

COVID-19: Guidelines for all Loppet TRAIL KIDS, LCW, LNR and Loppet Run 365 Programs

Introduction

The Loppet Foundation has prepared this document for the safety and well-being of our coaches and participants. These guidelines outline the work safe / learn safe procedures and protocols for all in-person courses administered by all Loppet sport programs and will be revisited periodically. For further education on how you can practice these safety measures regarding PPE, please visit <https://www.cdc.gov/>

Purpose

The following procedures have been developed by the Loppet Foundation to ensure the health and safety of the coaches and participants during the COVID-19 virus outbreak. These procedures must be adhered to by all TRAIL KIDS coaches and participants while attending program sessions.

The following procedures are informed by guidelines from the CDC, WHO, and local government health agencies.

Loppet Sport Administration responsibilities

1. Ensure that workers have received adequate instruction on the hazards associated with exposure to COVID-19.
2. Select and implement appropriate control measures.
3. Direct work in a manner that minimizes and controls the risks to workers.

Loppet Coach responsibilities

1. Follow established protocols and procedures as directed by the Loppet Sport program
2. Report unsafe conditions and any possible COVID-19 exposure cases to Loppet Directors.
3. Report any flu-like symptoms immediately and let others in the coaching group and Loppet leadership know if there has been suspected exposure.

Loppet participant (LCW, TRAIL KIDS, LNR and Loppet Run 365) responsibilities

1. Read all educational procedures as outlined by the Loppet Sport programs
2. Use masks/buffs from the home in an effective and safe manner when meeting in groups when social distancing of at least 6' cannot be maintained
3. Follow established protocols and procedures as directed by the Loppet Sport programs
5. Report unsafe conditions to Loppet Sport coach/director immediately
6. Report any flu-like symptoms immediately.

What are Symptoms of Infection from Coronavirus?

1. Those who are infected may have little or no symptoms. The most common symptoms of COVID-19 are similar to a cold or flu and include fever, fatigue, cough and difficulty breathing.

2. In severe cases, COVID-19 may cause pneumonia, kidney failure and death. According to guidance published by the World Health Organization as of the date hereof, symptoms may take up to 14 days to appear after exposure to COVID-19.

3. Most people recover from COVID-19 without needing special medical treatment. The likelihood that a person will become severely ill as a result of COVID-19 is higher in elderly people and people that have a weakened immune system.

How is COVID-19 Spread?

1. The virus is thought to spread mainly from person-to-person, including: a. Between people who are in close contact with one another (typically less than 6 feet). b. Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the respiratory tract.

2. It may be possible that a person can get COVID-19 by touching a surface or object that has SARSCoV-2 (the virus causing COVID-19) on it and then touching their own mouth, nose, or eyes. This is not thought to be the primary way the virus spreads.

3. People are thought to be most contagious when they are most symptomatic (i.e., experiencing fever, cough, and/or shortness of breath). Some spread might be possible before people show symptoms; people without symptoms may also transmit the coronavirus; this is also not thought to be the main way the virus spreads.

5. Although the CDC has recommended public health measures to limit the spread of the virus, it is likely that some person-to-person transmission will continue to occur.

6. Risk of serious illness rises with age: people over 60 seem to be more vulnerable than those under 60. People with weakened immune systems and people with conditions such as diabetes, heart and lung disease are also more vulnerable to serious illness. Severe illness has also been reported in children following COVID-19 illness (multi-system inflammatory syndrome in children, MIS-C).

How Long Can the COVID-19 Virus Survive?

How long any respiratory virus survives will depend on a number of factors, for example:

1. what surface the virus is on,

2. whether it is exposed to sunlight,

3. differences in temperature and humidity, and

4. exposure to cleaning products.

5. Under most circumstances, the amount of infectious virus on any contaminated surfaces is likely to decrease significantly over 72 hours.

6. We know that similar viruses are transferred to and by people's hands. Therefore, regular hand hygiene and cleaning of frequently touched surfaces will help to reduce the risk of infection.

CIRCUMSTANCES FOR NOT REPORTING FOR WORK

1. Any Loppet Sport coach who is ill and/or showing flu-like symptoms will not come into work they would be at high risk of infecting others. It is recommended they contact their personal health care provider.
2. If a coach is ill with COVID-19, the instructor will follow the advice from the Centers for Disease Control and Prevention and the Minnesota Department of Health by staying home and seeking care from his/her personal healthcare provider or seek emergency care if experiencing severe symptoms.
3. Coach or participant exhibiting Flu like symptoms
4. If an instructor or participant becomes ill symptoms suggestive of COVID-19 at any one of the TRAIL KIDS course locations, the following procedures will be followed:
 - Participant or instructor will depart training site as soon as feasible
 - If subsequent testing or medical exam suggest Covid-19, all participants/instructors potentially affected will be notified and encouraged to seek medical advice

HANDWASHING

When to Wash Your Hands - Hand washing is one of the best ways to minimize the risk of getting or spreading COVID-19 infection. By removing disease-causing material from your hands, you avoid infecting yourself when touching your eyes, nose, or mouth.

All coaches participants must wash their hands or use hand sanitizer at the following minimum intervals.

