

## Wyoming MTB Camp Covid-19 Preparedness Plan

Wyoming MTB Camps strives to provide a safe and healthy event for all participants, volunteers, and staff. Please be aware that our camps will not be exactly the same as in years past. We appreciate your understanding, trust, and flexibility as we move forward with camps this summer. This pandemic policy outlines specific steps Wyoming MTB Camps takes to safeguard volunteers' and participants' health and well-being during a pandemic while ensuring our ability to maintain and continue providing an exceptional youth mountain bike camp to our participants. This document describes special Covid-19 Rules and Requirements. PLEASE READ IT CAREFULLY!

As appropriate, Wyoming MTB Camps recommends measures that all individuals can take to protect themselves outside the event and encourages all participants (volunteers, staff, and attendees) to discuss their specific needs with a family physician or other appropriate health or wellness professional prior to attending camp.

We ask all participants to take steps to limit exposure for 14 days prior to camp, including physical distancing, monitoring of symptoms and limiting unnecessary risks. We expect volunteers or participants who contract the disease or have been exposed to infected family members or others with whom they have been in contact to stay home and seek medical attention as necessary and appropriate.

PRE-REGISTRATION IS REQUIRED. If you cannot attend the event for any reason, we ask that you notify us as soon as possible. We have limited camp size to limit exposure and would like to allow other riders to fill empty spots, if possible.

EVENT CHECK-IN: Event check-in will be a one-way, walk-through lane with social distancing to maintain separation of participants and volunteers. Masks must be worn and temperature checks will be mandatory upon arrival. Make sure all forms and waivers have been sent electronically prior to the event. Parents must notify the camp director if their student's health status changes after submission of health forms and before arrival of camp. Students must provide a negative test result within 72 hours of the beginning of the camp.

- In person registration will be limited as much as possible.
  - All materials and waivers should be signed and submitted electronically prior to event. No rider will be allowed to attend event without prior form submittal.
  - Temperatures will be taken at registration.
  - Knee pads and elbow pads will be checked out at registration. Pads will be cleaned between camps.

**Personal-Protection Equipment:** Wyoming MTB Camps maintain on site adequate supplies of recommended personal-protection equipment, such as face masks, eye protection, rubber gloves, and anti-bacterial hand gels and wipes, which we can require all attendees to use. We urge all attendees to speak with their personal physician about types and proper use of personal-protection equipment in the home.

## COVID-19 RULES AND REQUIREMENTS

The following rules and requirements will be strictly enforced. They are for the safety of all riders, staff, volunteers, and their families. While these measures are intended to minimize risk of exposure, the risk cannot be completely eliminated. **IMPORTANT:** For our plan to be effective, we need commitment and diligence from participants and volunteers. Those who do not comply with these expectations may be dismissed from camp.

- **Face masks must be worn at all times. Facemasks will cover both nose and mouth and meet CDC guidelines.** This includes any time you are at Hynd's Lodge. Exceptions are when you are actively riding your bike, eating, or sleeping.
- **You must maintain a distance of at least 6 feet from others at all times.**
- **Do not come to camp if you are sick or do not feel well.** Please contact us as soon as possible if you cannot attend camp.
- Visitors (non-campers/non-staff) are not allowed at camp.
- No physical contact with others not in your family. This means no hugs, handshakes, fist bumps, or high fives.
- Do not share water bottles, food, or other equipment.
- We will provide hand sanitizer on site, but encourage everyone to bring their own as well.
- Restrooms will be disinfected on a regular schedule. Social distancing of no less than 6 feet applies to those in line for the restrooms.
- Under no circumstances should any rider discharge any mucus/phlegm while riding (e.g., spitting, snot rockets, etc.) If you need to clear your sinuses, please safely move off trail, and away from others.

Steps we will take to ensure the facility and activities are clean and safe for all:

- Health screening of each participant (volunteers included) will be recorded daily (see Health Screen Section). This will be done in a way to limit crowding. All information will be kept private.
- Additional restroom and hand washing facilities will be available to minimize lines and congestion indoors.
- Cleaning supplies will be easily available and will be used frequently on shared surfaces (door knobs, surfaces, and bathrooms).
- Each attendee and volunteer are responsible for cleaning hands before and after using shared surfaces or will assist in cleaning shared surface after each use.
- Entrances to the Hynd's lodge will have a one-way traffic with one entrance and one exit (signage will be applied).
  - Sanitizing station with instructions will be located at the entrance of Hynd's Lodge.
- Cover coughs and sneezes with a tissue, or cough and sneeze into your upper sleeves if tissues are not available. All attendees should wash their hands or use a hand sanitizer after they cough, sneeze or blow their noses.
- Sleeping assignments will be created to separate campers. Each student is encouraged to bring their own camping gear (tent, sleeping bag, sleeping pad). If a participant does

not own these items, contact the event organizers prior to the event (online registration) in order for us to provide gear at the event.

