

# **Newcomers COVID Requirements**

## **July 12, 2020**

### **Prerequisites for Newcomers to Resume Activities:**

- . Assess your own and your family member's health and risk profile, making personal choices to participate in renewed activities. Assume personal responsibility for yourself, your family, and others.**
- . Review the Newcomer's COVID Requirements outlined below. Contact a Board members if you have questions.**
- . Read and sign the Newcomer's COVID Waiver recognizing the assumption of risk, acknowledging, and agreeing with, the COVID Requirements and holding the Newcomers Club and its members harmless.**

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The Estes Park Newcomers Club is all about socializing, learning about our community and meeting and developing new friends here in the Estes Valley. As an organization, we want to continue for our members to meet, greet and maintain a sense of community. During this time of COVID 19, we have followed science and health expert guidance, to keep our members safe and healthy. We'll continue to do so but want to help our members begin to socialize again, while keeping each other safe and well.

The Newcomers Board is responsible for providing direction to our Special Interest Groups and our Leadership team, as we move through the summer. We are all hungry for social connections and to savor the wonderful summer world of the Rockies. It is all about reducing risk for our Club members, while monitoring the world around us.

Every member must assess their own personal risk profile - based on your age, health status, the prevalence of the virus in our area and the precautions you take while going out in public. Each of us must monitor our own risk tolerance and be responsible for our own actions. As of June 1, our virus prevalence in the Estes Valley was presumed to be low. However, as more visitors come to RMNP, and as we begin to travel or host guests, that could change. These Requirements are issued for a short time period that follows our State and County requirements and recommendations. They will be updated in 30-day increments, as we move forward during 2020.

### **Objectives for our Newcomer 2020/2021 COVID Requirements:**

- To keep our Newcomer's members safe and well.
- To limit virus transmission at any Newcomer's Event or activity.
- To quickly respond to, and assist, health care officials in contact tracing, if there is a possible COVID transmission at one of our activities.
- To have fun and enjoy life together.

### **Newcomers Club Good Practices:**

We will reduce transmission risk by thinking about time, space, people, and place as the critical elements we can control.

Our rules of thumb, when evaluating a potential Newcomers activity as we go forward in 2020:

- i. Outdoors activities, with great ventilation, sunshine, and room to spread out, maintain a minimum of 6 feet distancing.

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**July 12, 2020**

- ii. Outdoor participants must wear a mask when it is not feasible to maintain six-foot distancing.
- iii. Indoor activities require a mask at all times. If you will be eating and drinking, and can't mask, then you must create more space.
- iv. Indoor and outdoor gatherings are limited to 10 people or less
- v. We will follow Larimer County guidelines as our "source of truth" for recommended practices

### **Newcomers Personal Guidelines:**

- If you have been traveling, or have had guests, please consider staying away from any face to face NC group for 5-7 days.
- If you have been ill, with any of the COVID symptoms, we would ask everyone in your household to please stay away from any NC group for 14 days.
- If you have been diagnosed with COVID, please refrain from any group activity for 2 weeks past last symptom. Please recognize that household spread is very common if you have a sick family member, you may not feel ill, but you may be spreading the virus without feeling the symptoms.
- If you have symptoms or suspect that you have been exposed, and you have attended a NC event within the last 14 days, please notify the NC President, so we can inform appropriate members of their risk.
- Please no handshakes or hugs.

### **Event or Activity Requirements:**

- Registration and RSVP for any sponsored event is required and can be done through the Newcomer's website, so we have contact information on all attendees.
- All events/activities capped at 10 attendees
- Outdoor meetings are preferred however, if you must move indoors because of weather, then masks are required.
- BYO Food and Drink, with your own plates and utensils. No self-serve food venues, and no sharing of condiments, wine bottles, etc. The virus is not spread by food but can be shared by contact on commonly used items.
- Hosts should provide hand sanitizer and a bathroom with hot water and soap dispenser. Paper hand towels, and all napkins, etc., should be disposable.
- Chairs and side tables, with 6 foot spacing around folks.
- Hiking and other "adventure" activities, like biking, kayaking, horseback riding, climbing, etc. should try to maintain a "low risk" environment so that we do not invite injury and potential first responders having to care for us.
- Host is responsible for clearly communicating event/activity "safety" guidelines, so members can decide whether this activity meets their personal risk profile.

### **Resources and Background Information:**

Expert advice used for these requirements include - the sources:

1. [Rebecca Katz](#), director of the Center for Global Health Science and Security at Georgetown University Medical Center.
2. Dr. [William Miller](#), an epidemiologist at Ohio State University.
3. Dr. [Emily Landon](#), a hospital epidemiologist and infectious diseases specialist at University of Chicago Medicine
4. Dr. [Abraar Karan](#), a physician and public health researcher at Harvard Medical School,
5. CDC and WHO guidelines

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Background articles:

<https://www.theatlantic.com/family/archive/2020/05/restaurants-stores-reopen-dos-and-donts/611314/>

<https://www.npr.org/sections/health-shots/2020/05/23/861325631/from-camping-to-dining-out-heres-how-experts-rate-the-risks-of-14-summer-activit>

<https://news.harvard.edu/gazette/story/2020/05/you-can-have-outdoor-fun-in-the-covid-era-but-keep-your-distance/>

<https://covid19.colorado.gov/>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>