

LT COVID Policies for Participants

See also [LT COVID Policies for Staff](#)



This LT COVID Policy has been added to their LT assessment on the HUB as a separate agreement to sign. We ask that they sign this before making any LT payments.

They were also asked to sign a [COVID waiver for LT assessment](#).

In 2021,

- Estes Park LT Participants were required by their YMCA employer to be vaccinated.
- Adirondack LT Participants received a [COVID questionnaire](#) to let us know the percentage of who was vaccinated in helping to make the decisions below. Based on that percentage those still remaining unvaccinated were asked to fill out a [contact tracing form](#) for every small group and large group meeting they attended.

Link to COVID Policy google doc to be able to share with participants:

https://docs.google.com/document/d/1a_mtwakFvIWdc1b8n5UHmQJL1fL8tqHgimpoWa-xsp0/edit?usp=sharing

The policies and procedures below are requirements and must be agreed upon and signed in order for a participant to attend Collegiate LT 2021.

The expectation for participants is not simply compliance but to model these procedures and expectations as outlined below in all settings. We are asking you to demonstrate and agree with the heart of these policies and to understand and navigate the differing degrees of comfortability during the pandemic by offering full compliance to the below procedures during and outside LT program-specific times. We are creating a culture that not just follows the local state and laws, as well as the YMCA guidelines, but models best practices and follows closely with all CDC recommendations.

Reliant will regularly review the current guidance from the CDC and other experts over time, and there is a potential that adjustments could be made to policies or procedures in the future, but our policies are with our current knowledge of the pandemic as of today. Therefore, you are agreeing to follow the following policies for the whole summer as they are written today.

- All LT participants must be allowed to opt-out of any LT event at any time if they do not feel comfortable participating due to COVID.
- All LT participants, staff, and speakers must show proof of vaccination or proof of a recent negative COVID PCR test (there are two types of PCR test and both types of PCR tests are acceptable) 5 days prior to arrival at LT. After testing, each person should make every effort to quarantine themselves prior to travel.
 - Non-PCR Rapid COVID tests are only to be used to confirm symptomatic cases and therefore should not be used as the COVID test needed prior to arrival.
 - If you have been vaccinated, you do not need to receive a COVID test prior to LT arrival as long as you have proof of vaccination.
 - If you have been partially vaccinated (received the first shot, but still require a second one) and you are exhibiting no symptoms, then you do not need to receive a COVID test prior to LT arrival as long as you have proof of partial vaccination. You will still be required to receive a COVID test by the YMCA upon arrival.
- Any staff or participant who arrives at the YMCA without proper verification of their negative COVID test or proof of vaccination will not be allowed to participate in any LT activities until a negative test is confirmed.
 - Non-PCR Rapid COVID tests are only to be used to confirm symptomatic cases and therefore should not be used as the COVID test needed prior to arrival.
 - If you have been vaccinated, you do not need to receive a COVID test prior to LT arrival as long as you have proof of vaccination.
- If LT participants or staff have to travel during LT, it is requested that they receive a COVID test upon their return (unless the participant or staff has been vaccinated). Based on other variables with the travel destination, other requests may be made on a case by case basis such as following necessary quarantine protocols, etc.
- Masks are no longer required to be worn by vaccinated individuals in any situation, but are always options depending on the comfort level of the individual
- Face masks are strongly recommended (but not a requirement) for non-vaccinated individuals indoors and when social distancing is not taking place. We highly recommend that you follow the CDC mask recommendations for those that are not vaccinated and that you understand the risks.
- Contact Tracing using the Reliant LT COVID Contact Tracing online form is required to be filled out for all ADKLT meetings (large and small) attended by those that are not vaccinated. Vaccinated individuals do not need to contact trace. (Contact tracing for non-vaccinated individuals is not required for EPLT since the Y required all employees to be vaccinated.)
- When off the YMCA property, please follow best practices and consider the tone that you are setting. Please use your best judgment in making decisions in a responsible manner given the situation. I.e. Most restaurants have outdoor seating and spaced tables, taking multiple cars, and wearing masks when traveling, etc.
- You are required to follow mask and social distancing rules as outlined by the YMCA and the state and local government.

