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 from the same household; each group member must register individually in order to sign a waiver prior to the event. This waiver will include agreement to follow COVID-19 guidelines outlined here
- We will be using Air+ (contactless) epunching for those who have the equipment; you will also still be able to use your normal SI stick
- Include information about where to purchase SI sticks and compasses
- When you register, if you would like to request a specific start time, include this information in the applicable field; we will try to accommodate your request but there are no guarantees. Start times will be published on the event page the day before the event.

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 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 waiver acknowledging that they have read and agree to abide by the COVID-19 measures; the waiver 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 will 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
- ⟩ Take the temperature of all volunteers upon arrival (anyone with a temperature of 100.4°F or higher must be sent home)

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 when they arrive at 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 volunteer will record responses from the participant about COVID-19 symptoms
- 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.
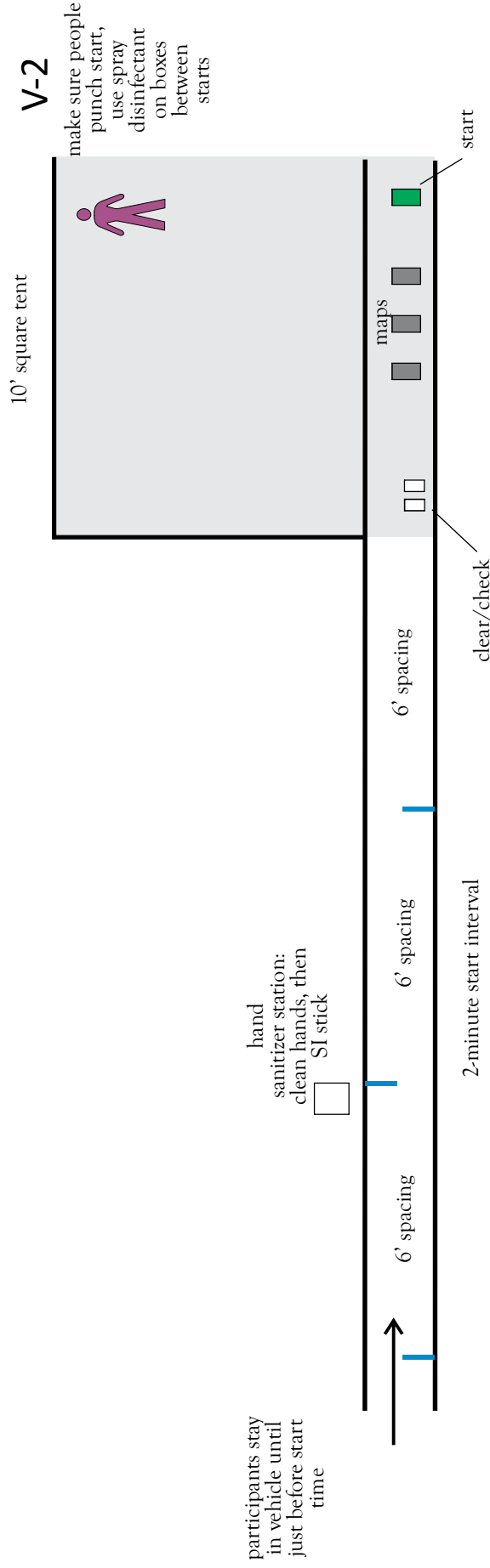
Recovery

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

10' square tent

V-2

make sure people punch start, use spray disinfectant on boxes between starts

start

maps

clear/check

6' spacing

6' spacing

2-minute start interval

hand sanitizer station: clean hands, then SI stick

6' spacing

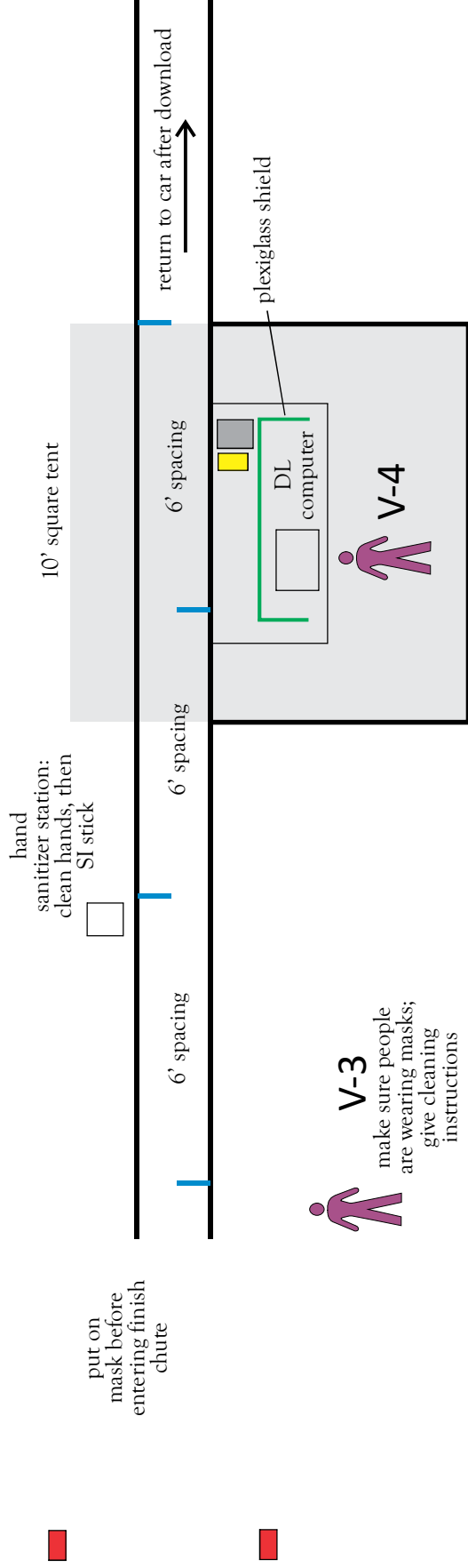participants stay in vehicle until just before start time

V-1

check-in: questionnaire, verify epunch stick #, give hygiene and mask instructions

KEY

start box

map box

sign to ensure distancing

tape

volunteer

Finish Setup

10' square tent

6' spacing

6' spacing

6' spacing

6' spacing

return to car after download

plexiglass shield

DL computer

V-4

V-3
make sure people are wearing masks; give cleaning instructions

hand sanitizer station: clean hands, then SI stick

put on mask before entering finish chute

KEY

▮ (red)	finish
▮ (yellow)	download station
▮ (gray)	splits printer
— (blue)	sign to ensure distancing
	(black)	tape
👤	volunteer