



COVID Protocols for 2020 Running Camps

Before camp - personal

- test for COVID or antibodies if this is possible
- check temperature and personal health on a regular basis
- establish healthy habits
 - frequent hand washing & sanitizing
 - mask
 - safe personal distancing

Before camp - location & coaches

- sanitize all surfaces
- camp staff to be tested if this is possible
- daily checks on coach temperatures
- establish healthy habits as above

Travel to camp

- minimize exposure
- follow healthy habits as above
- bring snacks and drinks prepared by yourself - use a hand held drinks bottle that you can refill after security
- use air travel where mask use is mandatory

At camp - personal health

- daily temperature, cough, and fatigue health checks
- hand washing before and after every meal
- minimize exposure to people outside of camp (limited shopping and take out instead of dining in town)
- no camp star athletes or visiting service providers
- personal masks to be worn at all times indoors
- **coughing** - our climate here in Estes Park is very dry, and so your throat can often become dry, especially out on a run - although we have been here for 14 years I still sometimes end up with a slight dry cough after a run. Of course one of the COVID symptoms is a dry cough, so stay calm if you feel the need to cough post run, or post waking, it's likely to be just elevation and low humidity working on you!
 - if you do feel a need to cough, please make sure to cover your mouth, and then wash your hands thoroughly as soon as possible after this

At camp - accommodation

- in most cases campers will have a single room - camp #s reduced from normal to make this possible
- masks need not be worn in bedrooms unless sharing a room
- all light and power switches have been replaced with paddle switches that can be operated with an elbow

At camp - camp travel

- max 3 campers in each of 2 cars
- everyone to wear masks inside cars at all times
- everyone to wash hands before traveling and immediately after travel
- use same car location for separate trips on same day
- windows down whenever possible to keep cars ventilated
- cars sanitized each day

At camp - bathrooms

- communal bathroom on main level will be sanitized daily by camp coaches
- shared bathrooms on upper and lower levels - recommend sanitation on a daily basis by campers that use the bathrooms
- shared bathrooms will have disposable toilet seat covers, hand wipes, sanitizer, soap, disposable gloves, etc.
- private bathroom will have hand wipes, sanitizer, soap, etc.
- All faucets can be operated using forearm or elbow
- Use disposable gloves provided when taking a shower

At camp - kitchen

- only 2 people allowed in main level kitchen at one time
- snacks placed on edge of bar area so you don't need to enter kitchen to pick up
- please take the snack that you picked up, not decide to change it
- kitchen area will be well ventilated
- refill water bottles from water dispenser provided (using disposable gloves provided)
- schedule will be amended to allow for kitchen sanitizing time
- all food preparation will be carried out with disposable gloves on

At camp - mealtimes

- wash hands before and after every meal
- wear masks except for when actually eating
- campers spaced over 3 different areas on main level for meals to achieve personal distancing, plus deck seating as well
- use personal drinks bottles for drinking at meals
- we will provide coffee / team mug and glass for each person for the day - removable labels will be provided

At camp - workshops

- on both lower and main levels
- workshop space will be well ventilated
- respect personal distancing guidelines
- all campers to wear masks
- communal bathroom is accessible on main floor

At camp - runs

- drive to all runs, so follow guidelines for camp travel
- use buff or similar item for face covering
- buff or mask must be worn at all trail heads
- runners to keep 12 feet distance if behind or in front of another runner, and 6 feet distance if alongside (where possible)
- buff/ mask must be taken and used when encountering other trail or road users
- short meditation before each run will follow social distancing guidelines

At camp - laundry

- communal laundry in utility room, main level
- mesh laundry bags to keep personal laundry separate
- disposable gloves provided in utility room
- gas dryer in utility room or air dry on line on east side of property

At camp - Coco, our puppy

- feel free to pet Coco, only his body though, please avoid his head
- he loves giving kisses, however please don't let him kiss your face, or, and I know this will be tough, please do not kiss him
- there seems to be a low risk of pets transmitting COVID to humans, however there have been isolated cases of humans transmitting COVID to pets, usually when the human has been very sick
- recommend hand washing after you have petted Coco
- recommend we use appropriate social distancing on walks (same guidelines as for running) when we encounter other trail users