

Capitol Reef Field Station COVID-19 Re-opening Protocol

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BEST PRACTICES CHECKLIST

Simplified best practices and general prevention (from the CDC)

- Practice physical distancing: stay 6 feet from others when using shared space.
 - Wear facial coverings whenever physical distancing is not possible.
 - Practice proper prevention hygiene, such as washing your hands frequently and using alcohol-based (at least 60% alcohol) hand sanitizer when soap and water are not available.
 - Avoid touching eyes, nose, and mouth.
 - Stay home when sick or symptomatic (including atypical shortness of breath, coughing, sneezing, sore throat, runny nose, higher temperature, or other cold symptoms).
 - Clean and disinfect frequently touched objects and surfaces. Remember, it is always easier to clean and disinfect less porous surfaces/materials.
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STEPS FOR REDUCING RISK

Pre-trip requirements for CRFS groups

- All overnight visitors must provide proof of one of the following to their trip leader (before they embark on their trip to CRFS) and to the CRFS site manager (upon their arrival at the field station).
 1. Documentation that they are three weeks past their second dose of the COVID-19 vaccination.
 2. Documentation of a negative COVID-19 test taken within 72 hours of their arrival at CRFS.
- Work with trip leader to conduct a pre-trip health questionnaire with trip participants.
 1. Health questionnaire will include questions about current illness and symptoms, including shortness of breath, coughing, sneezing, sore throat, runny nose, higher temperature, or other cold symptoms.
 2. Approval to come to CRFS will depend on participants' answers to the health questionnaire.

- CRFS will correspond with trip leaders more than previously. Similarly, trip leaders will correspond more with trip participants. We will be asking more of trip leaders and participants in order to ensure we are reducing risk related to COVID-19.
- All participants must agree to follow new CRFS guidelines before coming; otherwise, they cannot come to CRFS.

New booking policy

- There will be a minimum of 24 hours between visiting groups at CRFS in order to create more unoccupied time between groups. This will allow time for any additional cleaning of CRFS prior to the arrival of the next group. We think 24 hours is appropriate for CRFS, rather than a longer gap such as a hotel may require, because visitors will do the majority of disinfecting before they depart, as outlined later in this document.

General

- Masks must be worn at all times when visitors are inside. In addition to wearing masks, a distance of 6 feet must be maintained between visitors when they are inside. The only exceptions are when sleeping or eating (see Eating section below).
- When outside and engaged in activities such as hiking, masks may be removed, but physical distancing must be maintained. If visitors are outside but working on a project that requires close contact, masks must be worn.
- Stock extra masks at CRFS.
- Remove nonessential items that are a porous material.
 - o Rugs/carpets (will make mopping and disinfecting easier).
 - o Remove dining chairs from multipurpose room since they have a cushioned bottom and back. Replace with half of the new plastic chairs from the classroom that are easier to disinfect.
- Add laminated signs about hand-washing and physical distancing (6 ft).
- Provide hand sanitizer, at least 60% alcohol, in various locations.
- Research strategies for disinfecting porous materials (including couches and cushioned chairs).
- Maintain ventilation with windows and fans when and where possible.
 - o Buy more fans.

Bathrooms

- Visitors will only use the bathroom attached to their dorm room. CRFS staff will lock all bathrooms except for dorm room bathrooms. This will ensure that visitors will use the same bathroom for their entire visit, which is also the bathroom they will clean.
- Add extra cleaning supplies to each bathroom for visitors' use throughout stay. This includes disinfectant and disposable gloves.
- Clean bathrooms with disposable paper towels and a bleach solution, rather than reusable rags.

Bedrooms / sleeping and reducing CRFS capacity

- Limit bedrooms to no more than two people per room.

- This will reduce our capacity from 24 to 15 overnight guests and will make physical distancing easier in general.
- If someone develops symptoms while at CRFS, they will be quarantined in a dorm room by themselves. Their roommate will be moved into an open bedroom that will held open for this purpose.
- Replace all mattress covers with less porous covers that can be wiped/sprayed with disinfectant.
- Remove all blankets from bedrooms.
- Visitors are still required to bring their own bedding. This is even more important than usual, so CRFS staff doesn't have to handle used bedding.

