

COVID-19 Preparedness Plan for The John Beargrease Sled Dog Marathon

2020-2021 Race Season

11/03/2020

The John Beargrease Sled Dog Marathon is committed to providing a safe and healthy workplace for all our race officials, contractors, volunteers and mushers. To ensure we have a safe and healthy event, The John Beargrease Sled Dog Marathon has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Beargrease officials, contractors, volunteers and mushers are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our race, race planning workplace and our race communities. That requires full cooperation among all race officials, contractors, volunteer workers and participating mushers. Only through this cooperative effort can we establish and maintain the safety and health of all persons and dogs in our race.

Due to the rapidly changing situation with the Covid-19 pandemic, this plan will be regularly reviewed leading up to the race and changes will be made as necessary to address the current conditions. We will monitor MDH Situation Reports and be in touch with local public health officials in St. Louis, Lake, Cook counties and Grand Portage tribal public health to determine the local conditions leading up to the start of the race.

MDH Situation Report:

<https://www.health.state.mn.us/diseases/coronavirus/situation.html#daily1> **MDH Sports**

Guidance: <https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf> **Public Health**

contacts:

Scott Lesnau, St. Louis County Public Health, LesnauS@StLouisCountyMN.gov

Tracy Gilsvik, Lake County Public Health Supervisor, 218-834-8406, Tracy Gilsvik, Tracy.Gilsvik@co.lake.mn.us

Grace Grinager, Cook County Public Health Supervisor, 218-387-3605,
grace.grinager@co.cook.mn.us Jenn Sorenson, Grand Portage Health Services Director,
218-475-2235, jenns@grandportage.com

The COVID-19 Preparedness Plan is administered by Carmen Schempp, John Beargrease Sled Dog Marathon Board President, who maintains the overall authority and responsibility for the plan.

Carmen Schempp, 218-349-5876, admin@beargrease.com

However, race officials, contractors, volunteers and Beargrease mushers are equally responsible for supporting, implementing, complying with and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan. The John Beargrease Sled Dog Marathon's race officials and volunteers have the John Beargrease Sled Dog Marathon Board's full support in enforcing the provisions of this plan. Clear communication of the plan and its implications for the race will occur with race stakeholders via email and in

person when able. Questions and concerns about the plan can be directed to Carmen Schempp via email and will be addressed promptly.

Stakeholder Involvement in Creating the Plan

Our race officials, contractors, volunteers and mushers are our most important assets. The John Beargrease Sled Dog Marathon is serious about safety and health and protecting everyone involved in the Beargrease. Race official, contractor, volunteer and musher involvement are essential in developing and implementing our successful COVID-19 Preparedness Plan. We have involved our race officials, contractors, volunteers and past mushers in this process in the following ways:

- The JBSDM is a volunteer based and volunteer run organization. There are currently 3 contractors working for the organization. All three of those individuals have been consulted regarding running the race and they are all active participants in developing and modifying this plan as the situation dictates.
- A survey will be sent to all the past volunteers so that we can determine their willingness to volunteer again in 2021.

Topics Addressed in this Plan

The John Beargrease Sled Dog Marathon'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) 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:

- ensuring sick workers stay home and prompt identification and isolation of sick persons;
- social distancing – workers, volunteers and participants must be at least six-feet apart;
- worker hygiene and source controls, including face coverings;
- workplace building and ventilation protocol;
- workplace cleaning and disinfection protocol;
- drop-off, pick-up and delivery practices and protocol; and
- communications and training practices and protocol.

The John Beargrease Sled Dog Marathon has reviewed and incorporated the industry guidance applicable to our non-profit provided by the state of Minnesota for the development of this plan, including the Minnesota Stay Safe Guidance for Organized Sports, Entertainment Events and Outdoor Recreation Entities. The John Beargrease Sled Dog Marathon has also been in frequent contact and received input on this plan from other prominent sled dog races in North America including: The Wyoming Pedigree Stage Stop, The UP 200, The Copper Dog, The Gunflint Mail Run and the Iditarod. Other conditions and circumstances included in the industry guidance and addressed in the plan that are specific to our business include:

