and may wear a cloth face covering when adults and children are in close proximity, less than 6 feet.
- Adult participants will sign a waiver upon enrolling in the class.

Requirements:

- Children and adults are required to have proper rain gear for rainy class days and warmer layers, as it gets cold.
- Adult participants will bring a cloth face covering for times when they are in close proximity
- Adult participants will sign a waiver giving us permission to share COVID related information with the health department
- Adult participants will do a health check for their child and themselves each morning before the start of class
- Adult participants will bring their own pen for forms
- Adult participants will stay home (not attend the class) if they or their child develop or have the following symptoms: fever, cough, shortness of breath, persistent pain in the chest

Recommendations & Responsibilities:

- Adult participants should bring their own hand sanitizer &/or wipes for use at their own discretion.
- The instructor is not responsible to police children in remaining socially distant – this is more up to the parents as we all may have a different level of comfort.
- The instructor is not responsible to police adults in maintaining social distance.
- The instructor recommends all adult conversations exclude the virus and topics that can create anxiety for the children and other adults.
- Adults choosing to take this class are responsible to maintain a low-anxiety environment for the children – together in collaboration. All communication about social distancing should be done calmly. This can be as easy as “Let’s go look at this tree together” instead of “Hey, get away from those children, you are too close!”
- We are striving for a morning that feels as normal as possible. This class is for parents interested in maintaining social interaction for young children, who are comfortable with singing in a group outside (at a safe distance), and circle time from their own personal blanket/yoga mat.
- If you find you are too anxious to participate in person, we may also offer an online version of the class.

All enrollees will receive a phone call from the instructor to discuss our protocol before classes begin.

COVID protocol in collaboration with Anne Coyner, Charlottesville Waldorf School