Cooking

- Limit number of people in kitchen in order to maintain 6-foot physical distancing.
- Masks and gloves must be worn at all times when preparing meals.
- Don't prepare food until ready to eat to reduce how long it is exposed in the kitchen.
- Disinfect all food prep surfaces and utensils.
 - o Setup disinfectant wash bin in the kitchen.
- Do not share dishes, cups, or utensils.
- These steps need to be followed for every meal, not just dinner.
- Snacks, such as chips and candy, cannot be served in a common bowl. Alternatives would be serving in individual bowls/plates for each person, or serving pre-packaged snacks such as individually wrapped granola bars.
- Encourage visitors to cook simple meals and to limit serving raw foods.

Eating

- Do not bring serving dishes of food into the common room and do not let people self-serve. Rather, meals will be served from the kitchen by those who prepared the food. This will reduce the number of people handling the food before it is served.
- Implement new storage system for plates, bowls, and silverware contained in cabinets, drawers, or bins with lids, rather than in the open air.
- Maintain physical distancing while eating. Visitors can spread out since the field station has a fair amount of space, especially with capacity reduced to 15. For example, visitors can eat in the common room, in the classroom, and outside on the picnic tables.
- As much as possible, eat outside on picnic tables where there is more air circulation.

Washing dishes

- Masks and gloves must be worn at all times when cleaning dishes.
- Limit the number of people washing dishes to two.
- Either use disposable paper towels for drying or use new/clean dishrags for each meal.
- Measure the amount of bleach in the disinfection bin to ensure the solution is sufficient for disinfection but not too strong for food surfaces.
- Replace the water in the dish bins more frequently.
- All dishes will be dried and put away immediately, not left to dry on the drying rack.

Vehicle travel

- Follow UVU travel policies. Travel to the field station must be approved by a dean or divisional VP. UVU fleet vehicles must be operated at reduced capacities. Sedans can hold two travelers (one in the front seat and one in the back) and minivans can hold three travelers (one on each bench). All travelers must wear a mask while in the vehicle.
- Visitors will be encouraged to bring their own vehicles when possible. This is especially important in the situation where someone develops symptoms while at CRFS and needs to return home.

Other

- Consider developing a small grant program to offset extra costs associated with COVID-19 precautions, such as needing additional vehicles.

CLEANING PROTOCOLS

Cleaning protocol for visitors (in addition to procedures already established at CRFS)

- We will expect more from visitors in terms of cleaning and disinfecting. In the modified guidelines and/or waiver, include a clause that indicates that groups are required to plan for approximately 2 hours of cleaning at the end of their stay before they depart, and that cleaning must follow the established CRFS/UVU cleaning protocol. We will also include a clause about cleaning/tidiness expectations throughout the stay, which is important to prevention.
- Visitors are required to remove all luggage and personal items from rooms and buildings before they clean.
- Visitors are required to clean and disinfect their dorm room, bathroom, and common spaces using approved cleaning supplies supplied by CRFS. This includes disinfecting their mattress cover.
 1. Will use EPA-approved disinfectants: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>.
 2. We will buy fast-acting disinfectant sprays and wipes, but we will also use water-bleach mixtures in spray bottles (5 tablespoons bleach per gallon of water).
 3. We will educate visitors on proper disinfection techniques including leaving surfaces wet with the cleaner for a certain amount of time (“contact time”). The list of EPA approved disinfectants includes a contact time for each disinfectant.
 - 6 steps for disinfection: <https://www.epa.gov/sites/production/files/2020-04/documents/disinfectants-onepager.pdf>
 4. Clean bathrooms with disposable paper towels and a water-bleach solution, rather than reusable rags.
- Visitors are required to sweep and then mop floors using a water-disinfectant mixture.
- When sharing cleaning supplies, such as brooms, vacuums, and mops, always wear gloves. Disinfect handles at the end of each use.
- At the end of their stay, visitors will collect all of their trash and haul it to the park dumpster (near the Gifford house) on their way home.

Cleaning protocols for staff

- Educate visitors on cleaning protocols and expectations. Ensure that cleaning is done properly before visitors depart.
- The site manager will do more cleaning/disinfecting than previously. However, if possible, we will schedule more frequent cleanings with Lacey Larson.
- Supply EPA-approved disinfectants for cleaning along with instructions on how to use.
- Supply disposable gloves to visitors. Also supply disposable masks, if needed.
- Disinfect commonly touched surfaces (such as doorknobs) periodically throughout each group's stay.
- Disinfect all doorknobs after groups depart.
- Disinfect all faucets after groups depart (unless this is accomplished by the group).
- Disinfect handles of cleaning supplies, such as brooms, vacuums, and mops (unless this is accomplished by the group).
- Ensure the safe handling and disposal of group garbage after their departure.
- Use Lysol disinfectant laundry detergent for any laundry.