

Under Gov. Tim Walz's Executive Orders, businesses that are in operation during the peacetime emergency are required to establish a COVID-19 Preparedness Plan. This includes both critical and non-critical businesses.

COVID-19 Preparedness Plan for Cuyuna Off-Road Triathlon

The board of the Cuyuna Range Elementary School's Parent-Teacher Organization (CRES PTO) and the committee for the Cuyuna Off-Road Triathlon (CORT) are committed to providing a safe and healthy event for our volunteers, participants, vendors, and spectators.

To ensure we have a safe event, CORT has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Race directors and volunteers are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our communities, and that requires full cooperation among everyone.

The COVID-19 Preparedness Plan is administered by the race directors (Lori Vosacek, Chris McCusker, and Anita Hollenhorst), who maintain the overall authority and responsibility for the plan. However, race directors and other volunteers are equally responsible for supporting, implementing, complying with and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan.

CORT'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. It addresses:

- ensuring sick volunteers stay home;
- social distancing – volunteers must be at least six-feet apart;
- volunteer hygiene and source controls; and
- communications and training practices and protocol.

CORT has reviewed and incorporated the industry guidance applicable to our event, provided by the state of Minnesota for the development of this plan. Other conditions and circumstances addressed in the plan that are specific to our business include:

- COVID-19 Waiver Upon Registration.

Ensure sick volunteers stay home

Volunteers have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. If they exhibit symptoms in the 24 hours prior the event, they will be asked to stay home and not attend the event. If they will be unable to attend, they should let Lori Vosacek know (via phone call or text).

Social distancing – volunteers must be at least six-feet apart

Social distancing of at least six feet will be implemented and maintained between volunteers, vendors, participants, and spectators. The Cuyuna Country State Recreation Area provides ample space for all persons to adhere to this. And the fact that the event is being held outdoors provides natural air flow and proper ventilation.

Volunteer hygiene and source controls

Basic infection prevention measures will be implemented at the Hallett Center and Cuyuna Country State Recreation Area – the two areas where event activities are occurring. Hand-sanitizer dispensers (that use sanitizers of greater than 60% alcohol) will be available at several locations throughout Hallett and CCSRA so they can be used for hand hygiene in place of soap and water, as long as hands are not visibly soiled.

Volunteers, vendors, participants, and spectators will be instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing, and to avoid touching their face, particularly their mouth, nose and eyes, with their hands. Everyone is expected to dispose of tissues in provided trash receptacles and wash or sanitize their hands immediately afterward. Respiratory etiquette will be demonstrated on posters and supported by making tissues and trash receptacles available to all workers and other persons attending the event.

Communications and training practices and protocol

This COVID-19 Preparedness Plan will be posted on the event website (www.cuyunaoffroadtri.com) and will be referred to in email, social media, and verbal communication with CORT volunteers, vendors, participants, and spectators. This Plan has been certified by the race directors and will be printed and available at the race activities. It will be updated as deemed necessary.

Additional protections and protocols

Other conditions and circumstances addressed in this plan that are specific to our business include:

COVID-19 Waiver Upon Registration

The following waiver was included in the registration system, requiring all participants to read and sign.

I acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing.

I further acknowledge that Cuyuna Off Road Triathlon/Cuyuna Range Elementary School can not guarantee that I will not become infected with the Coronavirus/COVID-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, event staff, volunteers, and/or other entrants.

I voluntarily registered for this event provided by Cuyuna Off Road Triathlon/Cuyuna Range Elementary

School and acknowledge that I am increasing my risk to exposure to the Coronavirus/COVID-19. I acknowledge that I must comply with all set procedures to reduce the spread while attending the event.

I attest that on Race Day:

- I am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.*
- I have not traveled internationally within the last 10 days.*
- I have not traveled to a highly impacted area within the United States of America in the last 10 days.*
- I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19 in the last 10 days.*
- I am following all CDC recommended guidelines as much as possible and limiting my exposure to the Coronavirus/COVID-19.*

Certified by:

Lori Vosacek

Chris McCusker

Anita Hollenhorst

May 27, 2021

Race Co-Directors