

UC Berkeley Natural Reserves COVID-19 Safety Plan for Point Reyes Field Station

Welcome to all users of the UC Berkeley natural reserves and field stations. Our campus has adopted new operating procedures to reduce the risk of virus transmission while minimizing disruption to research. The goals of this plan are to:

1. comply with State of California, local public health orders, and campus policies,
2. reduce the risk of transmission between visiting scientists, staff, and the local community, and
3. establish clear protocols to monitor, isolate, or evacuate anyone that becomes ill while on-site.

Please read this plan carefully **prior to your arrival**. It contains important information about health screening, what you'll need to bring to the field station, and new protocols you'll be expected to follow. This COVID-19 Safety Plan includes the following sections (and tasks):

1. Worksite Specific Safety Plan (review, page 2-4)
2. COVID-19 Fact Sheet (review, pages 5-6)
3. COVID-19 Plan for Point Reyes Field Station (complete the form, pages 7-9)
4. Worksite Specific Safety Plan Training Record (initials and signatures required; page 10)

You will find more details below, but expectations include:

- Face coverings are required in common areas, including out-of-doors.
- Minimize nonessential travel to/from the field station.
- **Completion of required training for UC Berkeley personnel:** "EHS 207 UC Berkeley Guidelines on Protecting Workers from COVID-19" is accessible via the [UC Learning Center](#).
- Daily self-screening/symptom checks are required starting 14 days prior to arrival at the field station if possible and continuing throughout the visit using the [Daily Symptom Screener](#) tool (https://calberkeley.ca1.qualtrics.com/jfe/form/SV_3xTgcs162K19qRv) or hardcopy form provided
- Documentation of proper training by initialing the "**Worksite Specific Safety Plan Training Record**" (last page of this document)
- Research groups that arrive together and conduct research together may be considered a social unit or "pod" and will be limited to 12 people or fewer, unless approved by the Reserve Manager & Faculty Director.
- Self-catering only. No shared kitchen use between groups. If only one group is in residence a common kitchen can be used.

Do NOT come to the field station, if within the past 14 days:

- You have had new signs/symptoms of COVID-19 that not explained by a pre-existing condition
- Have returned from travel outside of the United States.
- Have had close contact with someone diagnosed with COVID-19.

Items to bring with you to the field station:

- Multiple face covers
- Thermometer for daily symptom monitoring
- Hand sanitizer (> 60% alcohol content)
- Food
- Bed linens, pillows, and towels (optional: sheet to place on top of Twin XL mattress cover)

WORKSITE SPECIFIC SAFETY PLAN Point Reyes Field Station

PURPOSE

This document serves as a COVID-19 Worksite Specific Safety Plan and provides minimum requirements to support a safe environment for University personnel and approved visitors. The guidance provided here is based on state directives and is not intended to revoke or repeal any employee rights, either statutory, regulatory or collectively bargained, and is not exhaustive, as it does not include Marin County health orders, nor is it a substitute for any existing safety and health-related regulatory requirements such as those of Cal/OSHA. We will adhere to changes to public health guidance and state/local orders and update plans as needed.

The goal of this plan is to enable the continuation of critical research projects while protecting the safety of reserve staff and individuals conducting research. The plan focuses on paring operations back to critical research activities, reducing close contact at the Point Reyes Field Station, reducing contact between the field station visitors and neighboring communities, and aggressive cleaning and physical distancing measures.

PREVENTION MEASURES

COVID-19 is one of many known coronaviruses. These viruses typically present with acute upper respiratory symptoms. The prevention measures outlined below are intended to minimize exposure of our staff and researchers to the respiratory droplets and secretions that shed COVID-19 particles. Please adhere to the following guidelines during your stay at Point Reyes Field Station.

<p>HAND WASHING</p> <ul style="list-style-type: none"> Wash hands with soap and water frequently for at least 20 seconds. Use hand sanitizer when soap and water are not available 	<p>AVOID CLOSE CONTACT</p> <ul style="list-style-type: none"> No handshakes, hugs, etc. Vehicles should only be shared between consistent members of the same research group; wear face covers and keep windows open while driving for increased ventilation, if possible.
<p>PHYSICAL DISTANCING</p> <ul style="list-style-type: none"> Coordinate lab use with the reserve staff Research groups that arrive together and conduct research together may be considered a social unit or “pod.” There will be no sharing of bedroom and bathroom spaces by individuals who are not part of the same research group. There will be no sharing of kitchens between individuals who are not of the same research group. 	<p>FACE COVERING</p> <ul style="list-style-type: none"> Face covers must cover both your mouth and nose. Face covers provide limited protection for the wearer and are not personal protective equipment (PPE). Face covers do not replace the need for physical distancing and frequent handwashing. Wash or sanitize hands before and after donning, doffing, or adjusting face covers. Face covers should be washed after each shift.
<p>COVER COUGHS AND SNEEZES</p> <ul style="list-style-type: none"> Throw used tissues directly into the trash or dedicated refuse bag. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol. 	

