

## Minnesota Orienteering Club COVID-19 Preparedness Plan

**Event Date:** October 8-10, 2021

**Park/Location:** Mille Lacs Kathio State Park

**Overview:** This plan outlines the Minnesota Orienteering Club's strategy for mitigating risks during club events to event site staff, club volunteers, event participants, and community members during the COVID-19 pandemic.

**Start/Finish & Check In Locations:** Refer to permit application

**Number of Participants:** Expect 100-200 participants and volunteers

**Vaccines:** Unvaccinated attendees will be encouraged to wear a mask and remain six feet away from others, both indoors and outdoors.

**Face Coverings:** Volunteers and attendees will be encouraged to wear face coverings in any key gathering areas including restrooms, check-in locations, and start/finish locations. Face coverings will be required, regardless of vaccination status, on the Saturday shuttle bus.

**Health Screenings:** Attendees and volunteers will be asked to acknowledge that they have not been diagnosed with COVID-19, have had direct contact with an individual diagnosed with or suspected of having COVID-19, or have had COVID-19 symptoms in the past 14 days. They will be asked to leave if they develop symptoms.

**Contact Tracing:** The Minnesota Orienteering Club will maintain a list of attendees and volunteers and their contact information in the event that the Minnesota Department of Health needs to conduct contact tracing.

**Hygiene, Cleaning & Disinfecting:** Participants will be instructed not to rely upon the site's facilities including restrooms, water fountains, and indoor shelters. The Minnesota Orienteering Club will provide hand sanitizer at check-in and at the end of the course. All equipment, including participant maps, will be disinfected and/or quarantined for 72 hours prior to the event. A mild bleach solution will be used to disinfect hard-surfaced equipment at the end of each event.

**Social Distancing:** There will be a minimum of six feet between volunteers and participants, enforced by physical barriers when possible. Signs will be posted at the event to convey rules and policies, which will be enforced by volunteers. Participant start times will be staggered to minimize the number of people convening in one location. After check-in, volunteers will direct participants to the staging area, where physical markers greater than six feet apart will denote where participants should stand until a volunteer instructs them to start.

**Participant Communication:** Participants' email addresses submitted during online registration will be used to inform participants of club rules and COVID-19 policies. At registration on the club's website and via email a few days before the event, participants will be asked not to attend unless they can confirm that they have not had contact with a person with a known positive COVID-19 test or someone who has been required to quarantine in the past two weeks, and that they are symptom-free. This COVID-19 Preparedness Plan will be made available on the event website and made available at the event.

# Health Screening



**If you have any of these symptoms,  
go home, stay away from other people,  
and get tested.**

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- FEVER OR FEELING  
FEVERISH**
- CHILLS**
- COUGH**
- SHORTNESS OF BREATH**
- SORE THROAT**
- MUSCLE ACHES**
- LOSS OF SMELL OR TASTE**