



Berrien County Sportsman's Club, Inc.

2985 Linco Road, Berrien Springs, MI 49103
Telephone: (269) 429-3792
<https://bcsportsmansclub.com>

BCSC COVID-19 Response Plan

This guide is for all Berrien County Sportsman's Club employees, members and guests. Its goal is to reduce the likelihood of COVID-19 (Novel Coronavirus) infections among our members, guests, employees, and our families.

COVID-19 is circulating in Berrien County and many of the cases are not yet identified. Up to 50% of infected individuals experience no symptoms yet still remain contagious. It is critical all team members adopt best Clean Practices immediately.

This plan presents basic information about COVID-19 and lists steps our club is taking to keep everyone safe.

Plan goals:

- Zero COVID-19 transmissions in our workplace
- 100% employee participation and satisfaction

Symptoms typically start 5 to 6 days after exposure:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

The most likely order of symptoms is fever, then cough and muscle pain, followed by nausea and/or vomiting, and then diarrhea.

Approximately 80% of laboratory confirmed patients have had mild to moderate disease, (this number includes non-pneumonia and pneumonia cases), 13.8% have severe disease, and 6.1% are critical (respiratory failure, septic shock, and/or multiple organ dysfunction/failure). The median time from onset to clinical recovery for mild cases is approximately 2 weeks and is 3-6 weeks for patients with severe or critical disease.



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When to Seek Medical Attention

If you have any of these emergency warning signs for COVID-19 get medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

When to stay home

- Stay home when you have a fever, cough, or shortness of breath
- Any employee who exhibits symptoms at work will return home immediately
- If you feel at all bad, take your temperature before coming to the club.
- Doctor's notes are NOT required. We need to trust each other.
- Employees, members and guests who experience symptoms of COVID-19 should contact a medical professional for guidance and possible treatment.
- Stay home until you are free of fever (99° F or lower using an oral thermometer) and any other symptoms for at least 72 hours, *without the use* of fever-reducing or other symptom-altering medicines (e.g. cough suppressants).
- FFCRA mandates 80 hours of PTO for our employees who are sick or who have been exposed to COVID-19 and must self-quarantine.
- If you feel well, come to the club! We need healthy employees, members and guests to keep us in operation and to safely use our facilities.

Most at risk of severe complications are individuals who have:

- Hypertension
- Diabetes
- Cardiovascular disease
- Chronic respiratory disease
- Cancer
- Are older than 60

Least at risk

- Children

How COVID-19 spreads

- Human to surface to human - When an infected person spreads the virus by touching a surface and then someone else touches the same surface
 - The new coronavirus lives for up to three hours in the air, up to four hours on copper, up to 24 hours on cardboard, and up to two to three days on plastic and stainless steel.
- Human to human - When an infected person spreads droplets from their noses or mouth directly onto an uninfected person when coughing, sneezing, speaking loudly, laughing, etc.
- Human to air to human - When an infected person coughs, sneezes, speaks loudly, laughs, sings, etc., they emit very small droplets which can become airborne, and float on air currents



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for hours. An uninfected person could become infected by inhaling a sufficient amount of these tiny droplets.

Hygiene while at BCSC

- Employees, wash your hands with soap and water repeatedly throughout the day for the time it takes to sing Happy Birthday twice,
- Use your forearm, knuckles, or elbows to operate light switches, open doors and drawers.
- Maintain social distancing. Stay 6 feet away from employees, members and guests at all times.
- Wear masks
- Do not shake anyone's hands
- If hand washing cannot be performed under certain situations, liberal use of hand sanitizer (at least 60% alcohol) is recommended. Proper hand washing is more effective than sanitizer.
- Cough or sneeze into tissue. If none is in reach, cough or sneeze into your elbow.
- Wash your hands, for the time it takes to sing Happy Birthday twice, after coughing, sneezing or blowing your nose into a tissue
- Wash your clothing when you get home if you cough or sneeze into your elbow

Keeping Berrien County Sportsman's Club clean

- Berrien County Sportsman's Club will implement enhanced cleaning protocols in our facilities
- All light switches, doorknobs, common handles, common tables, microwave buttons will be marked with bright colored labels and cleaned frequently by our groundskeeper, as well as any members leading special events.
- We will implement social distancing in our facility, maximizing the space between individuals and ensuring everyone is at least six feet away from each other.
- Berrien County Sportsman's Club will place signs at all entrances informing members and guests to return home if they are coughing or have a fever
- We will provide tissues throughout the workplace
- Hand sanitizer bottles will be distributed throughout the club.

Behavior outside our club - how to stay healthy

- Wear a mask
- Strictly maintain social distancing. Maintain at least six feet of separation from other people.
- Avoid public spaces with groups larger than 10 people.
- Do not leave home except for essential trips.
 - When away from home, avoid indoor spaces with limited ventilation and multiple people
 - Outside of your home, use your forearm or knuckles to operate light switches, doors, drawers, elevator buttons, etc.
- Wash your hands immediately upon returning home.
- Remove and place your clothing directly into the washing machine or hamper if your clothing has touched potentially contaminated surfaces or people.
- Wash your hands repeatedly throughout the day for the time it takes to sing Happy Birthday twice



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- Do not shake anyone's hands or hug anyone outside of your household unit
- If hand washing cannot be performed, liberal use of hand sanitizer (at least 60% alcohol) is recommended
- Cough or sneeze into tissue. If none is in reach, cough or sneeze into your elbow.
- Wash your hands after coughing or sneezing or blowing your nose into a tissue
- Wash your clothes if you cough or sneeze into your elbow
- ***Wear a mask and wash your hands repeatedly throughout the day***

What to do if you feel sick:

- Immediately go home. Avoid using public transportation, ridesharing, or taxis.
- Rest. Sleep as soon as, and for as long as you can.
- Stay home except to get urgent medical care. Call your general practitioner **before** visiting their facilities or the hospital. They'll advise whether you should report to a medical facility or remain in home isolation.
- Monitor your symptoms. If your symptoms worsen (e.g. difficulty breathing), promptly contact your healthcare provider.
- Once home, move to your recovery space. Ideally this space has sleeping, and restroom facilities separate from other occupants. Avoid sharing personal household items. Be scrupulous in sanitizing surfaces 100% of the time after you touch them.
- Wear a facemask. Cover your coughs and sneezes. Wash your hands frequently.
- Do your best to reduce transmitting the virus within your home by maintaining social distancing from your housemates.

Social distancing - reducing your risk:

- Strictly maintain social distancing. Maintain at least six feet of separation from other people. Avoid public spaces with groups larger than 10 people. Do not leave home except for essential trips.

Important data about COVID-19,

- 35% or more of individuals infected with COVID-19 show no symptoms yet they remain infectious to others.
- Symptoms typically occur 2 and 14 days after exposure, with the average incubation time being 5 to 6 days. This means after a person becomes infected with the virus, it will on average take 5 to 6 days before symptoms appear.

Coronaviruses have been around for a long time. They are one of many viruses that cause common cold symptoms like runny nose and cough and fever.

Sources:

- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>
- WHO: <https://www.who.int/docs/default-source/coronaviruse/who-china-joint-mission-on-covid-19-final-report.pdf>
- US Government: <https://www.medrxiv.org/content/10.1101/2020.03.09.20033217v1.full.pdf>



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Last updated 10-16-2020