

## Challenge Alaska COVID-19 Mitigation Plan for Programs and Events

- Whenever possible, signage will be placed in a visible location directing individuals who have symptoms of COVID-19 to not participate in Challenge Alaska programs. The signage will list the most common symptoms of COVID-19.
- Whenever appropriate to do so, inform the program / event coordinator ahead of time of your intent to attend for both yourself and anyone planning to attend with you. This will allow resources be scaled to meet group size needs.
- Arrive on time with equipment in good working order. If equipment needs attention, it may affect your ability to participate in that particular program / event.
- Upon arrival please check in with the staff responsible for that program / event.
- Remain at least 6 feet from others that live outside of your immediate household when possible.
- If it is deemed necessary to be in close proximity to a non-household member, all parties should wear a face covering.
- If contact is required (such as a wheelchair transfer), all parties should wear gloves, face coverings, and (when able) a face shield. Following the contact, all parties involved should discard of gloves, wash / sanitize their hands and face shields.
- When engaged in active exercise (such as cycling) maintain a 10-foot spacing from others.
- Do not share water bottles / drinks / food with anyone outside your household.
- Please be aware that public restrooms and portable toilets may be closed and plan accordingly.

### **Challenge Alaska will provide and make available upon request:**

- Bottled water
- Sunscreen (spray on)
- Insect repellent (spray on)
- Nitrile gloves
- Hand sanitizer
- Trash bags
- Basic First Aid Kit / Supplies

### **Challenge Alaska Equipment Protocols**

- All equipment will be wiped down, with emphasis given to high contact areas.
- Equipment will be sprayed with a disinfectant that is listed as approved by the EPA for use against SARS CoV-2 (COVID-19) following each use and allowed to air dry.
- When not able to disinfect using spray method, items will be left unused for at least 72 hours before they are considered safe for use.