

COVID - 19 Mitigation Plan

Grand River Rigs LLC

Enjoy Your Grand Adventure with Confidence

Grand River Rigs takes hygiene and cleanliness very seriously. We are taking additional steps to protect our clients and employees. Our health and safety measures are designed to address a broad spectrum of viruses, including COVID-19, and include everything from handwashing hygiene and cleaning product specifications to the cleaning of vehicles, boats, Equipment and the tools of our trade.

The purpose of this is to implement a strategy to conduct and promote safe operations as we assist and outfit private groups. In addition, this plan includes suggested procedures private groups can take on their trips that will help prevent the spread and outbreak of COVID-19. We are closely monitoring government policy changes, Centers for Disease Control (CDC) guidelines, mandates from federal, state, local governments, and health departments. We will continue to make changes, as necessary or appropriate to our plan and procedures. For any COVID-19 related question, contact Heather Ligon RN at info@grandriverrigs.com.

Specific steps we are taking, and areas of focus include:

I. Employee Screening and Responsibilities'

- Employees are required to self-screen every morning before arriving at the company warehouse or participating in any Grand River Rigs assigned duties. The employees will self-screen by asking themselves these questions.

“Since your last day of work, have you had any of the following:”

- A new fever (100.4 or higher, or a sense of having a fever)?
 - A new cough that you cannot attribute to another health condition?
 - New shortness of breath that you cannot attribute to another health condition?
 - A new sore throat that you cannot attribute to another health condition?
 - New muscle aches that you cannot attribute to another health condition, or that may have been caused by a specific activity (such as physical exercise)?
- If an employee answers yes to any of the screening questions, they will immediately notify their manager. The manager will do the following steps:

- Inform the employee to stay home and to use a masks and gloves until a status can be determined with a medical test.
- Have the employee examined and tested by a medical professional.
- If an employee tests positive:
 - Suggest the employee quarantine themselves at home.
 - Advise adequate medical care and treatment for the employee
 - Coordinate with local officials to conduct “contact tracing”, especially among other employees.
 - Have other employees who have been in close contact with the positive employee tested.
 - In consultation with medical professionals, consider a quarantine of those employees who have been in close contact with the positive employee.
 - If possible, alternative duties that can be done in an isolated environment will be arranged.
 - The decision to allow an employee to return to work may be based on: At least 3 days (72) hours since fever has gone (without the use of fever-reducing medications) AND improvement in respiratory symptoms AND at least 10 days have passed since symptoms appeared.

II. Advising Clients

Before trip:

- Grand River Rigs will recommend to Trip Leaders that participants be tested for Covid-19, 5 to 7 days before scheduled launch days and that anyone testing positive should not participate. The following information and recommendations will also be given to each Trip Leader - It is strongly recommended by the NPS that people at higher risk for severe illness from COVID-19 SHOULD NOT GO on backcountry trips. High risk individuals include, but are not limited to people with the following conditions:
- Over 65 years of age
 - Chronic lung disease or moderate to severe asthma
 - Severely obese
 - Diabetes, chronic kidney disease, or undergoing dialysis • Liver disease • Other immunocompromised individuals (HIV, undergoing cancer treatment, or other underlying medical conditions)

At Lee’s Ferry and in the Park

- “The Park’s expectation is 100% mask use when 6-feet of social/physical distancing is not possible.”
- “If a participant shows any signs/symptoms of COVID-19, the Park’s Public Health Officer (don_hoeschele@nps.gov) and the Commercial Services Office (grca_permits_mail@nps.gov) must be notified immediately.”
- Before Launching on their trip, each group will be reminded of the self-screening question: Within the last 14 days, have you:

1. Had a new fever (100.4 or higher, or a sense of having a fever)?
 2. Developed a new cough that you cannot attribute to another health condition?
 3. Developed shortness of breath that you cannot attribute to another health condition?
 4. Developed a new sore throat that you cannot attribute to another health condition?
 5. Experienced muscle aches that you cannot attribute to another health condition, or that may have been caused by a specific activity (such as physical exercise)?
 6. Been in contact with an individual who has been ill with respiratory complaints or fever, or who you know has tested positive for COVID-19?
 7. Been diagnosed with COVID-19?
- If a participant answers “yes” to any of questions 1-7, they should not participate on the trip and if already at Lee’s Ferry or anywhere in the Park, the above entities must be notified immediately.

Screening while on Multi-Day Trips

- Grand River Rigs will recommend to Trip Leaders that the above self-screening questions be asked every morning on the trip.

What if someone experiences COVID-19 symptoms during a trip?