- a. At the start of every session
- b. At each break interval if eating
- c. Before and after each meal break.
- d. At the end of every session
- f. If you feel you may have come in contact with someone suspected showing COVID-19 symptoms.
- g. After coughing, sneezing or blowing your nose. After administering first aid to anyone.

How to Wash Your Hands

1. Follow proper hand washing procedure using soap with warm running water for at least 20 seconds.
2. After washing, turn off the faucet with a paper towel
3. Dry your hands with an air dryer or a clean paper towel
5. Avoid touching your face, eyes, or rubbing your nose.
6. If water is not available, use a waterless hand cleanser that has at least 70% alcohol.

STANDARD HYGIENE PROCEDURES

Handshaking

During high risk COVID-19 exposure risk (pandemic) as advised by the CDC; it is advised to all instructors and participants not shake hands.

In-person Training (Social Distancing)

1. During high risk COVID-19 exposure risk (pandemic), as advised by the CDC, all instructors and participants will keep a minimum of distance of 6 feet from each other whenever possible. This will be done by keeping three bike lengths while riding single track and paved trails along with cones spread out in a circle for all check in times and skills instruction (5:45 - 6:15) and 7:30 pm youth pick up time.

2. There will be situations where it is not possible for instructors /participants to distance themselves from each other by 6ft. In these situations, masks/buffs should be worn by all. Coaches need to wear gloves when inspecting participant bikes and use hand sanitizer between touching other bikes.

3. Avoid close contact with anyone showing symptoms of COVID-19 infection.

4. During the COVID-19 pandemic, as advised by the CDC and the Minnesota Department of Health, Loppet Sport programs will limit the number of participants in any one group to eight youth and two coaches, or nine participants and one coach for junior or adult groups.

Personal Protective Equipment

1. Loppet Sport coaches and participants are required to wear face masks whenever social distancing of at least 6' cannot be maintained. Once groups depart on their activity, participants and coaches may take off their face masks/buffs as long as they maintain the six feet social distance. As face coverings are more personal in nature and comfort, it is expected that all coaches/ participants bring their own face covering each day.

Face Touching

It is advised to all instructors/participants to refrain from touching their face, eyes or mouth.

Food and Beverage Sharing

At no time shall any instructor/participant share food or beverage containers with another instructor/participant. Please bring your own water bottle and do not share your water bottle with anyone.

Sneezing and Coughing

1. Do not sneeze or cough into the air or towards another person.

2. Sneeze or cough into a tissue or into your elbow. **DO NOT USE YOUR HANDS.**

3. After coughing or sneezing, put your used tissue into a garbage bin and immediately wash your hands with soap and water (or disinfect with alcohol-based (70% or greater) hand sanitizer).

Exposure or Symptom Reporting

1. If you believe you have been exposed to a confirmed infected COVID-19 person, report to the Loppet program coach/director and email program director immediately. You will be asked to leave the training location immediately and it will be recommended you contact your healthy care provider.
2. If you are showing any of the following symptoms, report to the Loppet coach and director immediately. You will be asked to leave the training location and it will be recommended that you contact your healthcare provider: Symptoms are similar to a cold or flu and include fever, fatigue, cough, sore throat, body aches and difficulty breathing.

Contact with a Confirmed Case of COVID-19

If a confirmed case is identified in a training location, Loppet leadership will contact the Minnesota Department of Health and obtain their recommendations. The Loppet will provide local health authorities the following information:

- a. The name and contact information for all instructors and participants who have been in contact with the infected individual.
- b. Anyone who has cleaned up any bodily fluids.

Best Practices For all Loppet Sport Sessions

- Increased handwashing by coaches and participants: wash your hands often with soap and water for at least 20 seconds, and when handwashing is not available, the proper use of hand sanitizer.
- Where feasible lay out cones to mark off 6ft between participants.
- There will be situations where it is not possible for instructors and participants to distance themselves from each other by 6ft. In these situations, masks or other face coverings will be worn. Participants and coaches should work in pairs versus groups to reduce the number of people instructors and participants are in direct contact with.
- Discourage non-essential visitors from entering the training location.
- Wherever possible instructors and participants should travel to the training site using private transportation and sites need to consider the available parking for the number of participants.

Personal Equipment

1. Prior to attending the session, instructors / participants should ensure their bike is in good mechanical order.
2. Prior to attending the session instructors / participants should wipe down their bike with a disinfectant, especially the handle bars.
3. Instructors / participants are required to wear a face mask / covering when unable to practice social distancing of 6ft.
4. Instructors / participants are responsible for providing their own face mask / covering of their own choosing.
5. Coaches are required to use gloves during the training sessions if they need to touch another person's bike for safety check or repair.

Safety Actions

Promote **healthy hygiene practices** (Phases 1-3)

- o Teach and reinforce **washing hands** and covering coughs and sneezes among participants and staff.
- o Teach and reinforce use of **cloth face coverings** among all staff. Face coverings are most essential in times when physical distancing of at least 6' is not possible. Staff should be frequently reminded not to touch their face covering and to **wash their hands** frequently.
- o Have adequate supplies to support healthy hygiene behaviors, including soap, hand sanitizer with at least 60 percent alcohol, tissues, and no-touch trash cans.