



Telluride Adaptive Sports Program

11/1/2024

Dear TASP Staff, Volunteers, Athletes and Supporters,

Due to ever present concerns of transmissible illness in the Telluride/Mountain Village (and greater) community, we share with you this information as a guidance to coming back to TASP after illness occurs. At this time there is no one single specific illness we are focusing on as we continually face managing COVID-19, influenza, RSV and strep throat, just to name a few. We realize there is no good time for illnesses as we are all busy with holidays, travel and high visitation to TASP in general. Our goal is to keep everyone healthy and safe during their time with us at TASP. There are specific symptoms any individual CAN NOT have while at TASP. If anyone is experiencing any of these symptoms they must not come to TASP. If any of these symptoms appear while at TASP our management will be forced to send that individual home.

Respiratory Virus Guidance Snapshot



Core Prevention Strategies

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



Additional Prevention Strategies

Masks



Distancing



Tests



*Stay home and away from others until,



and



Your symptoms are getting better

You are fever-free (without meds)

for 24 hrs



Then take added precaution for the next 5 days



Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

The primary symptoms we are cautious of are:

- Fever (over 100.4)
- Sore throat with swelling, redness, and drainage
- Cough
- Body aches, joint pain
- Nausea, vomiting, diarrhea
- Abdominal pain

TASP illness procedures includes the following:

- Fevers (100.4 >) - needs to stay at home, they may return to TASP once the fever is gone for 24-hours WITHOUT taking any fever reducing medications unless the illness necessitates isolation.
- Vomiting/Diarrhea -should stay home for 24-hours after last episode then may return to TASP if no other symptoms are present.
- Cough - individual should be tested for respiratory disease at a medical provider facility; if the cough persists, they may need to be seen by a provider to check for other illnesses such as influenza or strep throat. Once checked and cleared, individual may return to TASP. Out of an abundance of caution, TASP may ask for a medical provider note to return to TASP. We may also ask this individual to wear a mask.

Covid Positive: May return to TASP once fever is gone for 24-hours without fever reducing medications and your symptoms are getting better overall.

Influenza: May return to TASP once fever is gone for 24-hours without fever reducing medications and your symptoms are getting better overall.

Strep throat: May return to TASP once they have been taking antibiotics for 24-hours, and do not have a fever.

When you come back to TASP activities, take added precaution over the next 5 days, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people. Refer to [CDC guidelines](#) for preventing spread of respiratory viruses when you're sick.

For more in depth information and resources please contact, publichealth@sanmiguelcountyco.gov, (970) 728-4289

Thank you all for your understanding and help keeping our organization healthy. Please contact Tim McGough, TASP Program Director, or Kyle Calbat, Associate Program Director, for more information or clarification. programs@tellurideadaptivesports.org or k.calbat@tellurideadaptivesports.org