

# Cascade Orienteering Club COVID-19 Safety Plan

Following is a detailed plan of the measures we are taking to comply with the State of Washington COVID-19 safety requirements. Our goal is to provide a safe environment for both participants and volunteers.

A successful event will require everyone to work towards these goals by following the guidelines we've set out.

## Prevention

### Before the event

#### Communication to Participants

An online video or document will be available in advance informing participants of the following COVID-19 practices we'll be following at the event:

#### Registration and Start Times

- ) All registration (and payment) is online in advance
- ) No rentals available; everyone must have their own SI stick and compass
- ) Groups are limited to 2 (both from the same household); each group member must also sign a waiver and complete a COVID-19 assessment form prior to the event. The assessment form will include agreement to follow COVID-19 guidelines outlined here
- ) Whenever practical, we will use Air+ (contactless) epunching for those who have the equipment; you will also still be able to use a standard SI stick
- ) Include information about where to purchase SI sticks and compasses
- ) Start time signup will be available online prior to the event. Anyone who does not sign up will be assigned a start time by the organizer

#### Remain in Vehicle

Plan to arrive at the event shortly before your start window and leave immediately after you're done; if you want to warm up before your race, stay at least 6 feet from others

#### Masks

- ) You must wear a mask when in the start and finish areas
- ) You must wear a mask when you start but may take it off once you're away from the start
- ) You must carry a mask with you and put it on if you encounter others
- ) After you finish, put your mask on before proceeding to the download area

#### Distancing

- ) Stay at least 6' away from others whenever possible, even when on a course

#### Spectators

Spectators are not allowed; family and friends of participants may NOT congregate in the start or finish area

#### Courses

- ) Minimize control sharing between courses to reduce crowding
- ) No two courses will have the same first control
- ) No mass start events
- ) To reduce contact, Air+ punching will be available whenever practical for those who have Air+ SI sticks. We'll encourage people to purchase these
- ) Control descriptions printed on map only (NO separate descriptions); they will be available on line if people want to print their own

#### Event Registration

- ) No day-of-event registration. All registration and payment will be done online in advance. This eliminates handling money/credit cards by event volunteers

- ) Participants will sign a document acknowledging that they have read and agree to abide by the COVID-19 measures; the document will include agreement to provide accurate contact information in case contact tracing is required
- ) All start times will be pre-assigned. Participants will start at least two minutes apart. Participants may be able to request an approximate start time but are not guaranteed any specific time.
- ) Start times will be published on the web page the day before the event so people will know when to arrive
- ) Participants are required to use their own SI stick and compass. These items will NOT be available to rent. We will provide ordering information for those who wish to purchase

## Safety Training

All volunteers will be required to complete training about coronavirus, how to prevent transmission, and the club's Safety Plan.

## Day of Event

### General

#### COVID-19 Supervisor

A COVID-19 supervisor will be designated at each venue to monitor the health of volunteers and enforce the safety plan, including occupancy limits and sanitation protocols. The supervisor will have access to a copy of the Safety Plan on site.

#### PPE

- ) All volunteers will be supplied with PPE appropriate to their position. This may include masks, gloves, and cleaning products
- ) All persons are required to wear a mask covering mouth and nose when not actually on a course
- ) All volunteers will have ready access to hand sanitizer (and must use it frequently) during the event

#### Toilets

- ) Disinfectant spray will be available at each toilet. Participants will be asked to clean the facilities before using. This includes spraying the seat, door handles, and any other surfaces that are touched.
- ) A hand washing station or hand sanitizer will be available adjacent to toilets (at least 6' from the entrance)

#### No Crowds

No crowds greater than 5 people will be allowed in any location and only then if 6' of physical distancing is maintained.

#### No refreshments

No refreshments will be provided at events; encourage participants to bring their own

#### Symptom Monitoring

All participants and volunteers will be required to answer screening questions for COVID-19 symptoms prior to the event.

