COVID-19 Plastic-Free
Reopening Guidelines

RESTAURANT +
HOTEL FOODSERVICE

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THE OCEANIC STANDARD

The Oceanic Standard (TOS) is a set of free, research-backed industry guides for adopting sustainable practices that meet both business and environmental needs, developed in partnership with Oceanic Global’s board of scientific advisors.

TOS provides businesses with tools to eliminate single-use plastics from their operations and to implement responsible waste management practices. It connects businesses directly to TOS-approved sustainable vendors for cost-effective alternatives to products that threaten our planet, and offers buying deals wherever possible.

TOS SAMPLE PARTNERS

TOS COVID-19 REOPENING GUIDELINES: RESTAURANT + HOTEL FOODSERVICE

With COVID-19, our world is evolving rapidly, but the need to live in harmony with our environment has not changed. As we face a global pandemic, we are seeing the rollback and reversal of environmental progress. Articles outlining an increase in demand for plastic (Businesswire, May 2020) and lobbying from the plastic industry have become concerning (Plastics Industry Association, March 2020). Maintaining the health and safety of your associates and guests needs to remain the primary priority, but throughout this guide you will find sustainable solutions that address the needs presented by COVID-19.

PRIORITIZING HEALTH AND SAFETY DOESN’T NEED TO COME AT A COST TO THE ENVIRONMENT

Created in consultation with a coalition of public health experts and industry leaders, this guide clearly outlines best practices to achieve both hygiene and sustainability for the restaurant and hotel foodservice industry globally, with a focus on eliminating unnecessary single-use plastics and improving waste management. This guide includes a compilation of existing research and resources from public health authorities, governments, research institutes and leading organizations.

*The latest update of this edition was made on July 1st, 2020.*
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Tips on using this guide:
• All additional resources are hyperlinked and indicated with an “🔗” icon
• All vendors are hyperlinked and indicated with an “🛒” icon.
• Scientific studies and regulations are footnoted throughout this document.

CONTRIBUTING PARTNERS
This guide was compiled with the support of over 50 contributors, some include:

Special thank you to:
350BK, Arax Van-Buren, SUpr, Ella Horn, Rachel Gates, Herve Houdre & Circular Communities

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1. THE TRUTH

Information about COVID-19 is highly variable and still being discovered.

Here, we share a literature review of the most recent knowledge from leading global authorities, research institutes, and experts. Having the latest available information about COVID-19 will help inform operational practices that promote both human and environmental health.

See more in our fact sheet [HERE](#).

HOW DOES COVID-19 SPREAD? ARE REUSABLES SAFE?

- A [statement](#) signed by over 125 virologists, epidemiologists, and health experts from 18 different countries endorses that reusables are safe.

  "Based on the best available science and guidance from public health professionals, it is clear that reusable systems can be used safely by employing basic hygiene."

- The [CDC](#) states that transmission of COVID-19 from surface contact has never been documented.

- [WHO Guidance for Food Businesses](#) & [WHO Guidance for the Accommodation Sector](#) makes no recommendation to use disposable items other than cleaning products.

Additional information on the safety of reusables [HERE](#) (Source: Upstream), [HERE](#) (Source: Surfrider), [HERE](#) (Source: Post-Landfill Action Network), and [HERE](#) (Source: Grist).

WHAT WILL PREVENT THE SPREAD OF COVID-19?

- Coronaviruses can be effectively inactivated on a surface within 1 minute, with the use of standard disinfectant procedures. ([Chin et al., 2020](#))

  Food-contact approved disinfectants containing 62-71% ethanol, 0.5% hydrogen peroxide or 0.1% sodium hypochlorite have been shown to work ([Kampf et al., 2020](#)).

- UV radiation treatments deactivate coronaviruses ([Penn State, June 2020](#)).
HOW LONG DOES COVID-19 LIVE ON VARIOUS SURFACES?

