



COVID-19 PROCEDURES

General Comments:

Providing a healthy and safe environment for our running camp is the top priority for everyone at Rugged Running. As such, we will be making some changes to the layout of the tents and meeting spaces, how food and drinks are handled and served, how sleeping quarters are setup and assigned and adding in additional rules and policies for this year's camp. We have purchased a lot of additional gear and cleaning supplies to be able to execute these changes to provide a safe environment for all of you that are attending the camp and are excited to have you join us in what is the highlight of our summer every year. The remainder of this document outlines all of the changes we have made. Please read through them and provide any feedback you may have prior to the camp. We will also be reviewing this document with everyone upon their arrival at camp this year.

Upon Your Arrival:

- 1) All camp attendees will be provided a Rugged Running buff that they can wear as a mask during camp.
- 2) All tents used for sleeping will have the names of the people they are assigned to outside the tent to prevent people from entering the wrong tents.
- 3) In your tent that you are sleeping in you will have your typical SWAG bag that has all your camp giveaways, as well as, a new gear bag that will include everything you need at the camp that in the past has not been assigned to specific individuals. This will help prevent community use of certain gear and equipment. Please keep these items with you and in the case of the food, stored in your vehicle overnight to prevent bears and other critters from coming into camp. The following is the list of items in your gear/food bag:
 - a) *Camp Chair* - everyone will have a chair with their name on it that only they will use for the entirety of the camp.
 - b) *Dishes* - everyone will be receive their dishes (plate, bowl, cup, spoon, fork, knife, etc.) that only they will use for the entirety of the camp.
 - c) *Snacks* - In the past we had all snacks in the food tent so people could grab whatever they wanted throughout the day. This year we will be taking what was typically in the food tent and separating it out prior to camp and providing everyone snacks in their individual bag to help prevent having "community" food and contamination. You will need to store your snack bag in a vehicle overnight as mentioned previously.

Sleeping Quarters:

- 1) Those of you that are carpooling to the camp location together and have requested to share a tent for sleeping will be able to share a tent together.
- 2) Those of you that would like your own tent for sleeping will be able to have your own tent. Please let us know prior to the camp.
- 3) If you are driving to camp by yourself and wish to share a tent with a specific person please let us know ahead of time so we can arrange it.

Transportation to Trailheads:

- 1) When we have to drive together to trailheads we will split up into groups according to sleeping quarters arrangements to the best extent possible.
- 2) Masks will be required to be worn when in the vehicle transporting to the trailhead. (longest drive to a trailhead is approx. 15 minutes)

Cleaning and Sanitation Schedule:

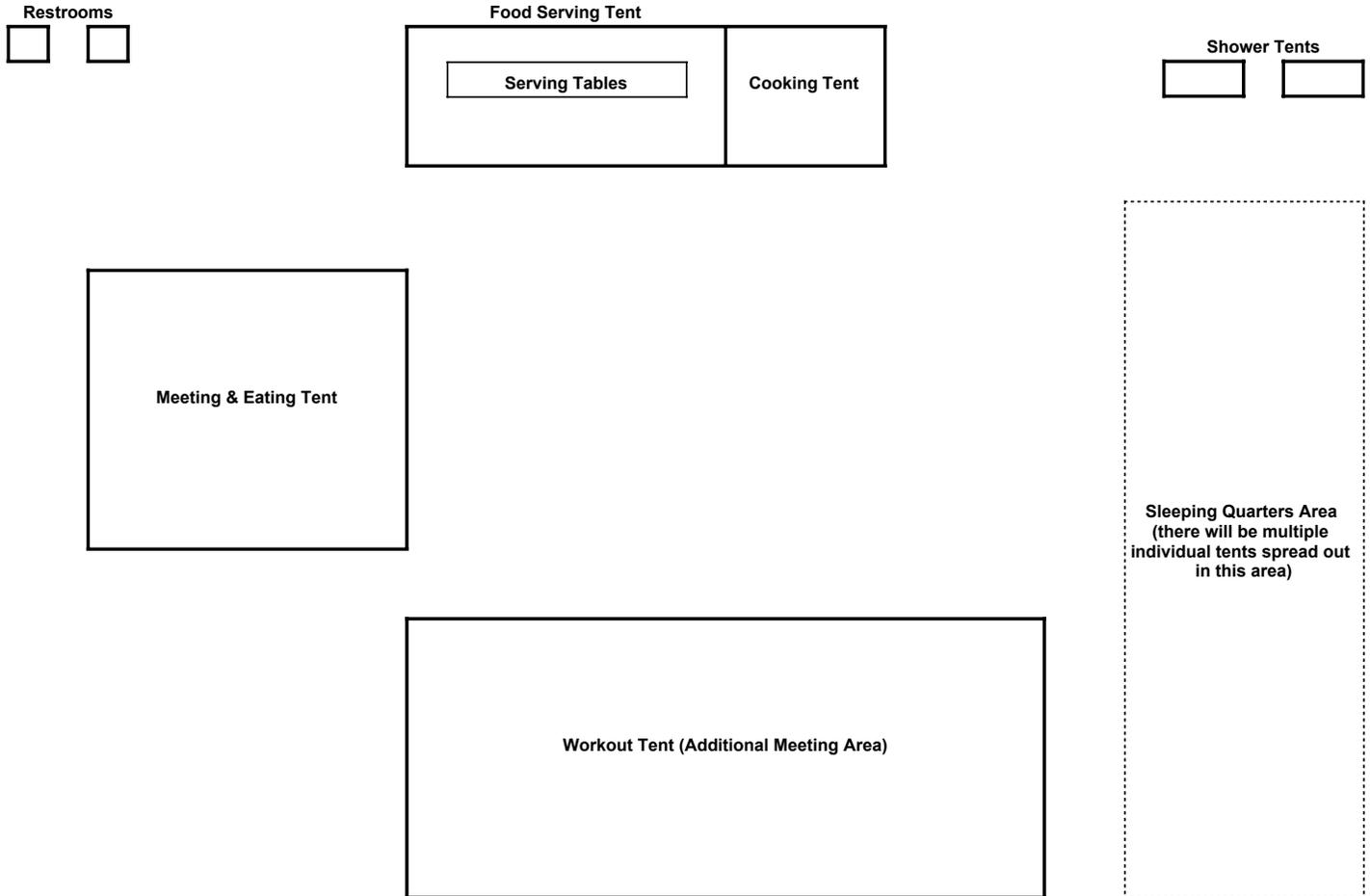
- 1) Rugged Running staff will be sanitizing and disinfecting all equipment initially after we complete the setup of camp prior to people arriving.
- 2) Throughout the duration of camp, Rugged Running staff will have the following sanitation and disinfecting schedule:
 - a) *Food Tent Area* - will be done after each use.
 - b) *Meeting Tent, Workout Tent, Bathroom Tents and Shower Tents* - will be done at least once at the end of each day or more frequently depending on use.