MINIMIZING CONTACT & REDUCING TRANSMISSION

- Housing facilities will remain empty for a minimum of 24 hours between field station visitors.
- Visitors will be limited to those actively involved in research or maintaining the facilities.
- Upon arrival, physical distancing and use of face covers are required.
- We discourage nonessential travel between the field station and town. Please prepare to be as self-sufficient as possible with food and supplies for the duration of your stay.
- The lab will only be available for one research group at a time, please practice frequent sanitizing and handwashing. **Please contact the reserve director to coordinate use.**
- Face covers are required in common areas, including out-of-doors if in close proximity to others.
- Staff and reserve users will be required to document daily symptom monitoring.
- Symptomatic individuals, or those who have been in recent contact with persons testing positive for COVID-19 must leave the reserve. Please have a plan in place to facilitate this.

CLEANING & DISINFECTION PROTOCOLS

We have adjusted our cleaning and disinfection procedures to decrease the probability of coronavirus transmission at the reserve. Cleaning supplies are provided. Not all commercially available cleaning products are able to disinfect adequately to kill COVID-19. Please disinfect all high-touch surfaces (e.g., doorknobs (interior & exterior), refrigerator door, light switches, toilets, faucet handles, etc.) **upon arrival and prior to departure** using the provided disinfecting wipes.

ENFORCEMENT

All staff and visitors (including researchers residing off-site) are expected to comply with these protocols. Researchers and students who choose to disregard these protocols may be required to leave. The reserve director will initially handle all disciplinary actions (including verbal and/or written warnings). While in most circumstances we will provide a warning and an opportunity for an individual to correct their behavior, we reserve the right to immediately dismiss an individual if they wantonly put others at risk, or their behavior seriously threatens the health and integrity of our community.

Safety is non-negotiable. We will follow the recommendations and guidelines issued by public health and infectious disease experts so as not to expose our staff and visitors to unacceptable health risks. Users who do not adhere to these guidelines will be asked to leave.

RISK ASSESSMENT & CONTROL MEASURES

Risk assessment criteria and guidance will be based on current details and directives provided by the Centers for Disease Control and Prevention (CDC), California Department of Public Health (CDPH), Cal-OSHA and the Marin County Health Officer. As new information becomes available or is updated by these agencies, control measures and protocols associated with this COVID-19 Worksite Specific Safety Plan will be adjusted as needed. The likelihood of a COVID-19 community or work-related outbreak may increase as operations are resumed. All personnel must remain diligent to prevent COVID-19 outbreaks by following control measures outlined in this plan.

EVALUATING COMPLIANCE

The Reserve Director will coordinate and facilitate monitoring of this plan, including the following:

- Ensuring staff and approved visitors have access to cleaning supplies, hand washing facilities and/or hand sanitizers.
- Documenting and remedying deficiencies or potential workplace hazards that could increase the risk of exposure to COVID-19.

Reserve staff maintain the right to refuse entry or use of the field station if non-compliance is observed.



ADDITIONAL RESOURCES

Required Training for UC Berkeley Personnel: "EHS 207 UC Berkeley Guidelines on Protecting Workers from COVID-19" is accessible via the [UC Learning Center](#).

UC Berkeley COVID-19 Updates: <https://news.berkeley.edu/coronavirus/>

UC Berkeley University Health Services Student Advice Line: (510) 643-7197

UC Berkeley University Health Services Occupational Health Hotline: 510-332-7192

Local Health Department Agency Updates: [Monterey County Office of Emergency Services](#)

Cal/OSHA: [Cal/OSHA Interim Guidelines on Protecting Works from Coronavirus](#)

California Department of Public Health: [Statewide Industry Guidance](#)

RESPONSIBLE PERSONS

Individuals responsible for implementing and updating the plan, as well as evaluating the effectiveness of this plan include:

Name	Email	Phone
David Ackerly, Faculty Director	dackerly@berkeley.edu	510-642-7171

Facilities and locations included in this Worksite Specific Safety Plan

Facility Name	Address
Point Reyes Field Station	7001 Shoreline Highway Bolinas, CA 94924

COVID-19 Fact Sheet

Please review this information, prior to starting work at Point Reyes Field Station.

KNOW HOW IT SPREADS

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is spread mainly from person-to-person:
 - Between people who are in close contact with one another (6 feet or less).
 - 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.
 - Respiratory droplets can remain suspended in the air for long periods of time.
 - COVID-19 may be spread by people who are not showing symptoms.
 - Wearing face coverings significantly limits the distance that respiratory droplets are ejected and should be worn by everyone, even if they are asymptomatic.