As of today, the YMCA has informed us that they are prepared to house two students per dorm room over the summer, which means you will have a roommate. However, if you have concerns about sharing a room, please let the YMCA know and they will evaluate each concern on a case by case basis. When it comes to quarantine or isolation needs, the YMCA of the Rockies is also prepared with additional rooms as needed.

For all other activities, we are aiming for “3 out of 3” of the below best practices if at all possible, but 2 out of 3 are recommended at all times during LT program activities and meetings. While there are activities that can be done while still following these guidelines, that does not necessarily mean that an activity is safe, or wise, or necessary.

- Meet outdoors
- Wear a mask
- Socially distance

We are also asking if you have not been vaccinated that you avoid what the CDC outlines as close contact with other individuals. This will help to avoid having a large number of people needing to quarantine all at once during LT. Anyone that has been in close contact, as defined below, with a confirmed case of COVID will need to follow our quarantine procedures.

The CDC outlines that if you have been within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to testing specimen collection) until the time the patient is isolated you will need to quarantine.*

Data are limited, making it difficult to precisely define “close contact;” however, 15 cumulative minutes of exposure at a distance of 6 feet or less can be used as an operational definition for contact investigation. Factors to consider when defining close contact include proximity (closer distance likely increases exposure risk), the duration of exposure (longer exposure time likely increases exposure risk), whether the infected individual has symptoms (the period around onset of symptoms is associated with the highest levels of viral shedding) if the infected person was likely to generate respiratory aerosols (e.g., was coughing, singing, shouting), and other environmental factors (crowding, adequacy of ventilation, whether exposure was indoors or outdoors).

Quarantine

- Vaccinated individuals will not need to quarantine if exposed to a positive case unless they exhibit symptoms or test positive for COVID 19.
- All non-vaccinated individuals who are exposed or who develop symptoms must quarantine for the CDC recommended 7 day time frame (regardless of whether symptoms have or not have occurred). Then they must receive a negative test before returning to the LT program activities.

Since you will be considered YMCA staff over the summer, it is our understanding that you will also have to pass a health screening before reporting to your shift each day. Depending on their role, staff and volunteers may be expected to wear a mask any time they are in public or common spaces and/or around others.

For personal times outside of the LT program meeting and events, we want you to act consistently with the LT Program, and our goal is to model responsible behavior at all times. This means considering meeting outdoors when possible, limiting the number of people meeting together indoors, etc. Masks are recommended in all settings for non-vaccinated individuals.

Results of non-compliance:

- Our goal is 100% compliance
- If someone forgets or misunderstands expectations occasionally, the leadership team will work with them on corrective actions, while tracking and reporting violations to Reliant
- Habitual noncompliance or a demonstration of intentional avoidance or protest, the participant will be removed from the program and location.

We highly encourage participants to consider receiving the vaccine if they are able.

Proof of COVID 19 vaccination will not negate the need to follow these policies and procedures outlined above for the summer of 2021. At this point, there are still a lot of unknowns and for that reason, we are erring on the side of caution; therefore everyone must follow them, with no exceptions.

We are in regular contact with our advisors. They will notify us if they become aware of changes that need to be made in our policies and if changes are made we will inform you of those changes.

These Reliant policies are separate from and in addition to the policies given by the YMCA. If the policies of the YMCA are less strict at the time of arrival than the policies as outlined above, you are agreeing to still abide by the Reliant policies. Likewise, if any YMCA policies are more strict than the Reliant policy, you will need to follow the more stringent guidelines for your situation.

The YMCA of the Rockies has decided to require their employees to be vaccinated (with few exceptions). Due to this new requirement, since almost all of the Estes Park LTers will be vaccinated as an employee of the YMCA, Reliant is allowing the LT participants to follow the same rules given by the YMCA for the vaccinated individuals. Therefore, face masks are not required to be worn at any given time (unless requested by the YMCA) by those that have been vaccinated as participants for Estes Park LT. Temperature checks and contact tracing will also not be required due to the large majority of vaccinated individuals. Non-vaccinated individuals will still be required to follow the above guidelines for face masks and social distancing, etc.