Social Distancing:

We are in a large area so meeting the CDC's recommendations and guidelines on social distancing of 6 feet are easily achievable throughout camp. However, there are times when doing meetings and group drills that can make it harder to maintain/remember social distancing. To help with people maintaining social distancing in those instances we will have utility flags in the ground in the meeting and workout tents so it is easy for people to know where they should sit or workout. We will also have utility flags in the ground for when we are doing running drills so it is an easy reminder for attendees to follow social distancing guidelines.

Community Tents Setup:

- 1) We will be completely separating the food tent from the meeting tents this year. Typically this was one big tent area but to isolate all food prep and serving we are splitting these two tents apart this year. See diagram below. The arrangement may vary slightly from the diagram below depending on where we end up camping but the concept of the separation will not.



- 2) *Food & Cooking Tents* - Only Rugged Running staff will be allowed in the Food and Cooking tents except when we are serving food during breakfast, lunch and dinner. There will be a stand outside the food serving tent that will have a touchless hand sanitizer dispenser and plastic gloves on it. **Everyone is required to use the hand sanitizer then put on the plastic gloves and have a mask on prior to entering the food tent.** There will be tables in the middle of the food serving tent that will have the food on them with Rugged Running staff on the other side of the tables serving those that come through the food serving area. We will come through the food serving area in single file and 6 feet apart. We will also have trays that everyone can use so it is easier to carry all of your plates, bowls, etc. You will exit the food serving area on the opposite end from where you entered and then can go to the meeting & eating tent or the open space outside of the tents to eat your meal. Lastly, new this year, we will have pretty much anything we can get and that is practical in single serving packets to help eliminate any cross contamination (i.e. salt, pepper, honey, nut butters, jelly, salad dressings, chips, etc.).
- 3) *Meeting & Eating Tent* - There will be a table in the meeting & eating tent that has water on it that you can use throughout camp. Please make sure to use the provided hand sanitizer prior to touching the water jug to fill up your water bottles and that you do not touch your water bottle to the dispenser when filling up your bottle. There will also be utility flags in the ground in the meeting tent so it is easy for you to know where to put your chair to maintain social distancing. We will also take down the side walls of the tents if the weather permits to allow better airflow in the tents when people are in them.
- 4) *Workout Tent* - There will be utility flags in the ground in the workout tent so it is easy for you to know where to be to maintain social distancing. We will also take down the side walls of the tents if the weather permits to allow better airflow in the tents when people are in them.
- 5) *Bathroom Tents* - There will be a touchless hand sanitizer dispenser outside of the bathroom tents. You must hand sanitizer prior to entering the bathroom tents and then again after you exit the bathroom tents.