

COVID-19 Preparedness Plan for the 2021 Virtual Loop the Lake Festival (June 17-22, 2021)

The 2021 Virtual Loop the Lake Festival is committed to providing a safe and healthy virtual event for all participants. To ensure we have a safe and healthy virtual event, the 2021 Virtual Loop the Lake Festival Planning Committee has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Organizers and participants are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our event and communities, and that requires full cooperation among our participants. Only through this cooperative effort can we establish and maintain the safety and health of all participants in the 2021 Virtual Loop the Lake Festival.

The COVID-19 Preparedness Plan is administered by the 2021 Virtual Loop the Lake Festival Planning Committee who maintains the overall authority and responsibility for the plan. However, participants are equally responsible for supporting, implementing, complying with, and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan. The 2021 Virtual Loop the Lake Festival committee and participants have our full support in enforcing the provisions of this plan.

The 2021 Virtual Loop the Lake Festival'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), Minnesota Department of Natural Resources 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:

- Self-screening and policies for participants
- Social distancing protocols
- Participant hygiene and source controls, including face coverings;
- Pick-up practices and protocol; and
- Communications provided to participants

The Loop the Lake Festival Planning Committee for the 2021 Virtual event has reviewed and incorporated the industry guidance applicable to our event provided by the state of Minnesota for the development of this plan, including the following industry guidance for Businesses & Outdoor Venues. Other conditions and circumstances included in the industry guidance and addressed in the plan that are specific to our business include:

- additional protections and protocols for participants;
- additional protections and protocols for face coverings;
- additional protections and protocol for access;
- additional protections and protocol for sanitation and hygiene;
- additional protections and protocols for handwashing;
- additional protections and protocol for distancing;
- additional protections and protocols for managing occupancy;
- additional protocols to limit face-to-face interaction;

Sick participants stay home and identification of sick participants

Participants have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess participants' health status prior to participation in the 2021 Virtual Loop the Lake Festival event. If any of the following symptoms are present, participants should stay home and not participate in the 2021 Virtual Loop the Lake Festival Event. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Anyone who has been exposed to COVID-19 is asked not to participate in the 2021 Virtual Loop the Lake Festival event. Potential exposure is defined as, "A household contact or having close contact within 6 feet of an individual with confirmed or suspected COVID-19." The timeframe for having contact with an individual includes the period of 48 hours before the individual became symptomatic.

Persons with COVID-19 who have symptoms and were directed to isolate at home may participate in the 2021 Virtual Loop the Lake Festival event under the following conditions:

- At least 3 days have passed since recovery, defined as resolution of fever without the use of fever-reducing medications, AND
- Improvement of respiratory symptoms (cough, shortness of breath) AND
- At least 7 days have passed since symptoms first appeared.
- Individual has received a negative COVID test result.

Fee Policy

There will be no refunds as this event is free.

Social distancing and masks

The 2021 Virtual Loop the Lake Festival event has been modified to comply with CDC & MDH guidelines for social distancing and masks.

- The suggested 2021 Virtual Loop the Lake Festival route is an outdoor 13-mile loop bicycle ride on trails and residential roads, open to participants over a five-day period – June 17-22, 2021. Participants may

ride the route during daylight hours over any of the 5 days which reduces the number of participants on the roads/trails at any one time. Some participants may choose to ride a different route.

- Registered participants will be instructed to pick up their complimentary wrist/leg band at any one of the following 2019 sponsors, prior to participation: The Skin Company & Spa, Keith's Pizza North, Keith's Pizza South, First National Bank Bemidji Paul Bunyan Drive, Your QFM, Sanford Orthopedics & Sports Medicine – Power, Culligan, Harmony Food Coop, Bar 209, and Bemidji Brewing.
- During wrist/leg band pickup participants will be expected to wear a mask and maintain social distance.
- The course includes directional signage and COVID safety signage to inform riders of the importance of a COVID symptom self-assessment, social distancing, and mask wearing.
- Maintain at least 6 feet of distance from others outside of your household.
- If you come into contact with others, cover your mouth and nose with a mask.
- Bring an extra mask in case your mask gets wet.
- Masks are not a solution for sick participants who are on the route and in contact with other individuals.
- Since this is a virtual event, there will be no volunteers on the route.

Participant hygiene and source controls

Participants are instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially prior to leaving home, prior to any mealtimes and after using the restroom. Restroom facilities may not be available along the route. Participants are asked to provide their own supply of hand sanitizer. Hand sanitizer is recommended at the start and throughout the ride as needed.

Participants are 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. Participants are expected to dispose of tissues in trash receptacles and wash or sanitize their hands immediately afterward. Respiratory etiquette guidelines will be communicated to registered participants as a part of online registration with instructions to review the Preparedness Plan and sign the waiver/consent form as a part of registration.

Pick-up practices and protocol

The 2021 Virtual Loop the Lake Festival registration will be online only. No packet pick-up is necessary. Registered participants will be given a list of nine 2019 sponsors who will have a reflective wrist/leg band available for pick-up at their establishment during regular business hours. No other pick-up or delivery will be required to participate in the 2021 Virtual Loop the Lake Festival event.

Communications practices and protocol

This COVID-19 Preparedness Plan will be communicated to all registered participants as a part of the online registration process.

Instructions will be communicated to all registered participants about protections and protocols, including: 1) social distancing protocols and practices; 2) pick-up practices and protocol, 3) practices for hygiene and respiratory etiquette; 4) requirements regarding the use of face-coverings by registered participants. All

registered participants will also be advised not to participate in the 2021 Virtual Loop the Lake Festival if they are experiencing symptoms or have contracted COVID-19.

Managers and supervisors are expected to monitor how effective the program has been implemented. The 2021 Virtual Loop the Lake Festival Planning Committee will send out an online survey to selected registrants to get feedback on how well the COVID Preparedness Plan was implemented during their participation in the event. This COVID-19 Preparedness Plan has been certified by the 2021 Virtual Loop the Lake Planning Committee and the plan **was posted on the Bike Bemidji** website (bikebemidji.com) beginning the day registration for the event opened, May 1, 2021. It will be updated as necessary by the 2021 Virtual Loop the Lake Planning Committee.

Certified by:

Muriel B. Gilman, Loop the Lake Festival Committee Member

April 30, 2021