



North Reading Recreation Guidelines for Keeping Your Child Home

The North Reading Department and North Reading Recreation Department would like parents to review the guidelines for keeping a child home from a recreation program due to illness or injury.

If your child should get sick at home prior to joining a recreation program, it would be most appropriate to keep them home from a recreation program. A sick child will not be able to function well and may spread illness to other participants and staff.

A participant should not come to a recreation program if they have:

1. Fever of 100.4 or above in the last 24 hours. Participants must be fever-free for at least 24 hours without the use of Tylenol, Motrin, or other fever reducing medication prior to returning to a recreation program.
2. Vomiting more than once in the last 24 hours
3. Diarrhea more than once in the last 24 hours
4. Chills with other symptoms of illness
5. Sore throat that has been present for more than 24 hours
6. Strep throat – participants may return after 24 hours of antibiotic treatment, if they are well enough to participate in recreation programs
7. Any eye inflammation accompanied by discharge may possibly be conjunctivitis. Participants with conjunctivitis may return after 24 hours of antibiotic treatment, if they are well enough to participate in a recreation program
8. Bad cold, with a runny nose or a productive cough that has kept the child awake at night and/or will interfere with the child's performance in a recreation program
9. Head lice – please consult with your child's doctor
10. A communicable disease, such as Novel Coronavirus (COVID-19), chicken pox, scabies, impetigo, pertussis, ringworm, and other diseases. Each of these diseases has state requirements for returning to a recreation program which will be discussed with you by your child's doctor.
 - a. In the past 14 days, if the participant has had close contact with a person known to be infected with the novel coronavirus (COVID-19)
 - b. Covid-19 symptoms include fever, cough, sore throat, difficulty breathing, gastrointestinal symptoms, unexplained fatigue, headache, new loss of smell/taste, new muscle aches.

11. An injury that occurs at home or off city grounds should be evaluated by the child's own primary care provider. The participant should return to a recreation program with a doctor's note.

For health and safety reasons, communication between the parent and the recreation department is very important. Parents/guardians should report all participant injuries and important medical information (fractures, sprains, surgeries, serious illnesses, etc.) to the recreation department as soon as possible. A doctor's note, indicating physical restrictions or limitations, is required for all participants returning to a recreation program with any activity-restricting device, such as crutches, casts, slings, braces, etc.

If your child becomes ill at a recreation program and the staff feels it appropriate for the child to go home, it is essential that the recreation department have a list of your emergency contacts in the case you are not available or cannot be reached. If your phone numbers change, please make sure you inform the recreation department.

Thank you for observing these guidelines. Please note that these guidelines do not include all possible illnesses or health concerns. Should you need further information, please consult with your child's doctor and/or recreation department. Your cooperation will help provide a healthier and more productive learning environment for all of the participants and staff in the community.