1. Traditionally the John Beargrease Sled Dog Marathon is a spectator friendly event where thousands attend the start of the race in Duluth, MN. This year no in person spectators will be allowed to attend. The Beargrease is working with local and state media as well as the QPAWS International Sled Dog Racing Series to dramatically increase the online viewing opportunities for the John Beargrease Sled Dog Marathon.
2. Everyone in attendance will be required to wear face coverings during the event at all times. This will be

communicated in all pre-race communications to all mushers, handlers, volunteers, veterinarians, media and race officials, along with when it is appropriate to remove a mask (i.e., when eating or in one's personal vehicle). Anyone claiming a mask exemption will be expected to limit their physical interactions with others, and Beargrease officials will be allowed to establish additional precautions when needing to interact, such as requesting additional distance between them and the unmasked person. Signs communicating the masking requirement will be posted at all entrance locations and throughout the event locations. Extra masks will be available throughout race locations. All race officials will also be carrying extra masks to distribute as they circulate around the race locations.

3. All Beargrease event locations will be roped off with monitored gates to ensure that only allowed race participants enter. Access will be monitored by race officials and all permitted persons will have a pass on a lanyard or arm band to signify that they are allowed to access the event.
4. Access to any indoor facilities will be strictly limited to a very few race officials and veterinarians. All mushers, handlers and volunteers will be required to use outdoor portable bathroom facilities which will be available at all race locations. Hand sanitizer will be provided in all portable bathroom facilities with signs reminding everyone to use it. Refill hand sanitizer will be present at all race locations and one race official will be tasked with ensuring that it is refilled before it runs out. Every musher will receive a 2- ounce bottle of 60% alcohol-based hand sanitizer solution.
5. The nature of a sled dog race is that the event is almost completely outdoors. Having all but a very few essential personnel outdoors will limit the possibility of the transmission of COVID-19 or any other pathogen.
6. All persons at the Beargrease Sled Dog Marathon will work in small teams to limit group interaction. Race veterinarians, officials, volunteers and media will function in groups of 5 or less, maintaining social distance from other work groups and, as much as possible, from each other.
7. We will limit the number of volunteers at any one location with an effort to establish small "pods" that can work in shifts and have household members working together as much as possible.
8. All sled dog teams will be an individual "pod" that includes household and team members discrete from other teams. All sled dog teams will be parked at least 10 feet from the nearest sled dog team. Once a team has parked in a specific location, no other team will be allowed to park in that location for the duration of the event. The only persons that will be allowed to closely interact with each team at its parking location will be race veterinarians. When race veterinarians are present with the sled dog teams' mushers and their handlers will keep at least 6 feet distance from them.
9. John Beargrease Sled Dog Marathon Attendance Arm Bands will be issued to all who allowed into race locations. These arm bands must be displayed at all times. **Strict planning beforehand will ensure that no more than 250 people will be permitted at the John Beargrease Sled Dog Marathon at any time, AS PER MDH SPORTS GUIDELINES.**
10. To help ensure that the total persons in attendance remains below 250 persons, The John Beargrease Sled Dog Marathon will implement a new race schedule, separating the three race events. Once all mushers from one event leaves the race starting chute, their trucks and support teams will all leave the race starting area and the teams for the next event will be allowed to enter. All teams will be parked in fresh parking locations, where no team has previously been parked. The 5-acre race start location allows the race to keep maximum separation between all race teams.
 - A maximum of 60 teams will be allowed to participate in the 3 Beargrease races combined
 - **The total attendance at the John Beargrease Sled Dog Marathon will always stay below 250 people.**
11. All race registrations will be done at least 10 days before the race start either online or through traditional US Mail. No late registrations will be allowed so no money will be exchanged between the John Beargrease

Sled Dog Marathon and race participants during the race.

12. Traditionally there are several race sponsor booths at the start of the John Beargrease Sled Dog Marathon. This year's race sponsors will only be represented by signs and banners placed in the starting chute, at key locations along the route, and on the mushers' race sleds.

Ensure sick race officials, contractors, volunteers and mushers stay home and prompt identification and isolation of sick persons

All Beargrease race officials, contractors, volunteers and mushers 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 workers' health status prior to entering the workplace and for workers to report when they are sick or experiencing symptoms.

The Beargrease will communicate with all teams and volunteers leading up to and during the race:

1. No one diagnosed with COVID and still within their isolation period should be traveling to MN or in any way attending this event.
2. No one in quarantine due to being a close contact to a confirmed COVID case should be attending or working this event.

Screening and Assessment

•All participants will receive a self-assessment checklist (Exhibit A) to assess their health upon entering the premises.