- Use of Hynd's Lodge or high use areas will be staggered so that the number of individuals in common areas will be limited and social/physical distancing can be practiced.
  - The number of individuals allowed inside Hynd's Lodge at one time will be limited
  - 1 person in a kitchen at one time
  - 1 person in a shared bathroom at one time
- Eating scenarios:
  - a. All food will be monitored and maintained by volunteers and staff. Food will be served by volunteers or staff only, with proper protective gear (gloves, masks, etc).
  - b. All campers should bring their own drinking vessel and make sure they keep track of it.
  - c. Water supply will be maintained and monitored by staff and volunteers to limit contamination.
  - d. All eating will be done in designated areas (tent, outside eating areas, or other specified at camp).
  - e. Each attendee is responsible for proper disposal of food waste and dinnerware.
  - f. Volunteers and staff will prepare sack lunches.
  - g. Riders will be called up to receive food by rider group to reduce congestion near food serving area.
- Group rides will be limited in size and staggered so that crowding is avoided on trails or at the lodge.
  - a. Specific start time per group may be done to avoid congregating.

#### **Additional Steps Being Taken:**

1. Wyoming MTB Camps encourages the discontinuation of unessential travel to locations with high illness transmission rates no less than 2 weeks prior to camp.
2. Within 72 hours of attending the camp, a negative Covid test or proof of vaccination will be required. A copy of results must be provided to Camp Director.
3. Each individual is responsible for following camp rules and guidelines. If any individual does not exercise proper methods to limit risk, they may be asked to leave camp.
4. Camp attendees are asked to stay on site and not visit outside members of public in case of accidental exposure.
5. If inclement weather occurs, we will provide outdoor tents that will promote adequate spacing to maintain social distancing.

Any information within this plan and how it influences attendees and operations may be adjusted based on local, state, and federal guidelines, restrictions, or public health recommendations.

### Participant and Volunteer Responsibilities

1. Familiarize yourself with procedures and documents provided by Wyoming MTB Camps.
2. Use Personal Protective Equipment in a safe and effective manner.
3. Follow established protocols and procedures as directed by Wyoming MTB Camps.
4. Report unsafe conditions and acts to administration/directors immediately.
5. Report any flu-like symptoms immediately.

**Communication:** Management will convene as situations arise, to modify our plans as needed. Management will notify attendees of any changes to policy or issues that may arise. We will follow guidance from emergency response and health agencies to maintain safety and security in and outside the event.

**Special Needs and Accommodations:** We urge attendees with medical conditions that may be compromised to confidentially self-identify to Camp Director so that we are aware of and can prepare for you to receive any special medical expertise you might require if you become severely ill at camp. Wyoming MTB Camps maintains the confidentiality of any information you provide, making it available solely on a need-to-know basis and only when needed by emergency-responders.

**Emergency Contact Information:** All attendees must provide up to date emergency contact information.

**Emergency Action:** If any attendee or volunteer becomes ill or shows symptoms, we will isolate the individual immediately. Emergency contacts will be notified immediately. The individual will be provided with a clean face mask or cloth face covering to prevent possible spread. All individuals that were in contact with the symptomatic patient will be monitored and also isolated. The medical team (camp directors) will determine next course of action, which may be determined by the local health department.

Volunteers that become ill will be required to leave the location immediately, isolate yourself, and contact your local health care provider. Any camp attendee that is ill will be isolated and their emergency contact person will be contacted immediately and will be asked to pick up the individual.

If you are showing any of the following symptoms, report to the camp directors immediately.

### Symptoms

- Fever of 100.4 F
- Cough
- Shortness of breath
- Recent loss of smell and/or taste
- Chills
- Muscle or body aches
- Headache
- Sore throat
- Congestion
- Nausea or vomiting
- Diarrhea

If you develop emergency warning signs, **seek medical attention immediately**. These signs include:

- Difficulty breathing
- Persistent pain or pressure in the chest
- Bluish lips or face
- New confusion or inability to get up

If you appear to have acute respiratory illness, make sure to separate yourself from others.

