



2021 POLAR PLUNGE COVID-19 PREPAREDNESS PLAN

Special Olympics MN's COVID-19 Preparedness Plan follows the industry guidance developed by the state of Minnesota, available at the Stay Safe Minnesota website (<https://staysafe.mn.gov>), which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, and Minnesota's relevant and current executive orders.

PRECAUTIONS:

Special Olympics Minnesota will advise customers/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 hold a virtual safety training before the plunge events for all staff who will be assisting at events and will cover all aspects of current mandates and protocols. Volunteers will also be emailed the Covid -19 Preparedness plan along with other expectations at least one week before their volunteer shift and will be on the main event website.

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 will check names/times before participants will be allowed to enter or they will be sent back to wait in their vehicle for the correct time.

All persons who will be on site (participants, staff, volunteers) will be required to answer COVID-19 screening questions on site by using the ProtectWell app. or manual paper version. Anyone answering that they have been exposed to a known case or experienced symptoms of Covid-19 in the last 14 days will not be allowed into the event and will be required to convert to a virtual participant. 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 prior to each plunge to utilize day of the event.



Highly visible signage will be posted at the event 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 (even if vaccinated) for all staff, volunteers, and participants except when plunging into water. Anybody under 2 years of age is not required to wear a mask.
- Maintain adequate 6 ft between other people.

Special Olympics Minnesota will require all Participants, Volunteers and Staff (even if vaccinated) to wear face coverings whether in a tent or outdoors while within event perimeter. We will provide masks for those who do not bring one with them.

Social Distancing of at least 6 feet will be maintained and implemented throughout the event.

- We will limit the number of participants/customers on site at any one-time by using jump time slots and will not allow anyone to enter more than 15 min. before scheduled jump time.
- 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.
- One-way traffic with separate entrances and exits will be utilized throughout event wherever possible.
- We will be placing highly visible signage at entrances and within the tents where congestion may occur reminding of the 6 ft distance.
- We will also mark areas on the ground at entrance to tents (signage, paint, tape) at 6 ft. increments for participants to stand on while waiting to enter tents.
- We will be using tables spaced at least 6 ft. apart in the Registration Tent. We will also use plexiglass barriers on the tables between participants and volunteers checking in.
- Chairs within the Changing Tents will be spaced at least 6 feet apart and will be monitored regularly by Safety Monitor to ensure compliance.
- Following current guidelines, we utilize the formula ($\text{Sq. Ft.} \div 115$) to find the maximum number of participants allowed in each tent at a time. Registration Tent =10 participants, Changing Tents=26 participants (see diagrams below)

Sanitizing stations (sanitizing wipes and hand sanitizer) available throughout the grounds and in tents.

We will provide sanitizing wipes in Changing Tents for staff to clean and sanitized between each group of participants. We will also have a designated staff role, Safety Monitor, who will continually circulate the event ensuring all safety protocols are being followed.



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

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.

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.

CHECK-IN PROCESS:

Plungers will be required to arrive at location and park on site only 15 minutes before their pre-registered Plunge time. We will have a volunteer at the site entrance who will check names/times before participants will be allowed to enter or they will be sent back to wait in their vehicle for the correct time. Participants will also be screened on site by completing the ProtectWell screening app. questionnaire or fill out and sign the paper version before they are cleared to be at the event. Participants will also be reminded of the social distance and mask requirements.

Special Olympics Minnesota will have a staff member meet participants as they enter to remind everyone of the safety protocols and answer any questions. We will have a separate entrance and exit to maintain one-way traffic.

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.

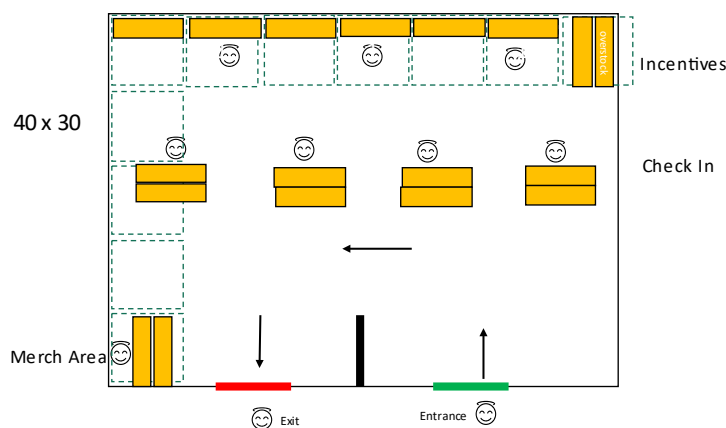


PLUNGE PROCESS:


- 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)



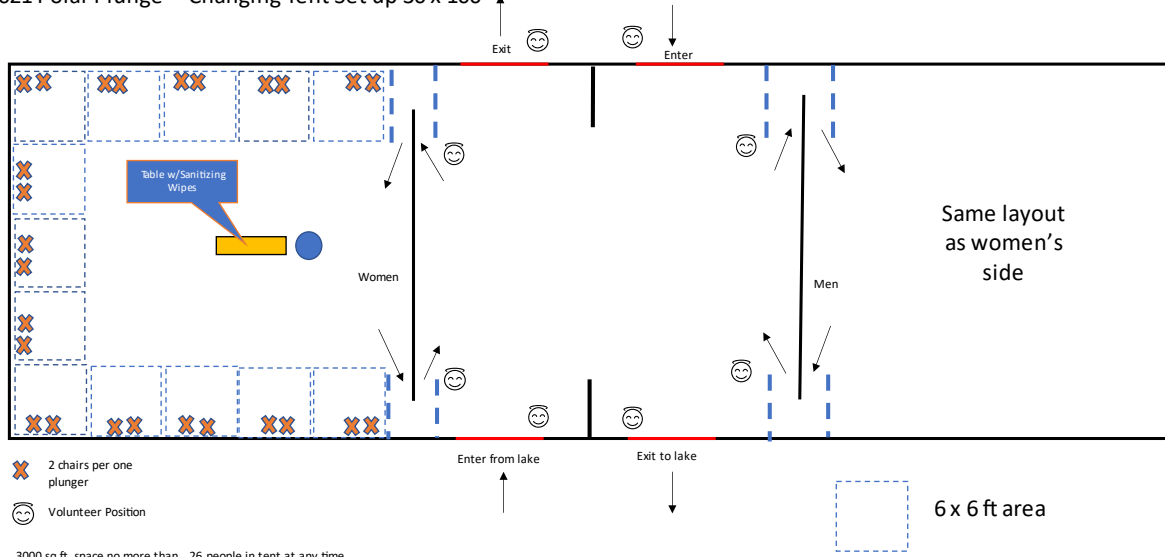
1200 sq ft. space no more than 10 participants in tent at any time
Sanitize door handles and chairs after every 15 min segment
Encourage one -way traffic when possible
Utilize 6 ft tables X2 with plexiglass barriers between participant and volunteer

 6 x 6 ft area





2021 Polar Plunge – Changing Tent Set up 30 x 100



3000 sq ft. space no more than 26 people in tent at any time
13 plungers per side per every 15 Minutes = 104 plungers per hour
Sanitize door handles and chairs after every 15 min segment
Encourage one-way traffic when possible