- Participants and personnel will be screened for temperature.

Individuals or anyone in their household reporting the following symptom(s) will not be permitted into the race grounds or associated check points and will be asked to return home:

- A fever (100.0 or higher) within the last 72 hours
- A cough or sore throat
- Shortness of breath
- Chills Repeated shaking with chills
- Muscle pain
- Headache
- New loss of taste or smell
- Had direct household contact with a person experiencing an undiagnosed cough and fever
- Diarrhea and/or vomiting in the last 24 hours Illness

Tracking

Attendance of race participants, volunteers and Beargrease personnel will be taken to ensure contact tracing can occur if anyone attending later reports COVID-19. Each checkpoint and gathering point will have a list of teams, volunteers and race officials to be used in contact tracing as needed. This information will be retained by the Beargrease for at least 14 days following the event completion. (Exhibit B)

Illness Exclusion

Any individual showing any signs or symptoms of illness while on site will be asked to go home immediately and

contact their healthcare professional.

Attendance and contact information of Beargrease participants will be taken should the information be needed by healthcare professionals for tracking purposes.

The John Beargrease Sled Dog Marathon has implemented leave policies for exclusion of symptomatic individuals that promote race officials, contractors, volunteers and mushers staying at home when they are sick, when household members are sick, or when required by a health care provider to isolate or quarantine themselves or a member of their household.

- Back up race officials, contractors and volunteers will be available for all race functions for the John Beargrease Sled Dog Marathon.
- Mushers will be informed with their race registration materials that a full refund will be granted to all mushers who withdraw for COVID-19 related issues.

The John Beargrease Sled Dog Marathon has also implemented procedures for informing race officials, contract employees, volunteers and mushers if they have been exposed to a person with COVID-19 during all John Beargrease Sled Dog Marathon related activities and requiring them to quarantine for the required amount of time.

- The John Beargrease Sled Dog Marathon will include language describing our policy in all race registration materials for race officials, contract employees, volunteers and mushers. • They will all be required to initial a box saying that they have read and understand our policy. • If a case of COVID-19 is reported to race officials, MDH will be notified immediately and recommendations and procedures from them will be adhered to, including but not limited to methods for informing people who have potentially been exposed to COVID-19.

In addition, a policy has been implemented to protect the privacy of race officials, contractors, volunteers and mushers' health status and health information.

- Race Officials will all be trained on how to respond to all COVID-19 related reporting from others who are involved in the Beargrease.
- They are to receive that information privately and then inform the John Beargrease Sled Dog Marathon Board President.
- They will follow MDH reporting guidelines and furnish all contact information, which will be obtained from all in attendance at the Beargrease, to the MDH.
- The John Beargrease Sled Dog Marathon will then work with the MDH to implement any and all required actions.

Social distancing – All John Beargrease Sled Dog Marathon race officials, contractors, volunteers and mushers must be at least six-feet apart

Social distancing of at least six feet will be implemented and maintained between race officials, contractors, volunteers and mushers during all Beargrease related activities through the following engineering and administrative controls:

Social or physical distancing means avoiding contact with people apart from the immediate family with whom you reside.

Social distancing of at least six feet will be implemented and maintained between race officials, contractors, volunteers, mushers and handlers during all Beargrease-related activities through the following protocols:

1. Signage will remind people to respect 6-foot distancing expectations at all pre-race events. 2. Volunteers will provide verbal admonitions to those not following appropriate 6-foot distancing. 3. Participation will be limited in the 2021 race to allow for physical distancing.
4. Prior to the start of the race, participants will be expected to sign off digitally regarding their awareness of the physical distancing expectations.
5. Musher vehicles will be parked at least 10 feet from one another to allow for dog movement and keep a good personal distance.
6. All food trucks or concessions will be reminding people to stay at least 6 feet apart, and only one customer may be served at a time.
7. Public garbage cans will be placed in such a manner as to allow people access from all sides.
8. During the musher meetings and bib draw, (which will be held outdoors) people must maintain social distancing expectations. Signage will be used every 10 feet to remind participants.
9. No tables or chairs will be set out for participants. They may bring their own chairs.
10. Portable toilets will be placed at least 6-feet apart.

Race official, contractors, volunteers and musher hygiene and source controls

Basic infection prevention measures are being implemented at all John Beargrease Sled Dog Marathon activities at all times.

