

HSC Policy 1.7 Epidemic Guidelines

Revised June 22, 2020

1. Introduction: During any time of a communicable disease outbreak that is spread through the air and surfaces, these guidelines will come into effect. They are based on CDC guidelines and are subject to change as the CDC makes changes.

Please remind each other of the 6 foot distance rule through a simple hand up in the air or a step backwards when someone approaches into your 6 foot space.

2. Huggers Ski Club Event Participant Guidelines During an Epidemic

In all things the Club does, first and foremost is the health and safety of our members and communities. Federal, State and Local guidelines and restrictions supersede these guidelines where there is conflict or ambiguity. Leadership including the Event Chair has the authority to require you to leave if you cannot comply with these community protection measures.

Take Steps to Protect Yourself and Others:

- Stay home when you are sick .
- Stay home if you have been in contact with someone in the last two weeks who has been sick.
- Bring your own personal protective equipment (PPE), including masks, gloves, hand sanitizer and disinfectant.
- Practice social distancing of at least 6 feet between non-cohabitating attendees without a mask or no distance specifications with a mask (this meets the CDC guidelines.)
- Physical contact is discouraged. Refrain from shaking hands, fist-bumps and hugs.
- Wash your hands frequently with soap and water for at least 20 seconds especially before eating and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Refrain from touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue into the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Use best judgement and common sense regarding your fellow members' good health.