According to recent studies:

- **Tissue Paper:** 3 hours (Chin et al., 2020)
- **Copper:** 4–5 hours (Doremalen et al., 2020), (Warnes et al., 2018)
- **Cardboard:** 24 hours (Doremalen et al., 2020)
- **Wood:** 2–4 days (Carraturo et al., 2020), (Chin et al., 2020)
- **Glass:** 2–5 days (Carraturo et al., 2020), (Chin et al., 2020)
- **Paper:** 5 days (Carraturo et al., 2020)
- **Ceramic:** 5 days (Carraturo et al., 2020)
- **Metal:** 2–7 days (Doremalen et al., 2020), (Carraturo et al., 2020), (Chin et al., 2020)
- **Plastic:** 3–7 days (Doremalen et al., 2020), (Carraturo et al., 2020), (Chin et al., 2020)

GLOBAL REGULATIONS IN RESPONSE TO COVID-19

Oceanic Global’s compiled sample of global regulations is available [HERE].

Summary:

- Globally, there is a focus on hygiene practices, including increased sanitation of high-touch areas.
- There is no strict guidance on using disposable dishware instead of reusables.

The CDC is the only major institution we came across that suggested using single-use foodservice items at any point.

Government Regulation Examples:

- The **Singapore Government** strongly encourages consumers to bring their own clean and reusable containers when buying food.

- In Australia, the **Victorian Government** shares, “There is currently no evidence to suggest there is any benefit in switching to disposables. It is important that the measures we take to minimize transmission are effective. The most effective measures you can take are practicing good hand hygiene and cleaning, with particular focus on shared, frequently touched surfaces.”
2. OPERATIONAL RECOMMENDATIONS

Below are a set of recommended operational practices for restaurants and hotels that will provide sustainable solutions for the new industry standard as businesses reopen from the COVID-19 pandemic.

STAFF SAFETY

Employee Personal Protective Equipment (PPE)
The use of PPE has proven to be the main way we can protect our associates and guests from COVID-19. With the increased use of PPE also comes a new driver in single-use pollutants to our oceans. For example, scientists warn that at the current rate of mask usage, we may have more masks in our ocean than jellyfish (The Guardian, June 2020).

The below recommendations highlight practices to safely reduce and reuse PPE where possible.

- As recent studies show that the virus can be killed by proper hand washing and sanitizing protocols, many businesses are instructing employees to not wear disposable gloves, but to improve hygiene practices.
- Here are hand washing guidelines from the WHO and CDC.

🎉 CastleGrade offers a high-quality reusable silicone mask built with a doctor advisory board. The design has been found to be more effective than N-95 rated masks.
  - Order with the purchasing code ‘OG10’ for a 10% discount.
- Compostable gloves are an option, but keep in mind that these need to be separately collected and treated by a specialized composting facility to fully breakdown, and they pose the same concerns as conventional plastic if they end up in landfill or the environment.

🎉 Vegware (10% discount with code ‘OCEANIC’)
🎉 Greenman Packaging (wholesale options on case-by-case basis)

- PPE can be recycled through TerraCycle.
- In employee training, include an emphasis on proper disposal of PPE. In addition to being single-use plastic, PPE is likely to be contaminated, and needs to be safely disposed of in the trash.
  - After removal, employees should place the used PPE in a garbage bag, and seal it tightly for pickup dependent on local waste management infrastructure (EHS Law, April 2020).
  - The EPA stresses the importance of not littering disinfectant wipes, masks, gloves or other PPE.

💭 See more on the impact of plastic pollution caused by discarded PPE HERE and recommendations for reusable masks HERE (Source: City to Sea).
MATERIAL SOURCING FOR FOODSERVICE

The best option in terms of both hygiene and sustainability, is to choose reusable materials. If that is not an option for takeaway or other circumstances, choose disposable items made from earth-digestible materials like paper, wood, palm leaf, cardboard, agricultural waste, and fiber, rather than single-use plastic. Below are recommended solution-based vendors for use in different applications.

For additional and region-specific information, review The Oceanic Standard (TOS) guides, which include our global network of 200+ sustainable vendors. To inquire about the program, reach out to: theoceanicstandard@oceanic.global.

For Takeaway

The restaurant industry has seen a boom in takeaway and delivery due to dine-in restrictions. Hotels are switching to grab-and-go or boxed meals, eliminating larger banquetttes and buffets. Below are recommendations for reusable and TOS-approved disposable items.

### Takeaway: Reusables

Reusables are the best and cleanest option! Implement best practices to sanitize reusable containers alongside contactless drop off systems.

