



**POLAR
PLUNGE**



FOR SPECIAL OLYMPICS
ALBERTA

**2021 SEASON
COVID-19 PLANNING**

We're excited to be in full swing of 2021 Polar Plunge planning! But, in the current environment, there are some changes we're going to put into place to ensure the utmost safety and security for our participants, staff, volunteers, and community. This document provides protocols and plans based on Alberta Health Regulations as of November 1, 2020 and are subject to change as the situation continues to evolve and as AHS dictates. These protocols have been approved by Alberta Health Services, the Provincial Law Enforcement Torch Run Executive Committee, and the Provincial Law Enforcement Torch Run Operations Committee.

So, you're wondering: **What will Polar Plunge look like in 2021?**

To ensure the safety of participants, volunteers, and spectators, Polar Plunge event day will be structured to facilitate in person event limits, sanitation protocols, and physical distancing measures.

All volunteers, participants, and spectators will be required to wear a face covering and sign-in (for contact tracing purposes only). Hand sanitizer will be available for all in attendance to use.

Signage will be posted at the entrance to the event space indicating entry is not permitted if they have a positive diagnosis, if they have any symptoms or have come in contact with anyone who has symptoms, or have travelled outside the country within the previous 14 days (subject to change according to AHS regulations). Signage will also be posted throughout the event space reminding attendees to maintain physical distance.

Online registration will allow registrants to choose in-person or virtual participation. Registrants that choose to participate in-person will be able to register with a team (cohort) or as an individual.

When registering online for the in-person event, participants will be required to acknowledge and agree to a waiver, which will include acknowledging the restriction of participating if they have a positive diagnosis, if they have any symptoms or have come in contact with anyone who has symptoms. Participant Declaration forms will also need to be submitted online within 24 hours of the event.

Plunge day will be broken up into cohort-based time blocks, called "waves." Each wave will only allow the cohorts registered for that time block, along with one spectator per participant, on site. Cohorts/teams will be notified on registration that if they are joining the team they will be expected to behave as a cohort according to COVID-19 restrictions.

Each cohort/individual will be given a time to check in on site. When they arrive, they will be checked in at the entrance and provided with a coloured bracelet that is specific to their time block. Once cleared, they will move to registration where they can pick up their incentives. All travel will be one-way directional.

Properly socially distanced spots will be provided for spectators, a max of one spectator per participant. There will be a sectioned off area within a safe distance of the plunge site where spectators will be allowed to watch from. All spectators must exit the event site at the completion of the wave to allow for sanitation

After registration, cohorts/individuals will be provided directions to their private tent to be used for their entire experience, where they will remain until their plunge wave.

When it is each cohort's turn to plunge, they will be escorted from the tent to the plunge site where they will take the plunge one at a time. At the completion of the plunge, plungers will return to their tent to change. Once they are at their tent, the next cohort or individual in that wave will be called out, therefore preventing plungers from being in the same travel space. This process will be repeated for each cohort/individual in the time block.

There will not be any hot tubs for 2021 in-person events.

Once all plungers are through and they have changed, they will be escorted out of the Plunge area, will have the option of grabbing a coffee/hot chocolate at a drink station that registrants will pass as they exit.

The entire site will be cleared of all participants and spectators for that time block.

Full sanitation procedures will then be executed on all touch points (tents, tables, etc) before the next wave of participants/spectators will be admitted.

Our priority is and has always been safety of our participants, volunteers, staff, and spectators. In 2021, that will be no different but will include some additional COVID-19 protocols. The above list is not all-encompassing but does provide some additional insights. As expected, the protocols and procedures may change if AHS provides additional insight into safety measures or precautions. If you have questions about specific areas or protocols, please don't hesitate to ask by emailing us at info@specialolympics.ab.ca.

Looking forward to plunging with you in-person or virtually in 2021 for our 10th anniversary of Polar Plunges in Alberta!