

WCISA Climbing Workshop COVID Rules

WCISA Rules:

Goal: Our goal is not just to free ourselves from any liability but to keep everyone safe. You must abide by these rules or you will be asked to leave. Refunds will not be issued, COVID-related or otherwise, but your registration is transferrable.

- 1) Prior to the workshop:
 - a. Please follow all safety precautions recommended by CDPH/CDC.
 - b. If you have any COVID/cold symptoms at all within 7 days of the event, do not attend the event.
 - c. If you had any contact with somebody who tested positive within 14 days of the event, do not attend the event.
 - d. If you had COVID, you must be fully symptoms free for at least 10 days prior to the event otherwise do not attend the event.
- 2) You must always wear a mask and it must cover nose and mouth. The only two exceptions are while you sleep or consume foods/beverages. If you need to step away from everyone to take a mask break, that is acceptable.
- 3) Wear a mask during mealtimes while you get your food at the dining hall. Then proceed to find a place outside to eat at 6ft distance to others at minimum. Then remove your mask. Wear your mask again once you are done with your meal.
- 4) Stay in the assigned lodging arrangement, do not enter other sleeping quarters. Do not touch other people's belongings.
- 5) Use the restroom in your assigned cabin on the side your bed is closest to. There may be community bathrooms you can also use. The camp ensured regular sanitization of all bathrooms.
- 6) Keep track of your gloves and goggles to avoid any potential contamination.
- 7) There will be sanitizer stations set up for you to use.

Additional Camp Rules (for a full list, contact us):

In Case of a Confirmed or Suspected Case (not optional)

If participant or staff is suspected to have COVID-19 make sure they have on a face mask. Isolate individual by separating symptomatic individuals by at least 6 feet. Immediately inform the Site Director.

- 1) Interview the confirmed or suspected case and begin contact tracing in coordination with appropriate local and state health resources, as warranted.
- 2) Advise those who have had close contact with a person diagnosed with COVID-19 to separate themselves, self-monitor for symptoms, and follow CDC guidance if symptoms develop.
- 3) Maintain confidentiality; do not provide the name or any potentially identifying information of the confirmed or suspected case in communications at the site or outside of the site with the exception of the participants' appointed family.

Meals and Food Service

Dining Hall Setup

- Participants will refrain from using communal dispensers like those used for beverages and condiments.

Serving Practices

- Buffet style and family style service will not be provided. Food service staff will provide pre plated meals.

Sleeping Arrangements

Sleeping arrangements are another important component to maintaining a healthy environment and are specific to the resident camp setting. Due to the commonality of sleeping arrangements, the following practices are recommended to reduce the risk of transmission.

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Housing/Cabins

- 1) If utilizing the cohorts/pods, staff and participants are assigned to the same lodging for the entire duration of camp.
- 2) Lodging access is limited to individuals assigned to that lodging area.
- 3) Lodging residents should wash hands using soap and water or use hand sanitizer prior to entering their assigned lodging.
- 4) UCCR staff will clean lodging daily.

Personal Belongings

- 1) Personal belongings should be minimal and limited to essential items plus a small number of non-essential items.
- 2) Personal belongs should be kept organized and separate from those of other participants.
- 3) Avoid the sharing of items among participants. This could include bedding, pillows, brushes or combs, and toiletries.
- 4) If possible, participants will be provided with personal storage place for their belongings.

Sleeping

- 1) In lodging that does not allow for decreased sleeping density, groups will be provided with additional lodging.
- 2) There will be at least four feet of space between beds using head-to-toe sleeping orientation.
- 3) Position sleepers to maximize distance between their heads/faces.

For bunk beds, position the head of the participant in the top bunk opposite the position of the participant in the bottom bunk.

For side-by-side beds, position the head of the participant in one bed opposite the position of the participant in the adjacent bunk.

For end-to-end beds, position the toes of each participant close to the other participant's toes.

Bathroom

- 1) Avoid sharing common bathroom supplies (towels, soap, toothpaste, etc.).
- 2) Instruct participants to bring their own bathroom supplies and a container for toiletries to be stored in for the duration of the program (for example, a bathroom tote or a 1-gallon clear plastic bag labeled with their name).
- 3) Participants should keep personal items in their bag or tote and store their bag or tote in a designated area.
- 4) Hand wash soap, toilet paper, and paper towels in the bathroom will be stocked at all times.
- 5) A trash can (with a foot-actuated lid or no lid) near the exit of the restrooms will make it easier to discard items.
- 6) Handwashing signs will be posted in the bathroom to remind participants and staff when and how to properly wash hands.