#### Reusable Cups (Beverage Containers)

- **BetterCup** (Australia) is convening a working group through the Sustainable Events Alliance to develop global reusable hygiene standards.
- **City to Sea** (UK) shares best practices for #ContactlessCoffee.
- **CUNA** (Germany) offers a reusable, plant-based, and recyclable container.
- **CupClub** (UK)
- **CupZero** (US) is looking into offering a reusable solution for takeaway beverages in NYC.
- **Globejet** (Global) is testing the cleaning capability of standard dishwashers, and building their own custom washing system at a higher standard.
- **Green Caffeen** (Australia) example & COVID-19 resource for safe outdoor return system. See their guidelines [HERE](#).
- **Package Free** (US) offers stainless steel straws and tumblers. (Wholesale options available.)
- **r.Cup** (US)
- **Usefull** (US)
- **Vessel** (US)

#### Reusable Takeaway Containers

- **DeliverZero** (US, NYC)
- **Dispatch Goods** (US, SF)
- **Muuse** (Global)
- **Retub** (Australia)
- **Returnr** (Australia)

#### Reusable Bags

- Allow customers to bring and pack their own bags when they pick up their order.

*Save on the cost of single-use plastic bags!*

Additional reusable takeaway guidelines available [HERE](#) (Source: Boomerang Alliance), and [HERE](#) (Source: Takeaway Throwaways).

Contactless and sustainable takeaway guidance available [HERE](#) (Source: Foodprint Group).

https://oceanic.global/theoceanicstandard/
Takeaway: Disposable

In the case that disposable items are necessary, be sure to choose sustainable, earth-digestible or marine degradable materials.

• Implement a company-wide protocol so the default for takeaway orders is to give no unnecessary utensils. **Only offer single-use utensils upon request.**

• If single-use bags are necessary, choose paper. **The virus survives on plastic three times longer than paper!** *(Doremalen et al., 2020), (Carrature et al., 2020), (Chin et al., 2020)*

• Consider local waste management infrastructure when choosing disposable products. Consult Oceanic Global’s **Greenwashing Guide** to avoid “biodegradable”, “bioplastic”, and “compostable plastic” options that are misleading and can be as harmful as conventional plastics in landfills or in the environment. As mentioned above, choose disposable items made from earth-digestible materials like paper, wood, palm leaf, cardboard, agricultural waste, or fiber.

• Avoid products that contain PFAS (the forever chemical).

See the Center for Environmental Health approved no-low PFAS vendor list [HERE](https://oceanic.global/theoceanicstandard/).

🔍 Additional guidance for best choice disposable options available [HERE](https://oceanic.global/theoceanicstandard/)
(Source: Boomerang Alliance).

Sample vendors include:

- **Avani** (Indonesia)
- **Better Earth** (US)
- **Bio & Chic** (US)
- **Biofutura** (UK)
- **BioPak** (Australia)
- **EcoGecko** (US)
- **Ecoware** (India)
- **Evo & Co.** (Indonesia & Malaysia)
- **Fold-Pak** (US)
- **Greenman Packaging** (UK)
- **Pack n Wood** (Spain)
- **Palucart** (Italy)
- **Restaurantware** (US)
- **Simplex Trading** (Barbados)
- **Simply Soluble** (Global)
- **Wasara** (Japan)
- **World Centric** (Global)
For Dine-in
There is no need for disposable items for dine-in service. Reusable items that can be sanitized are safer than single-use items that have less contact traceability. See more in the Fact Sheet.

Go reusable!

• Use your existing reusable serveware if applicable.

• Train staff to wrap utensils in a napkin roll upon immediately after they are sanitized to ensure they are not exposed to any potential contamination.

• For the safety of beverage refill programs, do not allow customers to refill their own containers. Below are options for BOH water filtration systems that work well with proper hygiene protocols in place.

失调 Natura
失调 Nordaq
失调 Vero

彫 See infographics on how to safely set up BOH reusable systems available HERE (Source: Foodprint Group & Center for Zero Waste).

彫 Additional dine-in reusable guidance HERE (Source: Boomerang Alliance), and HERE (Source: Takeaway Throwaways).

• Copper may be a good option for surfaces or coatings around items such as reusable cups and cutlery as studies show that COVID-19 only survives on copper for 4–5 hours (Doremalen et al., 2020), (Warnes et al., 2015).

