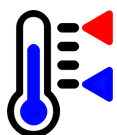


# COVID-19 PROTOCOLS

## AT HOME PREPARATION (Before Each Session!)



**INCLEMENT WEATHER:** Social distancing is not feasible while using lightning shelters. **We will cancel a session at least 2 hours prior to session start if inclement weather is in the forecast. We will not be able to provide per diem refund for cancelled days.**



### COVID-19 HEALTH SCREENING:

- Check for the following 7 symptoms for all members of your household:
  - Do you have a fever of 100.4 F or greater?
  - Do you have a cough?
  - Do you have shortness of breath or difficulty breathing?
  - Do you have chills?
  - Do you have muscle aches?
  - Do you have a sore throat?
  - Do you have a new loss of taste or smell?
- If any member of your household answers YES to any question:
  - DO NOT ATTEND LITTLE BELLAS.
  - **Immediately notify your Program Lead of your status.**
- DO NOT ATTEND LITTLE BELLAS until all members of your household have been fever-free (without medication) for 72 hours and 10 days have passed since their first symptom unless they have a clear alternative diagnosis from a medical provider.



### MASKS

**ADULTS:** It is mandatory for adults to wear a mask at all times except during strenuous activity.

**GIRLS:** All girls are required to have a mask accessible at all times and are required to wear it when 6 feet distancing cannot be maintained (e.g., first aid scenarios). We recommend wearing a mask at all times except during strenuous activity.





*\* We highly recommend girls bring 2 masks in case one gets sweaty.*





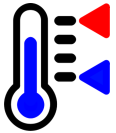

**CLEAN YOUR BIKE:** Use disinfectant wipes to wipe down your bike and handlebars.









**WATER:** Bring your own water. Please ensure your Little Bella has a water bottle placed in a water bottle cage mounted to the bike frame or securely places the water in a bike pack to wear while riding. Mentors are unable to carry water and public water facilities will not be used at any venue. NO water may be shared with others.

	SNACK: On the first day, participants will receive all of their Clif bar snacks for each session in their goodie bag. Participants should arrive with a pre-packed snack at the start of each session.
	BUG SPRAY AND SUNSCREEN: Apply bug spray and sunblock as necessary prior to arrival at the venue. We will not provide bug spray or sunblock to participants or volunteers.
	BATHROOM: We highly recommend all participants use the bathroom prior to arrival at the venue.
	HAND SANITIZER: We strongly recommend all girls / mentors bring their own small bottle of hand sanitizer and carry in their pack during each session. Little Bellas will also have hand sanitizer on site at each venue for girls / mentors to use.

## WHAT TO EXPECT WHEN YOU ARRIVE

	<p>DROP OFF / PICK UP PROCEDURES: Please follow the social distancing protocol outlined by your Program Lead for drop off and pick up procedures.</p> <p>REDUCING VENUE CROWDS: We recommend one adult drops off / picks up their child, remains distant from the group and to the extent possible remains visible in or next to their vehicle. All other family members should also remain in the vehicle. Please turn your engine off and stay idle free. Please do NOT bring your pets to the program.</p> <p><b>Please refrain from using the trails as a family when the program is in session.</b></p>
	HAND SANITIZING: All girls / mentors will use the hand sanitizer immediately upon arrival at the venue.
	<p>COVID-19 HEALTH SCREENING:</p> <ul style="list-style-type: none"> <li>• Group Leads / mentors will perform a COVID-19 Health Screening including a temperature check during attendance.</li> <li>• <b>DO NOT</b> leave the venue until your Little Bella has confirmed she is symptom free.</li> </ul>
	<p>GROUPS:</p> <ul style="list-style-type: none"> <li>• Group sizes will always be less than 10 people in total (e.g., 7 girls and 2 mentors).</li> <li>• All participants will remain in the same group and will not mix with other groups throughout the duration of the season.</li> </ul>

## DURING SESSIONS

	<p><b>REDUCING VENUE CROWDS:</b> Please refrain from using the trails as a family when the program is in session.</p>
	<p><b>SOCIAL DISTANCING:</b> All Little Bellas community members must maintain 6 feet apart both ON and OFF the bike.</p> <ul style="list-style-type: none"> <li>● NO hugs.</li> <li>● NO high fives.</li> <li>● NO physical contact of any kind.</li> </ul> <p><b>SIBLINGS:</b> If two or more siblings attend the same program, they must maintain 6 feet social distancing from each other. This is to ensure all participants observe consistent social distancing behaviors at each session.</p>
	<p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>● Do not share snacks with other people.</li> <li>● All girls / mentors will pack out their own trash out of the venue.</li> <li>● Do NOT use public trash cans to discard any waste.</li> </ul>
	<p><b>BATHROOMS:</b> It is mandatory to use hand sanitizer before entering and immediately upon exiting any bathroom at any venue. Get in, get out quickly.</p>
	<p><b>HAND SANITIZING COMMON SURFACES:</b> It is mandatory to use hand sanitizer immediately before and immediately after contacting any common surface at any venue (e.g., bicycle, bike pump, bike tools, bathrooms).</p>
	<p><b>MASKS</b></p> <p><b>ADULTS:</b> It is mandatory for adults to wear a mask at all times except during strenuous activity.</p> <p><b>GIRLS:</b> All girls are required to have a mask accessible at all times and are required to wear it when 6 feet distancing cannot be maintained (e.g., first aid scenarios). We recommend wearing a mask at all times except during strenuous activity.</p> <p><i>* We highly recommend girls bring 2 masks in case one gets sweaty.</i></p>

**This is a living document and as the COVID-19 situation continues to evolve and health policy recommendations update, so too will this document. The above guidelines represent the current place and time of our circumstances.**

Latest update: Thursday, July 16, 2020