- Cover your nose and mouth with a tissue when coughing or sneezing (or cough/sneeze into your elbow)
- Throw used tissues in trash right away and wash hands

**Vaccinations:** We encourage all attendees, volunteers, staff, and personnel to maintain up-to-date vaccinations, if available.

**Mandatory Volunteer Education:** All volunteers are at risk of exposure to viruses, both in and outside the camp; therefore, Wyoming MTB Camps requires all volunteers and staff to review this policy prior to and during the camp to re-examine what to do when an outbreak occurs.

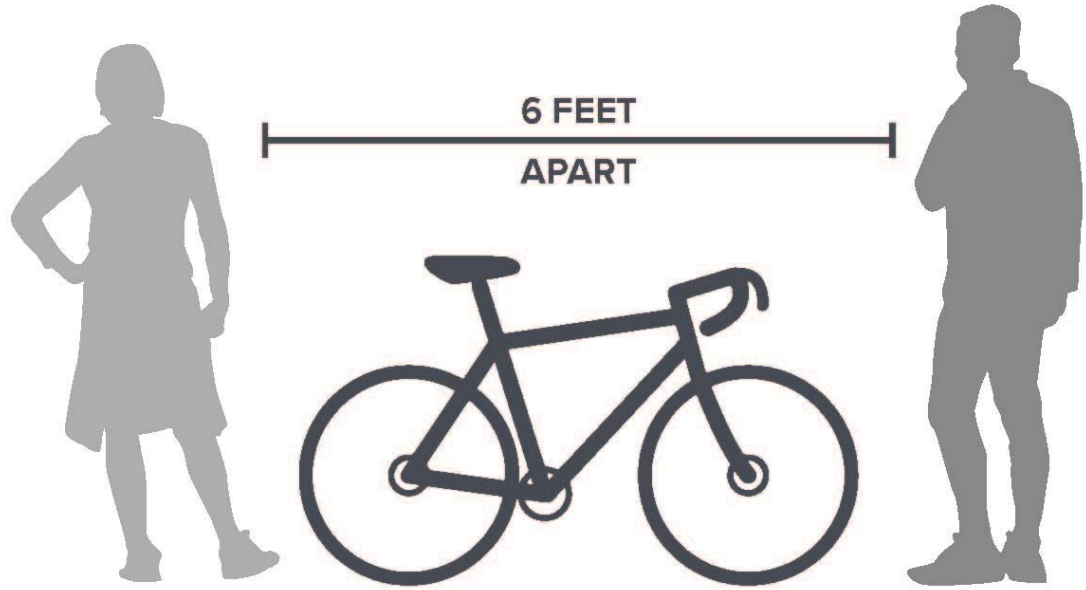
### Availability of COVID-19 Preparedness Plan

The COVID-19 Preparedness Plan is the result of discussion and research with management, public health experts, Centers for Disease Control and Prevention (CDC) guidelines, and other appropriate parties. We will provide the plan electronically and will make available printed copies of the COVID-19 Preparedness Plan during the event.

**EXAMPLE HEALTH SCREEN**

Designated personnel will record no-touch temperature and ask the following questions. This data will be documented on check sheets.

1. Do you have any of these symptoms that are not caused by 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?



## **Appendix A – Guidance on COVID-19 Best Management Practices**

[www.cdc.gov/coronavirus/2019-nCoV](http://www.cdc.gov/coronavirus/2019-nCoV)

[www.osha.gov](http://www.osha.gov)

### **Handwashing**

[www.cdc.gov/handwashing/when-how-handwashing.html](http://www.cdc.gov/handwashing/when-how-handwashing.html)

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

<https://youtu.be/d914EnpU4Fo>

### **Respiratory etiquette: Cover your cough or sneeze**

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

[www.cdc.gov/healthywater/hygiene/etiquette/coughing\\_sneezing.html](http://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html)

### **Social distancing**

[www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html](http://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html)

### **Individuals exhibiting signs and symptoms of COVID-19**

[www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)

### **Training**

[www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html](http://www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html)

[www.osha.gov/Publications/OSHA3990.pdf](http://www.osha.gov/Publications/OSHA3990.pdf)

### **Wyoming Guidance Documents**

<https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus/covid-19-orders-and-guidance/>