

# 2021 EXPEDITION SAFETY GUIDELINES

Trekkers cannot eliminate the risk of contracting Covid-19 but we have put the following risk reduction protocols in place. Failure to adhere to these protocols will result in the participant being removed from the expedition.

---

## **Pre-Expedition**

- Trekkers is following guidance from the Center for Disease Control and the State of Maine.
- Trekkers worked with a consultant to complete a risk audit around Covid-19.
- All paperwork (medical forms, waivers, and COVID-19 wavier) must be reviewed, updated, and signed off on before the expedition.
- Trekkers utilizes the same screening tool for participation that the Department of Education uses for school attendance.

## **Masks**

- Trekkers is following the CDC's guidelines around wearing a mask. You can find those here: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

## **Travel**

- Travel will be limited to Maine, New Hampshire, