



2021 POLAR PLUNGE COVID-19 PREPAREDNESS PLAN

PRECAUTIONS:

Special Olympics Minnesota will advise participants, volunteers, and others to **stay home** if they do not feel well or are at a higher risk for getting sick from Covid-19. Special Olympics Minnesota will use websites, social media, event email blasts and other outlets to educate participants, customers, and clients on the steps being taken for their protection and the protection of workers.

Special Olympics Minnesota will offer a Virtual Plunge option for those who are unable to participate in-person and still wish to be part of the event.

Special Olympics Minnesota will limit the number of participants or customers at any one time to the number for whom physical distancing of 6 feet can be maintained OR the current Minnesota Department of Health/the Governor's mandates at the time of the event. We will control this number by using jump time slots and not allowing spectators.

Special Olympics Minnesota will have a secured perimeter around the event – attendees must follow onsite protocols while inside the perimeter. There will be volunteers at each entrance and exit to monitor flow and a there will be a safety monitor walking around the event to make sure everyone is following the protocols.

Highly visible signage will be posted at the venue entrance and onsite, outlining established protocols:

- If sick/presenting any symptoms, do not enter secure area. Symptoms of COVID-19 can include cough, shortness of breath, fever, chills, headache, muscle pain, sore throat, or loss of taste or smell. Other less common symptoms include gastrointestinal symptoms like nausea, vomiting, or diarrhea.
- Face coverings are always required for all participants except when plunging into water. Anybody under 2 years of age is not required to wear a mask.
- Sanitizing stations available throughout the grounds.
- Maintain adequate 6 ft between other people.

One-way traffic with separate entrances and exits will be utilized throughout event wherever possible.

Changing tents will be limited to 15 participants per side (men's and women's) at a time, or approximately 900 sq. ft. each side. These will be cleaned and sanitized between each group of participants.



We will limit shared equipment and frequently sanitize high touch areas such as doors, iPads, pens, etc. between touches.

No spectators will be allowed at the event. If a Plunger needs physical assistance or is under the age of 18, they may have someone accompany them.

Single unit portable restrooms will be utilized and will have social distance marks on the ground in front of the doors.

We will not have any food or beverage available for purchase at the events.

We will encourage staff, volunteers, and participants to use transportation options that minimize close contact with others by arriving to the event alone or with household members only and we will have parking available on site where possible.

We will have back up staff available to fill in if needed and will provide pre-event staff/volunteer training.

A current participation registration list plus a list of staff and volunteers will be maintained for each event. Sign up and check in is required for admittance.

Every person who will be on site (participants, staff, volunteers) will be required to complete symptom screening by using the ProtectWell app. Checking in with ProtectWell takes just a few seconds. The app uses a symptom screener to determine whether you are cleared for our event or should stay home due to exposure or symptoms. Decades of health care expertise is applied to the app, and protocols are continuously updated to align with the latest CDC guidelines to keep people and communities like our Special Olympics Polar Plunge community healthy. The link to the app. will be included in an email the week of your plunge.

CHECK-IN PROCESS:

- Plungers arrive at location and park on site 15 minutes before their pre-registered Plunge time. We ask that Plungers do not arrive any earlier.
- Special Olympics Minnesota will have a staff member greet Plungers, offer hand sanitizer, and remind Plungers of mask requirement. We will have a separate entrance and exit to maintain one-way traffic. Plungers will need to show they completed the ProtectWell screening and are cleared to be at the event. (Temp. checks may also be administered at this point)
- Participants will have a choice to use their own mask or they will be offered a disposable mask to be worn until they enter water. A second disposable mask will be available after they exit the water to be worn until they leave the plunge location.



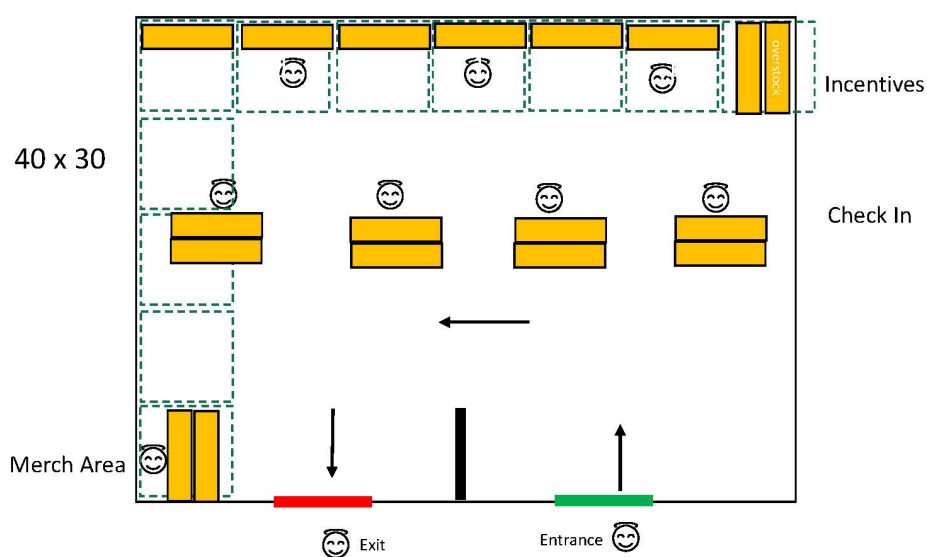
- When space is available, staff will send Plungers to the check-in tables. Plungers will check for name and confirm fundraising level. Incentives will be distributed at this station. Two tables side by side will be utilized to help distance the Plungers from the check-in volunteers plus each table will have a plexiglass screen. We will also use social distancing marks on ground for those in line.

PLUNGE PROCESS:

- After checking in, Plungers will be sent to the changing tents where they will need to wait until the previous group has left and the tent has been sanitized (chairs and high touch wiped down). Plungers will then be allowed into the tent and their changing station. Changing stations are two plastic folding chairs that are placed 6 ft. apart.
- We ask that all Plungers arrive in the gear they want to plunge in. That way, they will just need to drop their gear in the changing tent and then can immediately make their way to the Plunge hole. Plungers will be required to wear a mask until they get to the water. There will be an additional mask offered as they exit the water and must be worn until they leave the plunge site.
- Plungers will be limited to jumping two at a time unless they live in the same household.
- Special Olympics Minnesota will recommend taking individual versus group photos.
- After they plunge, change, and leave the tent, volunteers will sanitize changing stations for the next group.

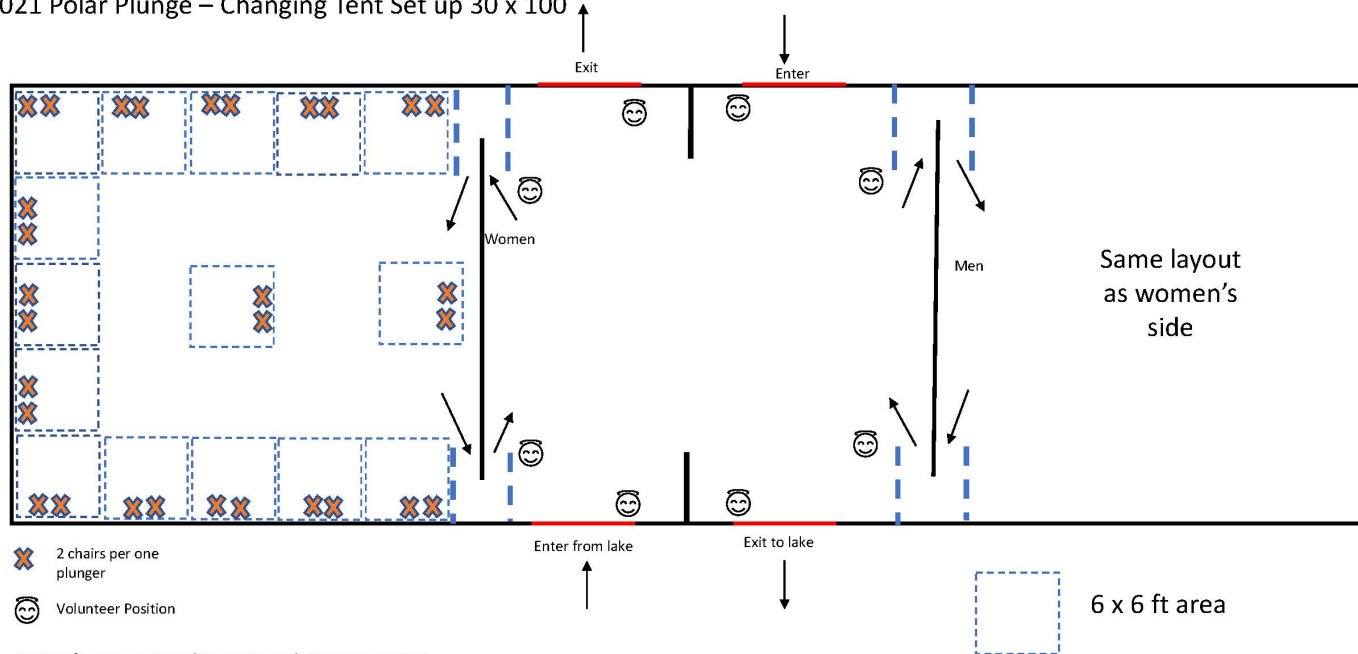
Diagrams:

Pre-Registration Area – Check In (Room/tent)





2021 Polar Plunge – Changing Tent Set up 30 x 100



3000 sq ft. space no more than 30-35 people in tent at any time
 15 plungers per side per every 15 Minutes = 120 plungers per hour
 Sanitize door handles and chairs after every 15 min segment
 Encourage one-way traffic when possible