Recommended care and management for participants with positive symptoms

1. Notify Trip Leader
2. Trip Leader should consult with federal and health agencies of availability and necessity for evacuation.
3. Participant should immediately be physically distanced from others and required to wear a mask for the remainder of the trip, or until determined negative through testing.
4. One liaison should be identified to interface with this person to provide care.
5. Begin monitoring temperature, and vital signs. Document and track.
6. Keep hydrated. (50:50 mix Gatorade/water)
7. Hand and surface washing combined with distancing and face coverings are critical to containment.
8. Notify appropriate agencies if 2 or more experience COVID-19 symptoms
9. Quarantine
 - a. Isolation tent
 - b. If individual is over age 65 and has previous lung or heart conditions that may compromise their immune system or is experiencing worsening conditions, consider evacuation or increasing river miles and/or pace of trip to expedite advanced medical care if evacuation is not immediately available.
10. Testing should be performed at earliest opportunity. While the test is being processed, self-quarantine in a local community hospital or lodging.
11. After evaluation care, notify appropriate agencies, all crew on that trip, and other travelers on that trip of results.

Guidelines for on river participants and equipment management

On river

- Private trips by nature uses different types of rafts that allow different spacing for participants.
- It is suggested that focus should be on groups such as households, families, friends previously associating together rather than individuals. Private trips consist of families or groups of friends who either live in common households, who traveled in the same car, or have other communal proximity prior to arrival at Lee's Ferry. Grand River Rigs suggests that each be considered a common group; each group is like an individual.

In camp

- Each raft should be considered an individual and independent group.
 - at each camp, each raft should be assigned one area of the beach.
- Groups should camp in proximity to those on their raft group.
- Dinner should be served in stages to each unique group.
- Dinner should be served to participants rather than each participant serving themselves.
- Hand washing stations and hand sanitizer should be in close proximity to kitchen and used before enter kitchen area
- One or two participants should be assigned to porta-potty duties for the entire trip.
- Porta-potty area should have a hand washing station and hand sanitizer easily accessible and should be used before and after usage.

Camp Kitchen Recommend Procedures

1. Use of gloves and face covering is suggested while preparing food.
2. Wash hands frequently.
3. Change gloves between tasks (for example: participant pauses to fill the water or lemonade and then returns to food preparation).
4. Clean shirts and aprons should be worn by participants preparing and serving food.
5. Food preparation and service surfaces thoroughly sanitized prior to use, between tasks, and after tasks.
6. Participants not helping prepare that meal or serve food should not congregate in food preparation areas.
7. As always, each participant should be issued a plate and a set of silverware to use for the entire trip.
8. Participants should do the following before coming to the serving table:
 1. Put on face mask
 2. Wash hands with soap and water
 3. Use hand sanitizer
 4. Put on food service gloves
9. On trips with younger children, a parent should dish up the food for the child.

Equipment Management

1. Management of boat loads should be according to groups who are traveling together.
2. Every person should have an assigned lifejacket for the whole trip clearly marked and distinguishable from others.
3. Spacing of participants should be according to current guidelines: food lines, eating meals, hiking, camping, and at orientations and interpretive stops.
4. Each boat should have its own water cooler, which is only to be used by that boat. It is also recommended that a single participant dispenses water when refilling water bottles and when refilling water dispensers. It is also suggested that all participants wash and sanitize hands before entering the kitchen area every time.
5. Single set of utensils and plate should be used for all participants for the duration of the trip.
6. Use 1-2 gallon weed sprayer tanks and towels soaked in bleach solution (3 caps per gallon) to spray and wipe treat boats daily and at Whitmore. Spray high contact surfaces and touch points. Include kitchen items each morning before taking down.
7. Tents, cots, and chairs and dry bags should be assigned for the duration of the trip.
8. Group photos are discouraged. Parties can upload photos to photo sharing sites after the trip.

Kitchen/Food Clean-Up Guidelines

Use 4 step washing procedure: pre rinse, hot wash, hot rinse, and cold sanitizer bath Leave washed items in a chlorine rinse bucket for at least 2 minutes.

Make sure to air dry sanitized items for highest effectiveness of sanitizer.

All condiment containers sanitized before and after each meal. Last sanitize all tables and water dispensers by spaying down with a sanitation solution for wiping with a paper towel soaked in a sanitation solution.

Toilet Facilities

1. Participants should wear gloves when setting up and taking down facilities.
2. Spray can, seat and supply box with disinfectant upon set-up.
3. Participants should spray surfaces they have touched both pre- and post-use.
4. Disinfect upon breakdown.
5. Users wash hands before and after using the facilities.
6. Alcohol sanitizer will be placed at toilets and participants should use it before proceeding to the soap and water hand wash system to prevent contamination of the potty pass.

