



# COVID-19 PLAN

TEAM SENNEKER

## LEADING UP TO EVENT

- Wear a mask
- Limit interactions
  - stay within your bubble (work, grocery store, family)
- Check & document temperature (14 days before)
- Acknowledge symptoms
- Be open with team about potential exposure
- Take a test if you can get one 8-10 days before the event

## TRAVEL

- Drive whenever possible
  - Limit stops at gas stations
  - Pack food
- If flying is the only option
  - Check airline policies
  - Wear mask and gloves at all times
  - Sanitize frequently & surroundings on plane
  - Wash clothing as soon as arriving to destination
- Lodging
  - Airbnb
  - Cook own food
  - Sanitize surfaces upon arrival
  - Must have washer and dryer

## PREGAME

- Change at Airbnb
- Pregame meeting at Airbnb
- Warm up outside of club when weather permits
- Wear a mask when in the club
- Sanitize your own rocks, broom, and gloves

## DURING GAME

- Follow guidelines set in place by USCA and event
- Be aware of your own space

## POST GAME

- Change shoes and leave
- Wash uniforms at Airbnb at the end of every day
- Sanitize interior of car

## FREE TIME & MEALS

- Only two people go grocery shopping
- Bring as much non refrigerated food as possible
- Cook all meals in the Airbnb
- All free time will be spent at Airbnb
  - no guests

## POST EVENT

- Check temperature and record for 14 days after the event
- Get a test done if you can
- Acknowledge symptoms

## PACKING LIST

- Disinfectant wipes
- Lysol Spray
- Extra water to bring to club
- Hand sanitizer
- Kleenex
- Trash bag
- Snack
- Masks & gloves