

COVID-19 Protocol – Mountain Biking

Point of Contact

Depending on the program, the point of contact on site for mountain biking programs will be either the Mountain Bike Program Coordinator or Mountain Bike Camp Program Supervisor.

Safety Training

All staff members have received training about the signs, symptoms, and proper procedures for COVID-19. Each day, the importance of proper hygiene, sanitation, and following protocol is emphasized to staff by the lead point of contact on site.

Staff Screening

Staff members will be told to stay home if they are feeling ill and will be required to take their temperature each day before reporting for work. If a staff member has a fever or fails the health questionnaire, he/she will not be permitted to work that day. Staff members will be given the following health questionnaire:

1) Since your last day of work, or last visit here, have you had any of these symptoms that is not attributable to another condition?

- Fever or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Recent loss of taste or smell
- Congestion
- Diarrhea
- Cough
- Fatigue
- Headache
- Sore throat
- Nausea or vomiting

2. Within the past 14 days, have you been in close contact with anyone that you know had COVID-19 or COVID-like symptoms? Close contact is being within 6 feet for 15 minutes or more over a 24-hour period with a person; or having direct contact with fluids from a person with COVID-19 with or without wearing a mask (i.e., being coughed or sneezed on).

3. Have you had a positive COVID-19 test for active virus in the past 10 days, or are you awaiting results of a COVID-19 test?

4. Within the past 14 days, has a public health or medical professional told you to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19 infection?

Pre-Program Email

The pre-program email should contain information about the modifications we have made to that specific camp to help prevent the spread of COVID-19. Participants should be advised that they will be required to have a facemask. Any participants who have tested positive for COVID-19, or have been exposed to someone who tested positive for COVID-19 in the past 14 days, will not be permitted to attend the program. Participants will also be advised that all of our program participants must abide by Washington's travel advisory.

Drop Off/Pick Up

The following protocols should be followed each day at the beginning and end of programs:

- Maintain six feet of distance to adhere to social distancing guidelines.
- Participants must wash hands or use hand sanitizer with at least 60% alcohol at the beginning of a program.
- Staff and participants alike must wear a mask even if social distancing can be maintained.
- Have separate containers of pens – one for used pens, and one for disinfected pens.
 - Only use our pens for sign-in if parents do not bring their own.
- Health Screening – A temperature screening or health questionnaire will be conducted on each participant before each program.
 - Temperature Screening:
 - Contactless thermometers will be used if a temperature screening is conducted.
 - Participants will be sent home if temperature is higher than 100.4°F.
 - Health Questionnaire:

1) Since your last day of work, or last visit here, have you had any of these symptoms that is not attributable to another condition?

- | | |
|---|----------------------|
| • Fever or chills | • Cough |
| • Shortness of breath or difficulty breathing | • Fatigue |
| • Muscle or body aches | • Headache |
| • Recent loss of taste or smell | • Sore throat |
| • Congestion | • Nausea or vomiting |
| • Diarrhea | |

2. Within the past 14 days, have you been in close contact with anyone that you know had COVID-19 or COVID-like symptoms? Close contact is being within 6 feet for 15 minutes or more over a 24-hour period with a person; or having direct contact with fluids from a person with COVID-19 with or without wearing a mask (i.e., being coughed or sneezed on).

3. Have you had a positive COVID-19 test for active virus in the past 10 days, or are you awaiting results of a COVID-19 test?

4. Within the past 14 days, has a public health or medical professional told you to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19 infection?

- If a participant fails the health screening, quietly escort that participant away from the group. Notify the participant of the failed health screening and politely ask them to leave the program area. Do not let the participant into the program area for any reason.
- Note the names of anyone who potentially could have been infected by the participant who failed the health screening.
- Outdoor Program Manager will be notified if anyone fails the health screening.

Program

The following protocols must be followed while the program is running:

- Group sizes will be limited to 12.
- Six feet of distance will be maintained between all group members to adhere to social distancing guidelines.
- Facemasks must be worn by participants and staff alike at all times.
 - Facemasks may be removed only when actively eating or drinking.
- Wash hands frequently with plenty of soap and water for minimally 20 seconds.
 - Hand sanitizer with at least 60% alcohol may be used if soap and water is not an option.
 - Hand washing is required after using the restroom and before eating.
- Participants will be advised to not touch their face with unwashed hands.
- Participants must be issued the same equipment each day or bring their own equipment.
- Equipment must be disinfected between uses as well as at the beginning and end of each day.
- If a participant reports feeling ill during the camp, the participant will be isolated from the rest of the participants and sent home.
 - Any equipment the sick participant was using should be immediately disinfected.

Ill Participant

The following protocols must be followed if a participant reports feeling ill or exhibits the signs/symptoms of COVID-19:

- Participant must put on a mask, be isolated from the rest of the group, and sent home.
 - A staff member will escort the participant outside near the parking lot away from any other people and supervise participant until the participant's ride arrives.
 - Staff member must stay at least six feet away from participant and wear mask.
- Make a note of everyone, both staff and participants, attending the program that day that could have been affected by the ill participant.
- Any equipment, items, or surfaces the participant touched must be set aside or closed off and disinfected after 24 hours.
 - Do not use any equipment or items, or touch any surfaces, that the ill participant touched until properly disinfected.
- Participants will not be permitted to return to the program if they leave due to illness.
- Notify the Outdoor Program Manager if a staff member or participant leaves the program due to illness.
- Local health officials, affected staff members, and affected participants will be notified if one of our staff members or participants tests positive for COVID-19.

Food

The following protocols must be followed during snacks or meals:

- Participants must bring their own food, storage containers, and utensils to day programs.
 - Participants will be responsible for storing their food and snacks.

- Staff and participants alike must wash hands with soap and water for at least 20 seconds before eating.
 - Hand sanitizer with at least 60% alcohol may be used when using soap and water is not an option.
- For overnight programs, participants will be responsible for bringing their own utensil, plate/bowl, and cup.
 - Each person will be responsible for washing, drying, and storing his or her own dishes.
- Staff members must wash hands with soap and water for at least 20 seconds before preparing a meal on overnight trips.
 - Hand sanitizer with at least 60% alcohol may be used when using soap and water is not an option.
- Staff members must wear a facemask during meal preparation.

End of Program

The following protocols should be followed after each program:

- All equipment used that day must be thoroughly disinfected. This includes pens used for sign-in/out.
- All touch surfaces (tables, counters, doorknobs/door handles, chairs, light switches, etc.) must be disinfected.
- Bathrooms must be thoroughly cleaned and disinfected.