
DRAKE MTB Covid Safety Protocols

Spring 2021



COVID-19 Site-Specific Protection Plan

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Club Name: Drake Mountain Biking team

Facility Address: 1327 Sir Francis Drake Blvd, San Anselmo CA 94960

This COVID-19 Site-Specific Protection Plan (SPP) was most recently updated on:10/5/2020

The person(s) responsible for implementation of this Plan is:

Name: **Dylan Riley**

Title: Coach/Director

Drakemtbcaches@gmail.com

Volunteer Certification 1

I, **Dylan Riley**, certify that all volunteers have been provided a copy of it and have reviewed it and received training as required in this SPP.

Individual Control Measures and Screenings

- All volunteers are provided with temperature and/or symptom screenings at the beginning of activities with athletes.
 - The individual conducting the temperature/ symptom screening will avoid close contact with volunteers to the extent possible. Both screeners and volunteers wear face coverings during each screening.
 - Screening follows CDC Guidelines.
 - Volunteers are provided with all required protective equipment (i.e., face coverings) and the club ensures this equipment is worn properly at all times.
 - Face coverings are required when volunteers are in the vicinity of others. Face coverings are not shared.
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volunteers Certification 2

- Volunteers take reasonable measures to communicate with attendees when they should use face coverings.
 - volunteers who are sick or exhibiting symptoms of COVID-19 are directed to stay home and Centers for Disease Control guidelines will be followed for when that volunteers can return to work
 - Types of protective equipment provided to volunteers at this worksite location include:
 - Masks, gloves, hand sanitizer and sanitizing wipes are available for use when appropriate.
 - Cleaning and Disinfecting Protocols
 - Hand sanitizer will be provided when indoor plumbing is not available.
 - Sanitizing supplies are provided to promote volunteers' personal hygiene. This may include tissues, alcohol based hand sanitizers, sanitizing wipes.
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Physical Distancing Guidelines



Due to the nature of our mountain bike racing team, physical distance is easily maintained since spacing of at least 6 feet is naturally created between bikes. Personnel will also maintain physical distance of at least 6 feet when off bikes as well.

Covid Case Reporting

- Volunteers will report any notification of COVID-19 Positive Case they may become aware of
 - County of Marin Public Health will be notified of all positive COVID-19 cases.
 - If a volunteer is diagnosed with COVID-19, Marin County Public Health will provide assistance in the assessment of potential worksite exposures, and any recommended testing, quarantine, or isolation instruction
 - Volunteers are aware that they can call Marin Public Health if a suspected exposure has occurred at 415-473-7191
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Safety Training 1

Volunteers have been and will be trained on the following topics

- Information from the Centers for Disease Control and Prevention (CDC) on COVID-19, how to prevent it from spreading, and which underlying health conditions may make individuals more susceptible to contracting the virus.
 - Self-screening at home, including temperature and/or symptom checks using CDC guidelines.
 - The importance of not coming to work if volunteers have a frequent cough, fever, difficulty breathing, chills, muscle pain, headache, sore throat, recent loss of taste or smell, or if they or someone they live with have been diagnosed with COVID-19.
 - The importance of seeking medical attention if an volunteers' symptoms become severe, including persistent pain or pressure in the chest, confusion, or bluish lips or face. Updates and further details are available on CDC's webpage.
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Safety Training 2

The vulnerability of older adults and people with chronic medical conditions, and the need to practice particular caution to protect these groups.

The importance of frequent hand washing with soap and water, including scrubbing with soap for 20 seconds (or using hand sanitizer with at least 60% ethanol or 70% isopropanol when volunteers cannot get to a sink or hand washing station, per CDC guidelines).

Manufacturer's directions and Cal/OSHA requirements for safe use of personal hygiene and cleaning products.

The importance of physical distancing, both at work and off work time (see Physical Distancing section above).

Safety Training in the Proper use of Face Coverings

- Face coverings do not protect the wearer and are not personal protective equipment (PPE).
 - Face coverings can help protect people near the wearer, but do not replace the need for physical distancing and frequent hand washing.
 - The importance of washing and/or sanitizing hands before and after using or adjusting face coverings.
 - Avoid touching eyes, nose, and mouth.
 - Face coverings to be washed after each use.
 - Compliance and Documentation
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THANK YOU!

This organization's procedures and protocols are regularly reviewed for compliance with this Site-Specific Protection Plan (SPP) and any deficiencies are documented and corrected.

For more information please contact : Dylan Riley

Coach/Director

Drakemtbcaches@gmail.com