UNDERSTAND WHO IS AT HIGHER RISK FOR SEVERE ILLNESS

COVID-19 is a new disease and there is limited information regarding risk factors for severe illness. Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions** might be at higher risk for severe illness from COVID-19. Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
 - People with chronic lung disease or moderate to severe asthma
 - People who have serious heart conditions
 - People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
 - People with severe obesity (body mass index [BMI] of 40 or higher)
 - People with diabetes
 - People with chronic kidney disease undergoing dialysis
 - People with liver disease

BE FAMILIAR WITH & SELF-MONITOR FOR THE FOLLOWING SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness – and may appear **2-14 days after exposure to the virus**. **People with these symptoms may have COVID-19:**

- Dry cough
- Shortness of breath or difficulty breathing
- Fever and chills
- Muscle aches or pain (not associated with physical activity)
- Sore throat
- New loss of taste or smell
- Congestion or runny nose (not related to usual allergies)

This list is not exhaustive. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, diarrhea, stomach cramps, or soft stool (not related to a known medical condition).

WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

Look for **emergency warning signs** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

COVID-19 & POINT REYES FIELD STATION

- Field station personnel are not health professionals and will not help individuals determine whether any symptoms they experience might be COVID-related. Individuals must make their own determination as to whether their symptoms might be COVID-related; the CDC Self-Checker accessible online at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> should also be utilized if concerns arise, or individuals should consult with their primary medical care provider.
- Any individuals with COVID-like symptoms should immediately self-isolate and report to their supervisor, reserve staff, and consult with their primary medical care provider for guidance, including testing, if appropriate.
- Field station visitors that develop signs/symptoms of COVID-19 should return home, if well and able to do so; out-of-area visitors should self-isolate on-site and follow the direction of medical personnel or local public health officials.
- Field station visitors should be referred to Occupational Health on campus at UC Berkeley for contact tracing **if they test positive** for COVID-19, and for information about returning to work. Occupational Health can be reached at: 510-332-7192 (hotline, M-F 10am-4pm) or 510-642-6891 (front desk, UC Berkeley Health Services, Tang Health Center).
- Individuals have no obligation to share specific symptoms, medical conditions, or other personal information with a supervisor, other members of a research group or reserve staff.
- Cell phone service is not available at Point Reyes Field Station but is available in some parts of Point Reyes National Seashore and surrounding areas (e.g., Bolinas, Olema, Point Reyes Station).

COVID-19 Field Station Plan Point Reyes Field Station

Department/Group/Project:
Field Team Leader Name, Phone, Email address:
PI/Supervisor Name, Phone, Email address:
Field site location within Point Reyes National Seashore or other nearby location:
Project Dates:

<p>Institutional Review & Approvals:</p> <ul style="list-style-type: none"> • Obtain approval from home institution as required for research or activity • Obtain approval from Point Reyes Field Station via Reserve Director or RAMS • If affiliated with University of California, register travel > 100 miles via UC Away: https://ehs.ucop.edu/away/#/
<p>Required Training/Safety Brief:</p> <p>Along with discussing work goals and plans, review safe work practices identified in this checklist with all participants.</p> <ul style="list-style-type: none"> • For UC Berkeley personnel: complete <i>EHS 207: UC Berkeley Guidelines on Protecting Workers from COVID-19</i> (https://ehs.berkeley.edu/covid19-training) • Perform daily health screening, prior to arrival at the field station and for the duration of your fieldwork, using the UC Berkeley Daily Symptom Screener (https://calberkeley.ca1.qualtrics.com/jfe/form/SV_3xTgcs162K19qRv) or use hardcopy provided. • Review physical distancing, equipment handling, disinfection procedures, signs/symptoms of COVID-19, communication options in the field, check in procedures, and emergency procedures. • Team members should have dedicated PPE, provisions, and supplies to minimize sharing. • Team members have the right to refuse participation without fear of penalty if they feel conditions are unsafe. • Each team member should be asymptomatic for at least two weeks prior to fieldwork and will agree to not participate should they feel ill or have reasonable cause to believe they have been exposed to COVID-19. • Maintain reliable communication to receive updates or get assistance; maintain a frequent check-in schedule. • Remain aware of local public health requirements and campus policies regarding COVID-19. • Review responsible conduct in the field, community; minimize contact with the public during the pandemic. • Maintain flexibility to alter plans at any time, self-isolate, or return home. • Follow campus reporting protocol, if you, a colleague, or an immediate family member tests positive.

Signs and Symptoms of COVID-19 (per CDC May 13, 2020):

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19 and should stay home, monitor symptoms, and call their medical provider:

- Dry cough
- Shortness of breath or difficult breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

Seek emergency medical care immediately for:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Self health screening:

Within the past 14 days,

- I have not had signs/symptoms of COVID-19 which are new or not explained by a pre-existing condition
- I have not travel outside of the US
- I have not had close contact with someone diagnosed with COVID-19
- If I develop signs/symptoms of COVID-19, I will notify the Reserve Manager immediately and self-isolate.

