



COVID-19 Return to Outdoor Activities (Walk and Running Groups):

The risk of transmitting the SARS CoV-2 virus that causes COVID-19 depends on multiple factors including: 1) Number of people in a location, 2) Type of location, 3) Distance between people, 4) Length of time at location, 5) Level of protective equipment used (e.g. face coverings). As general guidance, smaller groups are safer than larger ones; outdoor locations are safer than indoor; sports that can ensure distance of six (6) feet or more are safer than closer contact; and shorter duration is safer than longer.

Supervisor Responsibility

- Supervisor will be responsible for ensuring that the COVID-19 Safety Plan is being adhered to.

Safety Training

- A safety briefing must be conducted at the beginning of each day of the outdoor activity to reemphasize the protective measures for everyone to include pre-session screening, maintaining social distancing and sanitation protocols.

Pre-Program Screening

- A temperature screening and/or questionnaire of participants may occur prior to the start of each outdoor activity.
- Actively encourage sick individuals to stay home.
- Individuals should stay home if they have tested positive for (have not recovered or are still within the required 14-day quarantine) or are showing COVID-19 symptoms (within the last 24 hours).
- Individuals who have recently had a close contact with a person with COVID-19 (within the last 14 days) should also stay home and monitor their health.
- Those who are excluded from outdoor activities due to COVID-19 symptoms or because they are close contacts must follow DOH and local public health isolation and quarantine guidance before returning to activities.
- People with underlying health conditions should consult with their medical provider regarding participation in outdoor activities.

Check-in and Check-Out/Drop-off and Pick-Up

- Establish designated check-in and check-out and if needed drop off and pick up zones.
- Parents should drop off and pick up their youth participants at the drop off and pick up zone area. If possible one parent/guardian should drop off/pick-up.
- Wash hands or use hand sanitizer with at least 60% alcohol before and after signing in and out. No pen should be shared. Participants (or participants parents) should use their own pen when signing in but if not, wipe off the pen after every use. If check-in is electronic, provide alcohol wipes and frequently clean the screens or keyboards.
- If a youth participant needs supervision while waiting for pickup, adults should maintain social distancing.

Masks

- Masks are required for participants directly before and directly after outdoor activities and strongly encouraged whenever not engaged in strenuous activity.

Physical Distance

- Six feet of distance must be maintained among participants when not engaged in outdoor activities and any informational meetings must be physically distanced.
- Outdoor activity groups should be organized into the smallest practical group size.



- To the extent possible keep outdoor activity groups consistent throughout the program.

Hygiene

- Require participants and paid or volunteer staff to practice good hygiene including washing their hands frequently and covering their sneezes and coughs.
- Wash hands often with soap and water for at least 20 seconds before and after activities, especially after touching shared objects or blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth.
- If soap and water are not readily available, use a hand sanitizer that contains 60-95% alcohol content.
- Cover all surfaces of your hands and rub them together until they are dry.
- Participants should not share water bottles, towels, or snacks.

Cleaning

- Avoid or minimize equipment sharing (if any is needed) when feasible.
- When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment must be cleaned first and then disinfected with an EPA approved disinfectant.
- Clean high touch surfaces and disinfect shared equipment before and after each use.
- Ensure restrooms are cleaned and disinfected regularly.
- Current CDC guidance for cleaning and disinfection for COVID-19 states that disinfectants should be registered by the EPA for use against the COVID-19.
- Find the current list here: List N: Disinfectants for Use Against SARS-CoV-2 (COVID-19). Disinfectants based on hydrogen peroxide or alcohol are safer than harsher chemicals.
- The University of Washington has a handout with options for safer cleaning and disinfecting products that work well against COVID-19.

Records and Contact Tracing

- Keep a roster of every athlete, staff and volunteer present at each activity to assist with contact tracing in the event of a possible exposure.
- Attendance rosters and activity groups must be kept on file for 28 days after activity date.

Employees

- A temperature screening and/or questionnaire of employees may occur before each outdoor activity.
- Actively encourage sick staff to stay home. Develop policies that encourage sick employees to stay at home without fear of reprisal, and ensure employees are aware of these policies.
- Employees should stay home if they have tested positive for (have not recovered or are still within the required 14-day quarantine) or are showing COVID-19 symptoms (within the last 24 hours).
- Employees who have recently had a close contact with a person with COVID-19 (within the last 14 days) should also stay home and monitor their health.
- CDC's criteria can help inform return to work/school policies.
- Employees must wear face coverings and other personal protection items as required by the Washington State Department of Labor & Industries.
- Employees must wash hands frequently with soap and water and use hand sanitizer that contains 60-95% alcohol content.
- Employers must specifically ensure operations follow the main Labor & Industries COVID-19 requirements to protect workers. COVID-19 workplace and safety requirements can be found here: <https://lni.wa.gov/forms-publications/f414-169-000.pdf>.