#### Signage

Signage will be provided as follows:

- ) (1) Sign at check-in informing people that they may not participate if:
  - o They have been diagnosed with COVID-19 (and have not recovered or are within the required 10-day isolation period)
  - o Have had symptoms of COVID-19 within the last 24 hours
  - o Have had contact with someone who has or is suspected of having COVID-19 within the last 14 days
- ) (1) Sign at check-in requiring people to wear face masks at all times when in the activity area (this includes check-in, start, finish, and download)
- ) (3) Signs in start chute to mark 6' spacing
- ) (2) Sign at sanitizing station instructing people to clean hands, then SI stick (one in start chute, one in finish chute)
- ) (3) Signs in finish chute to mark 6' spacing
- ) (2) Signs at toilets to mark 6' spacing

## Arrival

- ) Participants will be encouraged to arrive shortly before their scheduled start window and wait in their vehicles until just before their start; if they want to warm up, they must maintain 6' of distance from others

## Check-in

- ) Participants will check in with a volunteer stationed at the entrance to the start chute
- ) The volunteer (provided with a list of participants organized by start time) will check the participant's name and SI stick number to verify their identity and contact information
- ) The list will include whether or not the participant has signed the COVID assessment. If not, they will be allowed to read and sign the document on their phone and submit their answer. If they are not able to sign the document, they will not be allowed to start
- ) If the participant answers "yes" to any question, they will be asked to go home
- ) If the participant answers "no" to all questions, they will be allowed to proceed

## Start

- ) At the hand sanitizer station, participants must first clean their hands, then their SI stick
- ) Maintaining 6' of distance, participants advance through the chute to the clear/check boxes
- ) After clearing and checking, participants advance to the map boxes and select the appropriate map
- ) After selecting a map, participant punches the start and heads out (they may remove their mask at this time)

## Finish/Download

- ) After punching the finish, participant puts on a mask
- ) Participant then enters the finish chute (maintaining 6' spacing)
- ) At the sanitizing station, participant cleans their hands and then their SI stick
- ) Participant proceeds through the finish chute (maintaining 6' spacing) to the download station
- ) Participant downloads, takes splits ticket, then exits finish chute and leaves the area

## Mitigation

If a volunteer becomes sick, they must go home and the station they occupied must be disinfected immediately.

## Recovery

### Contact Tracing

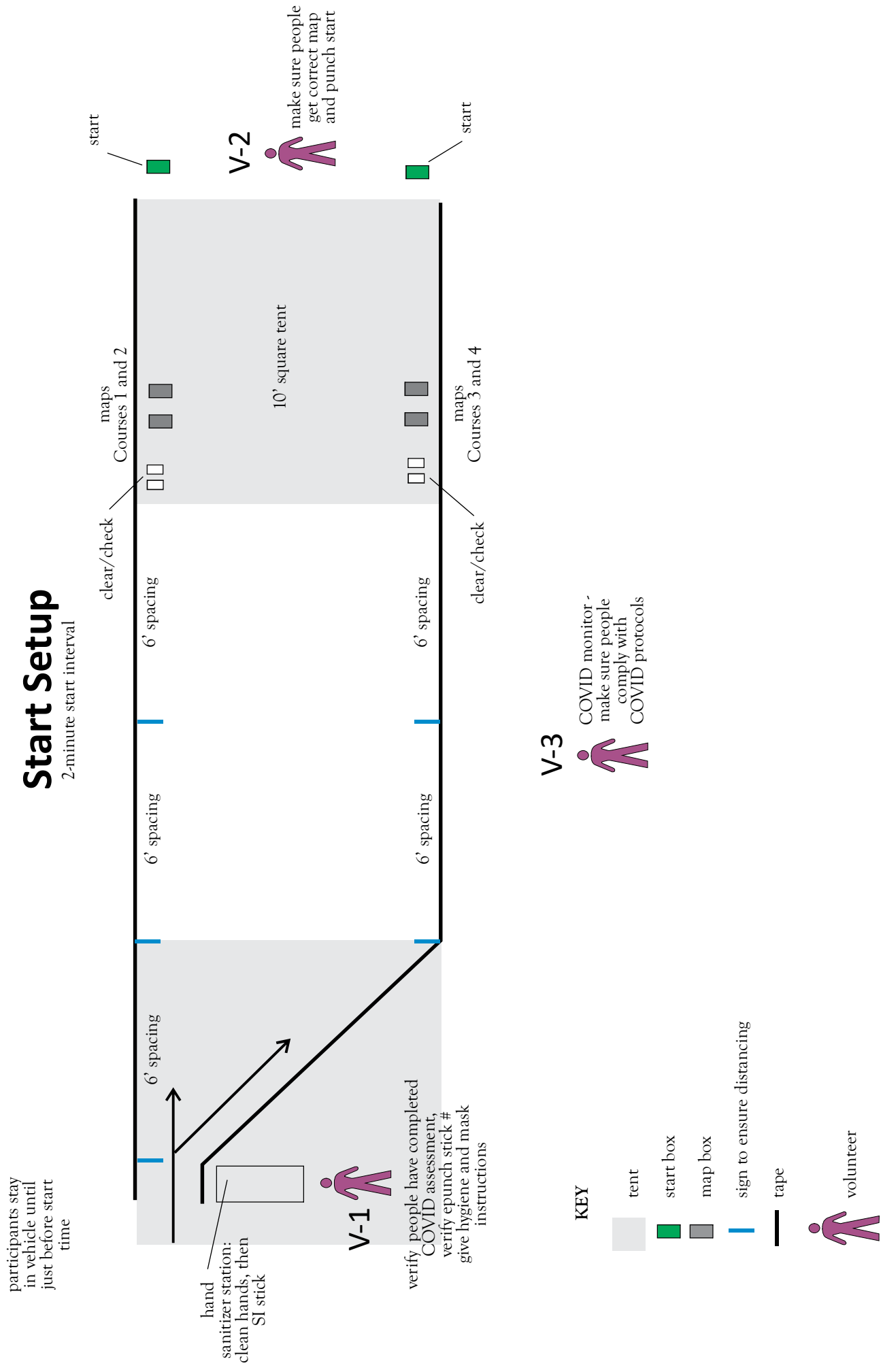
If the club becomes aware of any volunteer or participant confirmed to have COVID-19 following the event, all participants and volunteers will be informed of their possible exposure (confidentiality must be maintained).