• Note: Copper beverage containers with a liner can prevent against copper poisoning that could result from using copper containers for highly acidic beverages. More info from WebMD and Webstaurant.

• For businesses without dishwashing access, refer to the previous suggestions for sustainable disposable foodservice items.

For Room Service
Use reusable dishware and utensils and abide by hygiene standards outlined above regarding sanitization and employee PPE. Refer to previous sections for further guidance and see more on the safety of reusables in the Fact Sheet.

• Use reusable food coverings for dishes.
  • Use reusable plastic or metal shells to cover dishes when delivering room service.  
 失调 True Nature offers reusable silicone stretch covers for food storage containers. (Another option HERE.)
CLEANING PROTOCOLS

Dishwashing Guidance
Instead of switching to single-use or disposable options, choose reusables, which are actually a cleaner and safer choice. Below is guidance on authorized cleaning protocols to kill the COVID-19 virus. If no dishwashing capabilities are available, make sure hand washing guidelines are in place to ensure sanitization.

- **WHO**: World Health Organization data shows that temperatures of 140°F - 150°F / 60°C - 66°C will kill most viruses.
- **FDA**: Warewasher should be clean, functioning, equipped with detergent and sanitizer. A single temperature machine should be at 165°F / 74°C, others should reach a high rinse temperature of 180°F / 82°C.
- Coronaviruses are susceptible to traditional heat treatments, such as cooking at 158°F / 70°C (Carratu et al., 2020).

Government Regulation Examples:

- **Switzerland**: Dishes and utensils (even unused) are washed in the dishwasher if possible (and not by hand). The washing programs are carried out at a temperature above 140°F / 60°C.
- **Germany**: Dishes and utensils used by guests must be washed with a suitable cleaning agent at a temperature of at least 140°F / 60°C. If it is not possible to clean glasses in a dishwasher at 140°F / 60°C or higher, hot water with a temperature of at least 113°F / 45°C and detergent should be used in manual washing processes.

Disinfectants
With an increased focus on disinfectants, make sure that you are using nontoxic products that will not cause additional human or environmental health concerns. Below are recommended EPA-approved products that have been proven to kill the COVID-19 virus. If possible, use a reusable spray bottle. ([Package Free](#) has an option.)

- Cleaning guidelines from the CDC available [HERE](#).
- U.S. National Restaurant Association guidelines [HERE](#): “Train all employees on the importance of frequent hand washing, the use of hand sanitizers with at least 60% alcohol content, and give them clear instruction to avoid touching hands to face.”
- EPA-approved disinfectants for use against SARS-Cov-2 available [HERE](#).
- Environmental Working Group safe products to guard against coronavirus available [HERE](#).
- Beyond Pesticides guidelines for nontoxic disinfectants [HERE](#).
- The FDA warns against toxic chemicals in hand sanitizers [HERE](#).

Sample vendors include:

- **Benefact Botanical Disinfectant**
- **Claire Disinfectant Bathroom Cleaner**
- **ECOLAB Synergex - More Resources HERE**
- **Envirocleanse**
- **Force of Nature**
- **Panther Disinfectants**
- **Seventh Generation Disinfectants**
- **Scrubbing Bubbles Disinfectants**
- **Stream2Sea Essentials**
- **United Disinfectant**
- **Luxdisinfect**
- **Incharged**
- **Cleanse Downlight**

UV radiation has been shown to deactivate coronaviruses ([Penn State, June 2020](#)), but it is important to consider that UV is harmful to humans when exposed to it. Below are a few UV radiation disinfectant solutions.
GUEST EXPERIENCE TOUCHPOINTS & COMMUNICATION

Include on-site and online messaging that encourages guests ordering taking away to opt out of single-use utensils and condiments if they are eating at home, as they most likely have their own reusable and bulk options.

**Condiments**

Many regulations warn against communal condiments, but there are cheaper, more sustainable, and creative solutions than disposable single-use condiments.

- Choose bulk dispensers for beverages, condiments, and hand sanitizer.
  - Sestra Systems has a touchless dispenser solution.
- Have employees operate stations to serve condiments and beverages.
- Only offer condiments for takeaway upon request (include a checkbox on meal ordering apps if possible or make the default no condiments).
- Portion out condiments before delivering room service meals.

