

CMBC COVID-19 Risk Management Plan 5/25/20

Wyoming Guidelines:

<https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus/covid-19-orders-and-guidance/>

US Paralympic & Olympic Committee: [Guidelines from USOPC](#)

PEOPLE WHO FEEL SICK SHOULD STAY HOME • Contact and follow the advice of your medical provider. • Follow local health department guidance on isolation and quarantine.

CMBC Program Phase One Operating Plan: *In order to adhere to the Wyoming State guidelines and protect the health of participants and coaches, CMBC will take the following measures:*

1. Keep training group size to a maximum of 25 people and break into smaller sub groups.
2. Coaches and athletes will maintain a 6 ft. physical distance.
3. All training sessions, including strength training will occur outside. Athletes will not be permitted into Gruner Building.
4. CMBC van transportation is suspended until Wyoming Health Dept. advises otherwise.
5. CMBC coaches will be certified in First Aid and CPR and will carry a phone, first aid kit, and extra food and water during all training sessions.
6. CMBC coaches will bring hand sanitizer and disinfectant wipes to training sessions and wipe down all commonly shared equipment before and after use
7. Club will provide a reusable face mask to all camp and summer program participants.
8. Coaches and athletes will wear masks except during physical training.
9. Instead of shooting mats athletes will be responsible for bringing their own yoga mat/towel to shooting practice.
10. No Camp Lodging or meals provided. Camp attendees have a choice of a lodging package at Ramkota (\$70 per room (2 queen beds) and \$30 per day per person meal plan, includes 3 meals) or finding their own lodging.

Participant Expectations: *In order to participate in CMBC summer training sessions, athletes are expected to:*

1. Avoid unnecessary risk to themselves or their teammates
2. Maintain appropriate social distance while at practice
3. Always carry water and a snack while at practice and avoid sharing with other teammates
4. Refrain from touching teammates equipment
5. Wear a mask, except during physical exercise
6. Wash and/or sanitize hands frequently
7. Stay at home if they are feeling sick
8. Communicate with coaches if they begin to feel sick while at practice
9. Bring a personal yoga mat to shooting practice