

COVID-19 PREPAREDNESS PLAN FOR Adventure Club Stamp Camp

Your health and safety are important to me. I am committed to providing a safe environment for class participants. My goal is to mitigate the potential for transmission of COVID-19 in our class and community and that requires your full cooperation. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our class. This COVID-19 Preparedness Plan follows the industry guidance developed by the state of Minnesota, available at the Stay Safe Minnesota website (<https://staysafe.mn.gov>), which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, and Minnesota's relevant and current executive orders.

REMINDER: Participants are required to sign a waiver when registering for class. COVID-19 has been declared a worldwide pandemic by the World Health Organization. It is extremely contagious and is believed to spread mainly from person-to-person contact. Preventative measures for class have been put into place to reduce the risk of spreading COVID-19, however, participating in class during the pandemic could expose you to someone who has been infected with COVID-19 and increase your risk of contracting COVID-19. By participating in class you are voluntarily assuming that risk. There is no way to ensure you have zero risk of infection, so it is important to understand the risks and know how to be as safe as possible.

PLAN PRECAUTIONS:

Prior to Class

- When you arrive at RBCU, please call the number 618-806-8187. Your instructor will come to your car and take your temperature and ask you health check questions. Once complete, you will be escorted through the door to the Community Room, to your space. Masks must be worn at all time.
- Class will have a 2 hour limit.

Class Space

- All classes will be held indoors at RBCU Community Room on Lyndale Ave. in Bloomington, MN Indoor social activity capacity in Minnesota is currently 10 including participants and instructor. However, class registration will be limited to 6 participants.
- The room, including your class space will have been sanitized prior to class using proper CDC sanitation requirements.

Social Distancing

- All participants personal belongings and card kits will be spaced a minimum of 6 feet apart using tables indicating proper separation.

- Participants should maintain social distancing of 6 feet at all times from others, including when entering and exiting the class space, unless they are part of the same household.
- The instructor will also maintain a minimum of 6 feet from all participants and others.
- No hands on assists will be provided during class. There will be no person-to-person physical contact.
- Participants should not carpool to class with persons outside of their household.

Equipment and Registration

- All participants will be required to bring and use their own water bottles. Card kits will be provided. The kits will sit in a 5-day quarantine prior to use and no equipment will be shared. Touching and sharing other objects is strongly discouraged. Participants are encouraged to provide their own hand sanitizer.
- Registration, payment and waiver process will not be handled by the instructor. It will be online or by phone only through RBCU.

Attendance and Health Questionnaire

- Participants will be provided with the attached health screening questionnaire by email. Participants (and the instructor) should conduct a self-check and temperature screening before class. They will be asked to verify that they can respond “no” to all questions upon arrival at class. Class participation will not be allowed until the teacher receives confirmation. Records of attendance will be kept.
- Anyone with symptoms consistent with COVID-19 should stay home and not engage in class. If the instructor is exhibiting any symptoms, she will cancel class ahead of time. For more information, see CDC’s What to Do If You Are Sick (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>), <https://www.health.state.mn.us/diseases/coronavirus/sick.html>, and the State of Minnesota’s Self Screening Tool (<https://mn.gov/covid19/for-minnesotans/if-sick/is-it-covid/>)
- Those who live with someone who is sick or quarantined and those who have been otherwise exposed to someone with COVID-19 should also stay home. See <https://www.health.state.mn.us/diseases/coronavirus/contact.pdf>
- Those who feel unwell or develop symptoms should leave class immediately.
- The instructor reserves the right to decline services to a participant if there is any suspicion that they are sick or symptomatic or if they are unwilling to follow social distancing.
- Note, those “high risk” for severe COVID19 infection should consider postponing registration. See CDC’s People Who Are at Increased Risk for Severe Illness (<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>).

Masks

- Participants and the Instructor must wear a mask at all times during class.

Hygiene

- Hand sanitizer containing at least 60% alcohol should be used by everyone upon arrival. Participants may bring their own, though the instructor will also have some available.
- Before and after class, and using the restroom, wash hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use a hand sanitizer containing at least 60% alcohol.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Other cough and sneeze etiquette should be used (cover your mouth and nose with a tissue and then throw it away; use upper sleeve if a tissue is not available, refraining from touching your mouth, nose, and eyes, etc.).

Communication

- This plan will be communicated with participants by email through email addresses provided at registration.
- If you have questions or concerns, please don't hesitate to contact the instructor. We all have a role to play in protecting ourselves and others from the COVID-19 health threat.

THANK YOU for your understanding and cooperation in keeping each other safe as we all navigate this challenging time together.

HEALTH QUESTIONNAIRE FOR STAMP CAMP CLASS

Please conduct a self-check and temperature screening before class and answer the questions below. In order to attend class, you must be able to respond "no" to all questions. Thank you for your cooperation in keeping each other as safe as we can during class.

1. Do you have a temperature above 99.5?
2. Have you had a fever in the last 48 hours?
3. Are you experiencing any of the following: - Feeling feverish? - Chills? - A new cough? - Shortness of breath?
 - A new sore throat?
 - New muscle aches?
 - New headache?
 - New loss of smell or taste?
4. Have you been vomiting or had diarrhea in the last 24 hours?

5. Have you been around any one with the symptoms mentioned above?
6. Have you been in contact with a confirmed case of COVID-19?
7. Have you traveled to a COVID hot spot including those outside MN in the last 14 days?