Hand Washing on the River

1. The soap and water hand wash system should be set-up first when arriving in camp or at any other stopping point. It should remain set-up for the duration of the stop.
2. In addition, hand sanitizer should be placed at the head of serving tables and used as a supplementary step.
3. Handwashing stations should be set up at the entrance to toilet facilities and near the kitchen area. Hand washing should occur:
 1. Prior to unloading boats in camp

2. After finishing the “fire line” and before moving on to the next thing
3. Before and after every new activity. (i.e., Before eating, tent set-up, bathroom, etc.)
4. Each boat should be equipped with hand soap and/or hand sanitizer.
5. After blowing one’s nose, coughing or sneezing
6. Before and after using the toilet
7. Before eating or preparing food
8. Before putting dishes away and/or packing up “kitchen”
9. After contact with animals or pets
10. After removing gloves

Warehouse and Cleaning procedures for Equipment between rentals

Grand River Rigs Warehouse

- Only one entrance into the warehouse - Front parking lot entrance
- Prop all doors open to allow as much fresh air ventilation moving through the building as possible. This eliminates the need to touch handles.
- Signage as you come into the warehouse asking that if you have any of these COVID symptoms, to please not enter: Fever, Cough, Shortness of breath, Headache, Sore Throat, Loss of Appetite, Chills, Runny Nose
- Table set up with hand sanitizer as you walk in
- Limit how many people are in the warehouse at one time based on current CDC and State of Colorado spacing and occupancy guidelines.
- Hand sanitizer available at front counter
- PPE available for staff (masks, gloves)
- Bathrooms cleaned hourly during busy times of the day. Cleaning schedule posted on bathroom door

Vehicles

- All vehicles will be cleaned and sanitized every day.
- Inside of vehicles must be wiped down with an approved solution (3 caps bleach per gallon, or 70% alcohol wipes), to include all handles, seat belts, seat belt latches, arm rests, hard surfaces (windows), dash, knobs, steering wheel, etc.
- Inside and outside door latches and handles must be wiped down.
- Hand sanitizer dispensed into each person’s hands when getting in a company vehicle

River Equipment Cleaning and Sanitizing Procedures

- Lifejackets sanitized in dunk bins with sanitizing solution
- Boats sprayed with sanitizer at boat ramp before loading on trailer using weed sprayer or disinfectant defogger.
- All dishes, kitchen pots, pans, utensils, and food prep tools will be washed and sanitized in a commercial steam cleaner.
- Tents & Cots will be sanitized.
 - a. Tents will be laundered and dried on a hot setting if used before a 72-hour window.

- b. Cots will be sanitized in a dunk tank if used before a 72-hour window.
 - Sleeping bags are washed between trips and dried in the dryer on a hot setting.
 - Dry bags are sanitized between trips.

Toilet Cleaning after Trip

1. Gloves, goggles, and facemasks will be worn at all times.
2. Coveralls will be worn and laundered after cleaning toilets.
3. Foot protection booties will be worn.
4. Sanitize all equipment used post cleaning with either weed sprayer or fogging machine.

Staff are prohibited from congregating in the kitchen, bathrooms, lounge areas, etc. Communal kitchens areas are to be used in shifts by teams of guides who more recently worked together. Afterwards, the kitchen will be fully sanitized and cleaned before the next shift uses it.

1. All staff are encouraged to socially congregate outside adhering to social distancing guidelines and practices at the time.

General Guidelines and Actions

- Use touchless hand sanitizer dispensers when possible.
- Frequently review signage reminding employees and guests of expected practices and behavior.
- Update employee training on these practices and requirements frequently.

Personal Protective Equipment (PPE)

Will be maintained on premises in a designated safety location and allocated to all staff in sufficient quantities to adequately protect all employees and visitors

Everyone should:

Clean your hands often-

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 70% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Risk Assessment Statement

We can't absolutely guarantee safety as inherent risk exists in everything we do. What we can do is present the list of actions we are taking, and the protections that these actions provide. These actions are based on recommendations and guidance from many agencies, including the CDC, State, County, and local Health officials, and National Park Service Public Health offices and officers. Grand River Rigs will also be updating guidelines and procedures as the above-mentioned agencies continue to update their policies and guidelines.

Glossary and Definitions:

What is the coronavirus (Covid-19)?

A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

The latest research has determined an average incubation period of five days, with a range of 2-14 days. Similar to influenza and other respiratory viruses, transmission of COVID-19 spreads from person-to-person through respiratory droplets exchanged among close contacts (those who interact with a person at a distance closer than about 6 feet).

Symptoms of COVID-19

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. A significant number of people are also asymptomatic. These symptoms may appear 2-14 days after exposure to the virus:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Suggestions on how to avoid exposures and transferring virus:

- There are currently several FDA approved vaccines to prevent coronavirus disease 2019 (COVID-19).
- In addition, the best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs or onto nearby surfaces.

Most transmission is through touching communal surfaces. Avoid touching common surfaces: doors, buttons, etc. when possible. Make sure not to touch your face. Our hands introduce the virus into our bodies after touching public surfaces. Keep your hands to yourself. Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.