**Menus**

Many regulations advise caution around shared menus, but there are cheaper, more sustainable, and more creative solutions than disposable menus.

- Choose contactless or digital menus rather than disposable menus.
- Use a digital remote ordering platform or QR code available from a mobile application or web-based service.
  - Toast offers contactless ordering and payment
  - Presto offers a remote ordering system.
  - Backbar offers a digital menu and QR code system.
  - OneDine offers contactless menus, remote ordering and payment.
- Place menus under the glass on tables.
- Be classic and use a chalk board.

**Payment**

- Choose contactless payment options including some mentioned above.
  - This will also avoid receipts, which have BPA coatings and are not recyclable!
Traceability/Sourcing

Now more than ever, guests are concerned with food sourcing, and more importantly, where food is coming from. Choose locally-sourced options and ingredients to mitigate the exposure risk from a long supply chain and frequent changing of hands. Eating local is the most important consideration for sustainable food procurement. Communicate your sustainable and local sourcing to celebrate with your guests!

- Support local farms and fisheries with sustainable practices during this time and choose plant-based menu items where possible.

  - Monterey Bay Aquarium Seafood Watch will help you find local sustainable seafood options globally. (They also have an App!)

  - Dock-to-Dish (Northeast US), and Real Good Fish (Western US) and provide fully traceable sustainable seafood options.

  - Air Culinaire provides seasonal produce recommendations for the Northern Hemisphere.

  - This Seasonal Food Guide outlines seasonal produce across the US. Choosing seasonal menu items is a great way to encourage sourcing local produce.

Case Studies:

★ In an effort to provide a more sustainable and plant-based offering at their properties, Ve Cafe at the newly opened W Ibiza is a solely vegetarian restaurant that serves only organic and ethically farmed produce.

★ The Grand Hyatt in Singapore has not only made a pledge for cost-efficient sustainable practices, but is also leading the way in supporting sustainable supply chains to increase transparency for its sourcing of commodities such as seafood.

COMMUNICATION

In addition to including on-site messaging about health and safety protocols to guests, highlighting the source of your ingredients is an opportunity to share how you are meeting the challenge of COVID-19 in a sustainable way.

The hospitality industry is already hyper-diligent and intentional about cross-contamination and cleanliness for food safety, allergens, and beyond. Communicate this to the world and highlight how your business is well-positioned to address COVID-19 while staying true to your values.
3. WASTE MANAGEMENT

Waste management has remained largely unchanged by COVID-19. Internally, the industry has implemented measures to prioritize the safety of their workforce, but overall collection continues and will be restored as businesses reopen. Learn more about the status of the waste management industry from the Waste Advantage and Waste Management.

Proper disposal of used PPE is critical as outlined above, both for safety and environmental health, and the need to responsibly manage waste exists now more than ever. The WHO is offering a course on proper waste management to highlight the importance of properly disposing COVID-19 waste.

MANAGING FOOD WASTE

A third of all food produced is wasted and is responsible for 6% of global carbon emissions, according to an FAO study. Reducing food waste is one of the best ways to decrease your business’ carbon footprint.

See some guidance on how to reduce food waste below.

• Donate surplus food.
  • Most food donation organizations are still active and donations are even more necessary now that we are seeing higher levels of unemployment due to the pandemic.
  • Find local food donation organizations. Some recommendations below:
    🔴 The Global Foodbanking Network has global information on foodbanking and information on COVID-19 response.
    🔴 City Harvest (UK)
    🔴 City Harvest (US, NYC)
    🔴 Donate NYC (US, NYC)
    🔴 Feeding America (US)
    🔴 FESBAL (Spain)
    🔴 Food Bank (Australia)
    🔴 Food From the Heart (Singapore)
    🔴 Food Pantries.org (Global)
    🔴 More NYC solutions HERE (Source: Foodprint Group)

• Limit menu items.
  • Establish a smaller, fixed, or rotating menu. Limiting menu items helps to mitigate food waste.
COMPOSTING

Composting is nature’s way of recycling. In this process, organic waste—such as food and yard waste—breaks down and is converted into valuable fertilizer. Composting is another great way to reduce food waste, and lower business’ carbon footprint.

