

## COVID-19 Safety Tips for Ski Resorts

According to the [Centers for Disease Control](#), the best way to prevent illness as a result of COVID-19 is to avoid exposure to the virus, which is thought to spread mainly from person to person, between people who are in close contact (within about six feet). The virus is transmitted through respiratory droplets produced when an infected person coughs, sneezes, or speaks, which can land in the mouths or noses or possibly get inhaled into the lungs of people nearby. To minimize the potential spread of COVID-19 in the workplace, rely on information provided by credible sources, such as the [CDC](#) and [OSHA](#) websites.

**Symptoms may appear 2 to 14 days after exposure and can include:**



FEVER



COUGH



SHORTNESS OF BREATH



You can use the CDC's self-check to help you determine if you need medical care.

### OTHER RESOURCES:

[COVID-19 video by Vox](#)

[CDC - How to Protect Yourself and Others](#)

[EPA list of chemicals to use against COVID-19](#)

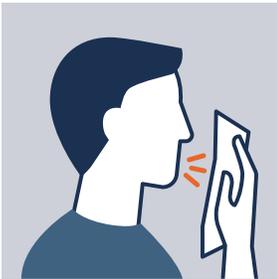
*Sources: Centers for Disease Control and Prevention*

# How to Stay Protected



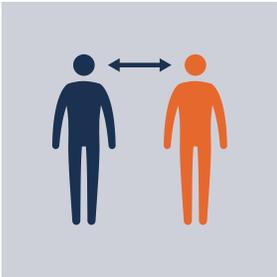
## Hygiene

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



## Cover coughs and sneezes

- Cover your cough or sneezes with a tissue, then throw the tissue in the trash, or use the inside of your elbow.
- Immediately wash your hands with soap and water for a least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.



## Social/physical distancing

- Stay a least six feet away from other people. Mark distancing where lines typically form.
- Post signs discouraging groups from gathering in larger numbers than currently recommended.
- Limit the people in one lift chair to only those in the same family.



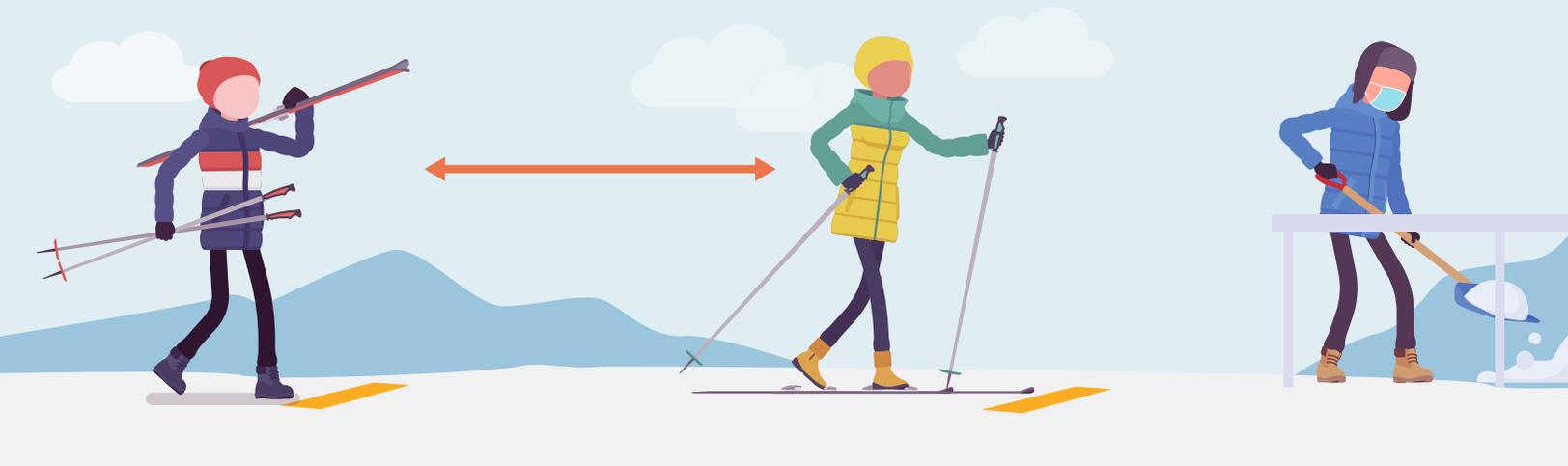
## Cloth face cover/mask

- When in public, cover you mouth and nose with a cloth face cover. Launder the cloth if exposed to any coughing or sneezing from someone else.
- The cloth face cover is also meant to protect other people in case you're infected.



## Cleaning

- Before starting a shift, wipe down the surfaces you will touch with an appropriate cleaning product. Be careful not to use a product that will damage leather, plastic, or screens.
- Launder uniforms and clothing regularly. Avoid shaking the laundry to prevent potentially dispersing the virus in the air.



## Staying Healthy at Ski Resorts during the COVID-19 pandemic

### 1. Outdoor Activities

- Maintain and clean rental equipment and ski lifts after each use. Provide sanitation stations for guests around the resort.
- If possible, have guests reserve their activity online before they arrive. When guests arrive, have designated lines and queues that have been spaced six feet apart. If possible, provide paperless or mobile check-ins.
- Have all employees who interact with guests wear masks and gloves. Ensure that employees wash hands and masks regularly.

### 2. Restaurants

- All common work areas should be disinfected before opening, continuously throughout the day, and after closing each day.
- Design work and dining areas to abide by the six-foot social distancing rule.
- Use disposable or no-touch menus. If not feasible, consider laminating menus and disinfecting between each use.
- Use disposable/recyclable dining ware. All non-disposable food service items should be handled with gloves and disinfected as soon as possible.
- Assign any cooking tools and cash registers to specific employees to minimize any surface transfer.

### 3. Housekeeping

- Normal routine cleaning with soap and water removes germs and dirt from surfaces, lowering the risk of spreading COVID-19. Unexpired bleach is an effective disinfectant against the virus when properly diluted. Leave the solution on the surface for at least one minute. Never mix bleach with ammonia or any other cleaner.
- Clean and disinfect all hard surfaces. Areas that need routine disinfection include tables, chairs, doorknobs, countertops, keyboards, touchscreens, benches, faucets, and sinks.
- Housekeeping in public areas should be left to low-risk employees. Ensure the use of gloves.