### CDC Guidelines

Review and follow the CDC guideline for community-related exposure (<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>)

# Start Setup

2-minute start interval



participants stay in vehicle until just before start time

hand sanitizer station: clean hands, then SI stick

V-1

verify people have completed COVID assessment, verify epunch stick # give hygiene and mask instructions

start

V-2







make sure people get correct map and punch start

start

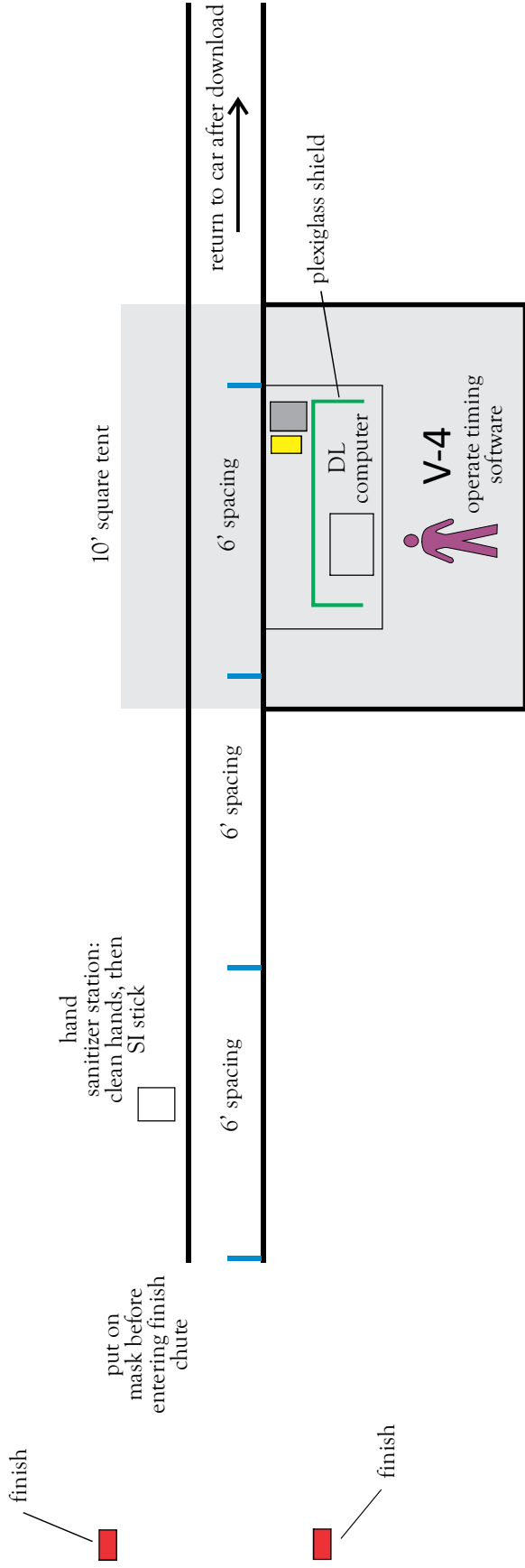
V-3

COVID monitor - make sure people comply with COVID protocols








## KEY

-  tent
-  start box
-  map box
-  sign to ensure distancing
-  tape
-  volunteer

# Finish Setup



## KEY

-  tent
-  finish box
-  download station
-  splits printer
-  sign to ensure distancing
-  tape
-  volunteer