

CMBR Youth Mountain Bike Club (CMBR KIDS!) COVID-19 Mitigation Plan

Operating Requirements

- 1) COVID PLAN: This CMBR Covid-19 Mitigation Plan will be kept on the premises at check in. The Covid-19 Mitigation plan will be provided to all parents/guardians of participants, volunteers, and coaches prior to the start of CMBR Kids.
- 2) SOCIAL DISTANCING: All participants, parents/guardians, volunteers, and coaches will do everything reasonable to encourage and maintain 6' physical distance when not riding bikes and 10' physical distance when riding bikes.
- 3) FACE MASKS: All participants, parents/guardians, volunteers, and coaches will wear cloth face masks when distancing is not possible.
- 4) NO SIGNS OF COVID EXPOSURE: CMBR will communicate to participants, parents/guardians, staff and coaches that they must stay home when sick (with any illness, be that suspected COVID-19, flu, cold or allergies). No participants, parents/guardians, staff and coaches may return to camp within 72 hours after experiencing a fever.
- 5) REVIEW PLAN EACH SESSION: CMBR will explain health guidelines and covid-19 mitigation plan by email and verbally at start of camp to all participants, parents/guardians, staff and coaches.
- 6) COVID SCREENING: CMBR will screen every participant, parents/guardian, volunteer and coach (if they are planning to bicycle with groups.) We will screen with a touchless thermometer when possible. Verbal questions of has anyone had Covid-19 symptoms recently. (sore throat, cough, fever, loss of smell/taste, been out of state in last 2 weeks). If screening produces a positive result then the individual(s) will be sent home.
- 7) CONTACT TRACING: A log will be kept of participants, parents/guardians, volunteers and coaches.
- 8) GROUP SIZE: Group size will be approximately 5-10 children and 1-2 coaches with some parent volunteers. All effort will be made to keep group size below 15 people. We anticipate three or four groups at each session. Efforts will be made to keep groups separated.
- 9) HAND SANITIZER: Coaches will carry hand sanitizer in addition to a face mask in the event they have contact with a participant or a participant's bicycle to provide first aid or mechanical repairs.
- 10) NOTIFICATION: CMBR shall be notified immediately if any participants, parents/guardians, volunteers, or coaches test positive for COVID-19. CMBR will notify proper authorities that a COVID-19 positive person participated in CMBRkids. All club participants, parents/guardians, staff and coaches' names, address, phone numbers shall be provided to the proper authorities.
- 11) PARTICIPATION AGREEMENT: If any participants, parents/guardians, volunteers and coaches do not agree to the above COVID mitigation plan than they will NOT be allowed to participate in CMBR Kids.