Face coverings

Face coverings are required by everyone in attendance. Everyone in attendance will be required to wear face coverings during the event. This will be communicated in all pre-race communications to all mushers, handlers, volunteers, veterinarians, media and race officials. Signs will be posted at all entrance locations and throughout the event locations. Extra masks will be available at sign locations. All race officials will also be carrying extra masks to distribute as they circulate around the race locations.

Cleaning and Sanitizing

1. Any common surfaces (a pen and clipboard for signatures, for instance) will be cleaned with at least 60% alcohol wipes in between uses.
2. All mushers must have their own equipment to minimize any sharing of equipment or gear. 3.

There will be an adequate supply of hand sanitizer (with at least 60% alcohol) for all participants.

Hygiene

1. All race officials, contractors, volunteers and mushers are required to wash or sanitize their hands prior to or immediately upon arriving at all John Beargrease Sled Dog Marathon related activities.
2. Hand-sanitizer dispensers (that use sanitizers of greater than 60% alcohol) are at entrances to all John Beargrease Sled Dog Marathon event locations so they can be used for hand hygiene in place of soap and water, as long as hands are not visibly soiled.
3. All race officials, contractors, volunteers and mushers are instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially at the beginning and end of their race involvement, prior to any mealtimes and after using the restroom.
4. Access to any indoor facilities will be strictly limited to very few race officials and veterinarians.
5. All mushers, handlers and volunteers will be required to use outdoor portable bathroom facilities which will be available at all race locations.
6. Hand sanitizer will be provided in all portable bathroom facilities with signs reminding everyone to use it. Refill hand sanitizer will be present at all race locations and one race official will be tasked with ensuring that it is refilled before it runs out.
7. Source controls are being implemented at all John Beargrease Sled Dog Marathon event locations at all times
8. Race officials, contractors, volunteers and mushers are being instructed 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.
9. Race officials, contractors, volunteers and mushers are expected to dispose of tissues in provided trash receptacles and wash or sanitize their hands immediately afterward.
10. Respiratory etiquette will be demonstrated on posters and supported by making tissues and trash receptacles available to all workers and other persons entering all John Beargrease Sled Dog Marathon race locations.
11. All pre-race communications will also include these requirements.
12. Musher and volunteer registration will include a check off to signify that the person has read and acknowledges these requirements.

Partner Facility Plans

All public and private facilities which the John Beargrease Sled Dog Marathon partners with for the 2021 Beargrease will have an approved Minnesota COVID-19 Preparedness Plan.

For the 2021 Beargrease, the John Beargrease Sled Dog Marathon will make minimal use of all indoor facilities and instead hold all major activities outside to minimize COVID-19 exposure.

These partner plans are expected to address masks and source control, social distancing, occupancy limits, cleaning and disinfecting, sanitation and utilities in accordance with all applicable licenses, regulations,

and executive orders.

The John Beargrease Sled Dog Marathon will also require and review copies of all partner facilities' COVID-19 plans and will have those available for inspection as an addendum to this plan.

Partner Facility, Location Plan Review Date

Lake Superior College, Duluth, MN 11/03/20

Finland Rec Center, Finland, MN pending receipt

Trestle Inn, Finland, MN pending receipt

Trail Center, Grand Marais, MN pending receipt

Skyport Lodge, Grand Marais, MN pending receipt

Grand Portage Lodge and Casino, Grand Portage, MN pending receipt

Drop-off, pick-up and delivery practices and protocol

Drop off and pick up protocols will be in place for items such as hay bales and donations. When items are dropped off they will be allowed to sit untouched for 24 hours.

Communications and training practices and protocol

This COVID-19 Preparedness Plan will be communicated to all race officials, contractors, volunteers and mushers prior to their arrival at any John Beargrease Sled Dog Race location and necessary training will be provided. A pre-race training meeting will be scheduled at least two weeks prior to the start of the Beargrease on January 31st.

All race volunteers receive volunteer training prior to the race. The location and time depend upon the type of position they are being trained for. The majority of volunteers receive training several days prior to the race because of the specific type of work they will be volunteering to do. Some volunteers will receive their training the morning of the race because of the simpler nature of their task.

