

COVID-19 Exposure Control, Hygiene & Safety Protocol

Cape Marsh Kayaking

Matthew Norton, Owner/Operator

Phone: 508-367-9422 Email: matt@capemarshkayaking.com

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The following list of COVID-19 safety procedures and exposure control methods will be strictly followed and implemented in the operation of Cape Marsh Kayaking. This guidance complies with the most up-to-date information from national, state, and regional health and safety authorities with regards to reopening timetables and restrictions. The data behind this safety protocol is based on mandates and recommendations from the Commonwealth of Massachusetts Executive Office of Energy and Environmental Affairs (05/18/20), the National Institute of Health (NIH, 2020), the Occupational Safety and Health Administration (OSHA, 2020), and the Centers for Disease Control (CDC, 2020).

The reopening of this outdoor education program will include appropriate social distancing and extensive disinfecting/cleaning of equipment. National and state guidelines currently recommend people stay at least six feet away from each other in public or wear a protective mask when this is not possible. This will be accomplished during each excursion. Cape Marsh Kayaking has outlined new cleaning protocols, exposure controls, and safe participant practices and procedures to reduce the spread of COVID-19 as much as possible.

This organized educational activity will occur in the outdoors during Massachusetts' Phase 1 Reopening. This safety protocol will adapt and change as the Commonwealth of Massachusetts moves through the four phases of reopening: Start, Cautious, Vigilant, and New Normal.

This program does not involve individual participant sharing of equipment during each excursion or making physical contact in order to engage in any activity.

1. Cape Marsh Kayaking Staff/Participants Who Are Sick Must Stay Home

- a) Any employee or participant who is sick should not take part in a kayak excursion.
- b) If an employee/participant has symptoms of COVID-19, they must be sent home.
- c) Look for one or more of the following symptoms: diarrhea, headache, cough, fever, loss of taste or smell, stomach upset, chills, sore throat, body/muscle aches/pains, or shortness of breath.
- d) Cape Marsh Kayaking employees/participants with these symptoms should stay home, consult their primary care doctor.
- e) Matthew Norton, owner/operator of Cape Marsh Kayaking, can also consult with the Barnstable County Public Health Nurse, Deidre Arvidson, at 508-375-6617 regarding a safe return to work/excursions following any exposure issue related to COVID-19.

- f) If a participant of a Cape Marsh Kayaking excursion tests positive for COVID-19, it will be mandatory for the owner/operator to quarantine for 14 days, per state regulations.

2. Strategies/Mandates to Reduce COVID-19 Exposure

- a) Supply all kayak excursion participants with alcohol-based hand sanitizers, as available, upon arrival.
- b) Recommend that kayak excursion participants bring a personal supply of hand sanitizing wipes or spray for their use throughout the day's activity. This is especially important during the lunch/meal break during the activity.
- c) Supply a waste disposal bag/container to collect all cleaning/disinfectant wipes or waste. The focus will be to "leave no trace of waste behind" on each excursion.
- d) After each kayak excursion, Matthew Norton will thoroughly clean and disinfect all customer/staff touchpoints and contact areas, including kayak paddles, life vests, kayak seats, touchpoints around the seating area of each kayak, and any waterproof bag or accessory used in an excursion. NOTE: Equipment used during each kayak excursion is NOT shared among participants during the activity.
- e) Social distancing of six feet or more will be mandated on each kayak excursion to ensure that both employees and customers always remain at least six feet apart during the pre-activity safety/instructional briefing, while paddling or stopping on the water, during the educational session on the beach, during any swimming/wading in the water, and during the lunch break.
- f) Discourage participant "bottlenecking" and implement the "6 Foot Social Distance" mandate during all briefings/discussions before, during/on the water, on the beach, and during kayak drop-off after each excursion.
- g) The excursion leader/guide will avoid contact with participants by following the 6 Foot Social Distance rule and by providing verbal, not physical, assists with all equipment.
- h) Initially limit excursion attendance to 10 participants including the excursion guide/leader, which is the maximum number of attendees allowed by the Commonwealth as of 05/18/20.
- i) Alternating or extra excursion days/times may be introduced in an effort to reduce the total number of participants at a given time.
- j) Provide a copy of these *Cape Marsh Kayaking Safety Guidelines* on hard copy/remotely for all participants in advance, and in case of an inspection by a Local Board of Health. Discuss these safety requirements during the pre-activity briefing with all excursion participants.
- k) Adopt a "*Cape Marsh Kayaking Safety Agreement*" online for customer review and understanding. The goal is to educate clientele about these safety protocols and what is expected, and appreciated, to protect the health and safety of both the staff and the participants.

- l) Use “no-contact” methods when conducting payments, reservations, or phone orders to ensure group size is not greater than 10 participants, including the guide/leader.
- m) Discontinue the practice of passing around educational items, such as seashells and rocks, to avoid cross-contamination through common touchpoints by participants.
- n) Temporary signage will be posted in the excursion prep area (on an 8.5 x 11 sign) to inform the public of public health guidelines and standards of behavior during each excursion.
- o) Cape Marsh Kayaking staff/Matthew Norton will maintain daily disinfection practices in between kayak excursions. Each kayak paddle, life vest and kayak touchpoint will be rendered clean and safe by disinfecting all surfaces.
- p) All equipment will be cleaned/disinfected with an EPA approved cleaning solution that kills the COVID-19 virus. All equipment will be wiped down thoroughly with paper/cloth towels. All cloth towels used for disinfection will be laundered in between uses, not air-dried.
- q) Nitrile or neoprene gloves will be donned/doffed for personal protection when cleaning.

3. Mandatory Use of Face Masks

Keep in mind that people who show no symptoms of illness may still be able to spread COVID-19. A face covering may help prevent an employee or customer from spreading COVID-19 to other people.

Massachusetts’ Governor Baker issued an Order effective Wednesday, May 6, 2020 requiring face masks or cloth face coverings in public places where social distancing is not possible. This applies to both indoor and outdoor spaces. OSHA also recommends allowing a worker to wear masks over their nose and mouth to prevent them from spreading the COVID-19 virus.

- A face covering can include anything that covers your nose and mouth, including dust masks, scarves, and bandanas.
- It is important that the Cape Marsh Kayaking leader/guide and ALL participants wear these face coverings or masks when it is difficult to maintain a social distance of six feet from others, especially during the educational session on the beach.
- Masks DO NOT replace or negate the “6 Foot Social Distance” mandate.

4. Mandatory Face Mask Guidelines

- a) Fit should be snug but comfortable against the side of the face,
- b) Masks should be secured with ties or ear loops,
- c) Masks should include multiple layers of fabric,

- d) Masks should allow for breathing without restriction,
- e) A cloth mask should be able to be laundered and machine dried without damage or change shape.
- f) When putting on and taking off a mask, do not touch the front of it, you should only handle the ties or ear straps, and make sure you wash the cloth mask regularly.
- g) Wash your hands or use hand sanitizer after touching the mask.
- h) Cloth masks should not be placed on anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.