

# 2022 Delaware River Sojourn Health and Safety Plan during the COVID-19 Pandemic

The health and safety of our participants, vendors and volunteers are our highest priority. This plan outlines the strategies to be followed by the Delaware River Sojourn to reduce the risk of spread of COVID-19. The Delaware River Sojourn cannot guarantee that you or your family members will not be exposed to COVID-19 while participating in our program. The Delaware River Sojourn has the right to amend this plan and adjust these procedures at the discretion of the Chair of the Steering Committee and in accordance with current guidance from the CDC and state health agencies.

## **Program-Wide Policies:**

We highly recommend and encourage all vendors, participants and volunteers be either vaccinated or receive a negative COVID test three days or less prior to their participation.

- Face coverings are required to be worn by any volunteer, vendor or participant at all times when indoors, on the bus or when outdoors and unable to maintain at least six feet of social distance. Face coverings are recommended but not required when outside and able to maintain social distancing of 6-10 feet between contact groups. The Sojourn will have a small supply of disposable masks on hand, but participants are required to bring and use their own masks.
- Hand washing and hand sanitizing are encouraged anytime a participant, volunteer or vendor touches a piece of equipment or another surface that may be shared with others. Impacted surfaces will be cleaned, sanitized and disinfected throughout the day. Disinfecting rental boats, rental life jackets, paddles and other equipment will occur each day and will be left in the sun whenever possible. The Sojourn will provide hand washing stations and hand sanitizer in camp and at meals, but participants should bring their own sanitizer to carry with them on the trip.
- All vendors, participants and volunteers who display any signs or symptoms associated with COVID-19 (fever, cough, runny nose, sore throat, shortness of breath, fast breathing, nausea/vomiting, etc.) are asked to stay home or leave the trip if symptoms begin while with the group.
- All vendors, volunteers and participants may be required to answer health questions and have their temperatures taken at morning registration/check-in.
- At all times, contact groups will seek to maintain 6-10 feet of social distancing between other contact groups and individuals.
- In case of suspected exposure to a health risk, participants, vendors and volunteers are required to notify the Sojourn registrar. The Sojourn may notify

participants of exposure in accordance with applicable laws. All efforts will be made to maintain the utmost confidentiality.

- Port-o-Johns or bathrooms will be provided in camp and at launch, lunch and/or landing spots. Hand sanitizer and a surface cleaning spray will be available outside of the bathroom for participants to use.
- Buses will be provided to shuttle program participants and volunteers. Whenever possible, windows on each bus will be open to provide air circulation.
- Participants may choose not to ride on the bus and will then be expected to shuttle themselves as needed. If you have multiple drivers in a contact group, this could be done easily with a little planning.
- Masks are not required when on the water. Paddlers should seek to always maintain social distancing between other boats. There may be times when social distancing cannot be maintained on the water, such as during a rescue, and at these times masks are recommended to be worn when practicable and if they can be kept dry.
- Eating will occur while maintaining social distance between contact groups. Participants are encouraged to bring camp chairs and folding tables, if desired.
- Whenever possible, meals and snacks will be provided pre-packaged as a boxed lunch or dinner, though buffet style meals may also be served. Buffet style meals will require participants to maintain social distancing while in line, and food will be served to each participant by a vendor or volunteer, such that serving dishes and utensils are never contacted by a participant.
- Drinks will be provided at meals. If drinks are served from shared drink containers, individuals may serve themselves. Hand sanitizer should be used before and after serving. This also applies to water the Sojourn provides throughout the trip. We will be offering large jugs to fill reusable water bottles and encourage participants to bring their own water containers for this purpose. Note we may also provide bottled water, but it will be offered in a limited capacity to avoid single-use plastic.