Emergency Procedures:

- Be able to provide list of participants or attach a roster.
- All team members must be able to provide clear and precise directions to the field site.
- Ensure that all group members follow your COVID-19 evacuation plans and procedures.

The two nearest hospitals Point Reyes Field Station are about 45 minutes away.

Marin General Hospital, 250 Bon Air Rd, Kentfield, CA (25.8 miles)

North (left) on Hwy 1
 Right on Sir Francis Drake Blvd for 19.5 miles
 Right on Bon Air Rd (3.2 miles after passing Red Hill Ave)
 Left on Schultz Memorial Dr
 Turn right into parking lot

St. Joseph Health, 400 N McDowell Blvd, Petaluma, CA (27.4 miles)

North (left) on Hwy 1
 Right on Sir Francis Drake Blvd
 Left on Platform Bridge Rd (this road goes through multiple name changes during 17.9 miles)
 Left on Copeland St
 Right on E Washington St
 Left on N McDowell Blvd
 Turn right into parking lot

Continuity Planning:

- Utilize video meetings for training, planning, and discussion, when possible, to minimize in-person interactions.
- Cross-train multiple people on critical tasks; document protocols in detail.
- Discuss how to prioritize the most time-critical tasks, if team members are unable to work.
- Consider dividing into smaller field teams that will work separately from other teams for the season.

Transportation to Worksite:

- Avoid public transportation.
- Meet at the worksite (each team member should have their own field vehicle). If not feasible, exceptions of two persons per vehicle allowed with supervisor approval. Both must wear face covers and keep windows open.
- All common areas should be wiped with a disinfectant prior to and after use of the vehicle.

Provisions:

- Each team member should be responsible for their own field provisions for the workday.
- Water, food, snacks, etc., should all be prepared and brought from home, if possible.
- Each team member should have at least two gallons of drinking water available per workday.
- If coolers are used, each team member should have their own designated cooler.
- Stops to make purchases should be kept to a minimum in order to reduce contact with the public.

Fueling Vehicles/Service Stops:

- Maintain physical distancing from anybody at the fuel location, store, etc.
- Be cognizant of what you touch at any service stations, stores, etc.
- Use disinfecting wipes on handles or buttons before you touch them; or single-use towels as a barrier.
- Use hand sanitizer prior to re-entering your vehicle; wash hands with soap and water as soon as possible.

Universal Safe Practices:

- Maintain physical distancing of at least 6 feet, whenever feasible.
- Keep from touching face (specifically eyes, mouth and nose); follow CDC guidance to [Prevent Getting Sick](#).
- Wear a face cover in common areas, include outdoors when in proximity to others.
- Wash hands with soap and water frequently for at least 20 seconds.
- Use hand sanitizer when soap and water are not available.
- Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow. Throw used tissues in the trash and immediately wash your hands.
- Clean and disinfect frequently touched surfaces.

Supplies, Cleaning, & Disinfection: Shared surfaces, equipment and gear should be cleaned, disinfected and dried before use. Any disinfecting product used should be on the EPA List-N. Please plan to bring the follow items, in addition to your normal field supplies.

- Hand sanitizer (>60% alcohol)
- Disposable nitrile gloves
- Extra face coverings
- Thermometer

UC Berkeley Campus Resources:

Emergency Medical Response: 911

Campus Police Emergency Number: 1-510-642-3333

COVID-19 Updates: <https://news.berkeley.edu/coronavirus/>

University Health Services Occupational Health Clinic: <http://www.uhs.berkeley.edu/> 1-510-642-6891

Office of Environment, Health & Safety (EH&S): <http://ehs.berkeley.edu/> or 1-510-642-3073

EH&S Field Safety Resources: <http://ehs.berkeley.edu/field-safety>

UCTravel Insurance 24/7 Assistance: 1-800-527-0218 or assistance@uhcglobal.com

Worksite Specific Safety Plan Training Record Form

Prior to starting work at Point Reyes Field Station, all personnel must complete required training, initial and date this training record form, and return a copy to your supervisor and the field station manager.

Initials	Date	Training Activity
		Home campus/institution/agency required COVID-19 training For UC Berkeley personnel: <i>EHS 207 UC Berkeley Guidelines on Protecting Workers from COVID-19</i> " is accessible via the UC Learning Center
		Review of Worksite Specific Safety Plan
		Review of COVID-19 Fact Sheet
		Completion of COVID-19 Field Station Plan: Point Reyes Field Station

By signing this document, I acknowledge that I have received training regarding the above items. I understand that it is my responsibility to follow this Worksite Specific Safety Plan and to implement measures that mitigate the potential of a COVID-19 outbreak.

Name (printed)

Name (signature)

Date

Name (printed)

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