

Nooksack Nordic Ski Club (NNSC) COVID-19 Enhanced Trail Work Safety Protocols

***Note:** This document is meant to provide an enhanced overview of the safety protocols NNSC plans to use on during trail work due to COVID-19. It is not a detailed implementation guide. Because the COVID-19 situation is constantly evolving this document will be updated and/or revised as necessary. This version was adopted 8/31/2020.*

Key elements of NNSC's safety protocols:

***Pre-screening of participants** - All participants will be required to answer a set of health screen questions based on the latest Center for Disease Control (CDC) Guidance prior to participating in any activities. Any participant who answers "Yes" to any of the following will not be allowed to participate:

- *Are you experiencing any of the following symptoms: Cough, shortness of breath or difficulty breathing?
- *Are you experiencing at least two of the following symptoms: Fever, chills, shaking with chills, muscle pain, headache, sore throat, new loss of smell or taste?
- * Is anyone in your household suspected or diagnosed with COVID-19?

***Face coverings** - All participants must bring/wear their own clean cloth or disposable face coverings. Coverings must be worn when within at least 6 feet of other volunteers.

***Social distancing** - All participants must maintain at least 6 feet of space between individuals at all times. Volunteers will be assigned specific tasks and locations on the trail to facilitate and maintain safe distances while working.

***Set up, cleaning and disinfecting guidance for equipment** - Participants will not be allowed to share tools during events. All participants should bring and use their own tools, or borrow tools from the NNSC for the entire day. At the end of the day all NNSC tools will be rinsed with water (to remove soil/dirt) and wiped down with disinfectant spray.

***General public passing distance** – NNSC snowshoe trails are not normally used by the public during summer months. Trail maintenance crews will step off the trail into the woods to allow any hikers to pass while maintaining at least 6 feet of distance.

***Handwashing** - All participants will be responsible for their own handwashing items/needs. While on the trail NNSC group leaders will carry and make hand sanitizer available and/or allow participants to return to the staging vehicle to use their own handwashing items.

***Emergency response** - Any individual(s) injured on the trail will be treated based on potential close contact and risk of exposure to response staff. All suggested Personal Protective Equipment (PPE) will be observed during field emergency response to pre-screened NNSC group leader and volunteers, minimizing contact and risk of virus exposure. If further qualified medical assistance is needed, the NNSC group leader will contact the appropriate emergency medical services as soon as possible.

***Sign-in and safety orientation** - All participants will be sent a waiver form prior to the event that outlines the risks of coronavirus, the steps being taken by NNSC to protect volunteers, and the safe behavior expected on the trail. Participants will receive an orientation to the safety protocols and be able to sign the waiver form at the staging area the morning of the event. Any participant who does not follow the required safety guidance will be asked to leave.

External guidelines used:

- [CDC Guidelines](#) on coronavirus symptoms
- [OSHA Guidelines](#) classifying risk of worker exposure to COVID-19.
 - **Note:** We believe that NNSC volunteers fall under the “Lower Exposure Risk” category and we follow [general OSHA guidelines](#) to help prevent staff and volunteer exposure to COVID-19.
- [WA Governor Construction Guidelines](#) and safety protocols
- [CDC Guidance on Cleaning & Disinfection for Coronavirus](#)
- [EPA List of Disinfectants for Use Against SARS-CoV-2](#)
- [US Dept of Labor - OSHA COVID-19 Control & Prevention Guidelines](#)

Risk Assessment Levels - To be determined by each specific agency and/or land manager for their particular region or location. Risk levels may vary by region and over time.

- **Level 3:** Highest risk, public lands closed except to essential personnel for trail scouting and targeted trail hazard clearing to prepare for broader reopening. Limited to highly experienced NNSC volunteers following enhanced safety and social distancing protocols.
- **Level 2:** Small group (6 or less) trail events. Limited to experienced NNSC volunteers following enhanced safety and social distancing protocols.
- **Level 1:** Return to larger events (15 or less) with less experienced participants with highly experience group leaders following enhanced safety and social distancing protocols.

The NNSC trail work parties have limited tasks. The club has a set of defined trails that need brushing/clearing, marking (blue diamonds for navigation), and drainage work done on an annual basis. With the limited length of the trails, no multi-day work parties are done. Given the size of the club, the work parties have always been of modest size (less than 10 people). Given the nature of the trails, ample distance is easily maintained between volunteers. Given the concerns over Covid-19 and the reasonableness of the guidelines, all guidelines will be applied to all work parties at all three levels. The only difference between the levels is the size of the work parties and the amount of experience expected.

Level 3: Public lands closed except to essential personnel for trail scouting and targeted trail hazard clearing to prepare for broader reopening. Limited to highly experienced NNSC volunteers following enhanced safety and social distancing protocols.

Activities allowed: Targeted Trail Work (*scouting, trail planning, trail prep work*)

Group size limits: 2 or 3 people may work together at a time and should follow all NNSC guidelines (see below). NNSC does not sanction solo work parties because of (non-covid) safety concerns.

Level 2: Small group (6 or less) trail events. Limited to experienced NNSC volunteers following enhanced safety and social distancing protocols.

Activities allowed: Small-group trail work (6 participants or less) focused on trail maintenance and clearing (as possible with social distancing requirements).

Group size limits: 6 people may work together at a time and should follow all NNSC guidelines (see below).

Level 1: Return to larger events (15 or less) with less experienced participants with highly experience group leaders following enhanced safety and social distancing protocols.

Activities allowed: Trail maintenance, clearing, marking, and drainage work (as possible with social distancing requirements).

Group size limits: No more than 15 people per group – All should follow NNSC guidelines (see below).

Guidelines for all NNSC work parties at all Covid-19 levels:

Vulnerable populations: All staff and volunteers considered at higher risk should make their own decisions regarding whether or not to participate, and are encouraged to bring and use their own PPE. According to current guidelines, vulnerable populations include: individuals with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes mellitus, obesity, asthma, and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

Before event:

- **“Sign-in and safety orientation”** - All participants must sign an updated waiver form prior to the event and will receive an orientation to the safety protocols in use.
- No car-pooling. All participants drive separately in their own household units.
- Everyone brings their own food & water.
- **Daily health screen** - All participants must affirm in writing on the screening form the following health screen questions (based on [CDC Guidance](#)) prior to participating in any activity. Any participant who answers “Yes” will not be allowed to participate in the event:
 - Are you experiencing any of the following symptoms: Cough, shortness of breath or difficulty breathing?
 - Are you experiencing at least two of the following symptoms: Fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of smell or taste?
 - Is anyone in your household suspected or diagnosed with COVID-19?

During event:

- **No tool sharing** - All participants bring and use their own tools or borrow (sanitized) tools from NNSC for the entire day.
- **Social distancing** - All participants must maintain 6 feet of space between individuals at all times.
- **Face coverings** - All participants must bring/wear their own clean cloth or disposable face coverings. Coverings must be worn when within at least 6 feet of other volunteers.
- **Good respiratory etiquette** - Cover all coughs and sneezes.

After event:

- **Handwashing** - All participants will be responsible for their own handwashing items/needs.
- **Equipment** – All borrowed tools will be rinsed and wiped down with sanitizer spray at the end of the day.

Equipment needed:

- Hand sanitizer (at least 60% alcohol)
- Work gloves (not to be shared between individuals)
- Clean cloth or disposable face coverings
- Sanitizer spray diluted to CDC requirements (to clean tools)
- Paper towels (to clean tools) and container for used towels