ALL volunteers will have the Beargrease COVID-19 protocols as part of their training. Instructions will be communicated to all Beargrease race officials, contractors, volunteers and mushers about protections and protocols, including: 1) social distancing protocols and practices; 2) practices for hygiene and respiratory etiquette; 3) requirements regarding the use of face-coverings and/or face-shields; 4) expectations and role of volunteers in enforcing/supporting COVID-19 protocols. All Beargrease race officials, contractors, volunteers and mushers will also be advised not to enter race premises if they are experiencing symptoms or have contracted COVID-19. The John Beargrease Sled Dog Marathon Race Officials are expected to monitor how effective the program has been implemented.

Any concerns or complaints about this plan can and should be directed to Board President, Carmen Schempp, via email at admin@beargrease.com. They will be reviewed promptly and discussed with fellow board members and stakeholders to ensure best efforts are made to strengthen procedures and protocols when needed.

Implementation of Plan

Each John Beargrease Sled Dog Marathon location will have a dedicated COVID-19 Coordinator. This person will

constantly monitor the effectiveness of the Beargrease COVID-19 protocols for that location. Specifically, they will monitor that all in attendance have the appropriate pass, are wearing face protection, are maintaining appropriate social distancing and are not interacting with persons or teams outside of their own.

All Beargrease race officials, contractors, volunteers and mushers are to take an active role and collaborate in carrying out the various aspects of this plan, and update the protections, protocols, work-practices and training as necessary.

This COVID-19 Preparedness Plan will be presented to all required permitting entities including but not limited to: The State of Minnesota Department of Natural Resources, The United States Forest Service, Grand Portage Band of the Chippewa and Saint Louis, Lake and Cook Counties. This plan will be posted throughout the Beargrease race facilities and made readily available to all race officials, contractors, volunteers and mushers by January 30, 2021. It will be updated as necessary by Carmen Schempp, John Beargrease Sled Dog Marathon Board President, 218-349-5876, admin@beargrease.com

Additional protections and protocols

Other conditions and circumstances addressed in this plan that are specific to the John Beargrease Sled Dog Marathon include:

This John Beargrease Sled Dog Marathon COVID-19 Preparedness Plan has been developed based upon The Minnesota Department of Public Health guidelines. The John Beargrease Sled Dog Marathon Board understands that circumstances are likely to change in some way. We remain committed to adjusting this plan and its implementation as required to provide the safest event possible for all who participate.

John Beargrease Sled Dog Marathon
Carmen Schempp, Board of Directors President
218-349-5876 / admin@beargrease.com

Appendix A – Guidance for developing a COVID-19 Preparedness Plan

General

Centers for Disease Control and Prevention (CDC):Coronavirus (COVID-19) –
www.cdc.gov/coronavirus/2019-ncov

Minnesota Department of Health (MDH):Coronavirus–
www.health.state.mn.us/diseases/coronavirus State of Minnesota:COVID-19 response –
<https://mn.gov/covid19>

Businesses

CDC:Resources for businesses and employers –www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html

CDC:General business frequently asked questions –www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html

CDC: Building/business ventilation – www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

MDH:Businesses and employers: COVID-19

–www.health.state.mn.us/diseases/coronavirus/businesses.html MDH: Health screening checklist

–www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf MDH: Materials for businesses and employers – www.health.state.mn.us/diseases/coronavirus/materials

Minnesota Department of Employment and Economic Development (DEED):COVID-19 information and resources – <https://mn.gov/deed/newscenter/covid/>

Minnesota Department of Labor and Industry (DLI):Updates related to COVID-19 –

www.dli.mn.gov/updates Federal OSHA – www.osha.gov

Handwashing

MDH: Handwashing video translated into multiple languages – www.youtube.com/watch?v=LdQuPGVcceg

Respiratory etiquette: Cover your cough or sneeze

CDC: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

CDC: www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

MDH: www.health.state.mn.us/diseases/coronavirus/prevention.html

Social distancing

CDC: www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

MDH: www.health.state.mn.us/diseases/coronavirus/businesses.html

Housekeeping

CDC: www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html CDC:

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html CDC:

www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html

Environmental Protection Agency (EPA): www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

Employees exhibiting signs and symptoms of COVID-19

CDC: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

MDH: www.health.state.mn.us/diseases/coronavirus/basics.html

MDH: www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf

MDH: www.health.state.mn.us/diseases/coronavirus/returntowork.pdf

State of

Minnesota: <https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp>

Training

CDC: www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html

Federal OSHA: www.osha.gov/Publications/OSHA3990.pdf

MDH: www.health.state.mn.us/diseases/coronavirus/about.pdf