- Explore local composting options.
  - FAQ outlines different composting methods for small or large-scale operations.
  - Guidance for setting up your own compost HERE (Source: Webstaurant).
  - FindAComposter (US & Canada) provides a database of composting facilities (including community, commercial, and anaerobic).
  - Green Mountain Technologies (Global) has a map of their commercial composting facilities around the world.

- Composting during COVID-19.
  - US Composting Council released a series of webinars to provide guidance on safe procedures for composting.
  - Due to the lack of composting in some regions during COVID-19 response, food donation programs become even more important to reduce food waste from ending up in landfills.

- In NYC, the residential composting program has been rolled back.
  - Support efforts to bring it back HERE (Source: Cafeteria Culture), HERE (Source: Reclaimed Organics), HERE (Manhattan Borough President Gale Brewer).
  - GrowNYC offers alternative composting options.

RECYCLING

Recycling is the process of recovering waste materials to create other useful items, which is still critically important to achieving a circular economy. Learn more about recycling HERE.

- Recycle America offers standardized recycling labeling and signage. Consistent messaging is highly important right now. The U.S. Foods reopening guidelines include a point to “Ensure clarity of recycle, composting, and trash signage to avoid confusion, decrease dwell time and promote sanitation.”

- RecycleGO can help your business set up recycling programs and offers solutions for transparency and reporting.

- Rubicon offers recycling programs as well as data tracking and reporting.

How is recycling changing in a COVID-19 landscape?

- Recycling is continuing across the board throughout the COVID-19 pandemic, and the EPA stresses the importance of recycling.

- Prices for recyclables are shifting, which is hurting some markets, but paper and corrugated cardboard are increasing in price (Resource Recycling).
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Oceanic Global awards four tiers of TOS badges to recognize a businesses’ sustainability achievements:

- **Straw Free**
- **Sustainability Steward**
- **Ocean Champion**
- **Plastic Free**

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*This edition of TOS: Covid-19 Reopening Guidelines focuses on restaurant and hotel foodservice, but there will be others in the series to follow targeted towards live events and professional sports among other industries.*

Learn more about The Oceanic Standard (TOS) and get involved.  
https://oceanic.global/oceanic-standard  
theoceanicstandard@oceanic.global
4. APPENDIX

Oceanic Global COVID-19 Fact Sheet

Oceanic Global COVID-19 Regulations Database

Additional Sustainability Guidance in Other Sectors

❑ Sustainability guidance for professional sports HERE (Source: Recipric).
❑ Sustainability guidance for campuses HERE (Source: Post-Landfill Action Network).
  Sustainability guidance for live events HERE (Source: A Greener Festival), and HERE (Source: Green Guardians).
❑ Sustainability guidance for the tourism sector HERE (Source: Dr. Anna Spenceley).

Additional Non-Sustainability Guidance

❑ Free tool to help restaurants + bars reopen HERE (Source: Oyster Sunday).
❑ Comprehensive resources for restaurants reopening HERE (Source: Foodprint Group).
  • Food safety certification bodies have also created COVID-19 resources as food safety has always been a priority for the hospitality industry.
    • ISO  • FSSC  • FSAZ

Accreditations

• Sustainability verification systems and third-party accreditation programs are wonderful tools to find vetted and approved solutions as well as to celebrate and communicate your health, safety, and sustainability achievements!
  • The Oceanic Standard (TOS) has a badge system to award businesses based on their sustainability achievements, primarily to reduce single-use plastics and improve waste management.
  • IWBI’s WELL Health & Safety Rating is an evidence-based, third-party verified rating focused on facilities operations and management across multiple building types and spaces.
    • This system is informed by insights from the WELL Building Standard, the world’s premier standard for advancing health and well-being in the places where we spend our lives.
    • The IWBI Task Force on COVID-19 is made up of more than 500 experts from across public health, medicine, design, real estate, government and academia.
  • Fitwel has a Building Health for All in the face of COVID-19 resource.
  • USGBC’s Arc Re-Entry provides tools to benchmark infection-control policies and procedures, collect occupant experiences, and track indoor air quality.
  • GBAC Star Accreditation Program is performance-based and designed to help facilities establish a comprehensive system of cleaning, disinfection, and infectious disease prevention for their staff and their building.
5. SOURCES CITED