The YMCA of Silver Bay has not made this same requirement for vaccination of their employees and therefore due to the larger number of non-vaccinated participants, the LT participants of Adirondack LT (even if they are vaccinated) must follow the rules required in the above Reliant policies for being together with both vaccinated and non-vaccinated individuals (such as contact tracing and recommendation for still wearing masks and social distancing for the non-vaccinated participants).

Attendance at Collegiate LT is voluntary. We want it to be abundantly clear that if you are in any way uncomfortable with attending LT and/or feel unable to agree to follow the policies as outlined above, you may opt-out of LT attendance at this time. If you do not feel comfortable with the risk of attendance or if you feel unable to abide by the policies, please reach out to your local church, email Reliant (register@reliant.org), and the YMCA to let them know you have requested to not attend.

Update on 5/7/21 to our original Reliant LT COVID Policies:

Some updates have been made to the original policies that pertain to vaccinated individuals attending LT 2021.

- If you have been vaccinated, you no longer need a COVID test prior to LT arrival, with proof of vaccination.
- If you have been partially vaccinated (received the first shot, but still require a second one) and you are exhibiting no symptoms, then you do not need to receive a COVID test prior to LT arrival as long as you have proof of vaccination. You will be required to take a COVID test upon arrival at the Y.
- We are still requiring the PCR tests prior to arrival at LT for anyone who has not been vaccinated. There are two types of PCR tests and both types of PCR tests are acceptable.
- During LT events (main sessions, project day meetings, etc.) when larger LT groups consisting of non-vaccinated and vaccinated individuals are together the same original guidelines of needing to wear a mask and social distance apply.
- When it is a group of all vaccinated people together, as long as the YMCA allows it, it is acceptable to remove your mask if you are comfortable doing so.
- If you are inside and there is a mix of vaccinated and non-vaccinated individuals in the room, everyone must follow the original guidelines of wearing a mask and social distancing.
- For outdoor activities, such as walks, hikes, and running, masks are optional. Masks are required for any prolonged close outdoor contact in groups with both vaccinated and non-vaccinated individuals, like a group sports game or large outside gathering where people are standing closer together. If people are outside and can be spread out, they do not need to wear masks.

Update on 5/13/21

The YMCA of the Rockies (EPLT) made it mandatory that all their employees (and therefore all LT participants) be vaccinated (with a few exceptions). Therefore, due to the high majority of vaccinated participants, we are no longer requiring temperature checks or contact tracing for this program. Also, the YMCA is allowing those fully vaccinated to not wear a face mask and Reliant has decided to follow with that update to our policies as well. These changes are reflected in the above policies.

Update on 6/15/21

We have a new update for Adirondack LT Covid policies received from Tom and the Reliant board.

The CDC has released new information regarding vaccinated individuals. Based on their new recommendations as well as the new policies created by the YMCA of Silver Bay and the state of New York, the Reliant Adirondack LT COVID policies will have the following updates:

Testing or Vaccination

Proof of vaccination or proof of a recent negative Covid test is still required before you are able to check-in to the LT Program.

Masks

- Masks are no longer required to be worn by vaccinated individuals in any situation, but are always optional depending on the comfort level of the individual.
- Face masks are strongly recommended (but not a requirement) for non-vaccinated individuals indoors and when social distancing is not taking place. We highly recommend that you follow the CDC mask recommendations for those that are not vaccinated and that you understand the risks.

Contact Tracing

Contact tracing using the Reliant LT COVID Contact Tracing online form is still required to be filled out for all LT meetings (large and small) attended by those that are not vaccinated. Vaccinated individuals do not need to contact trace.

Quarantine

- Vaccinated individuals will not need to quarantine if exposed to a positive case unless symptoms occur.
- All non-vaccinated individuals who are exposed or who develop symptoms must quarantine for the CDC recommended 7 day time frame (regardless of whether symptoms have or have not occurred). They then must receive a negative test before returning to the LT program activities.

Temperature Checks

Temperature checks are no longer required for LT meetings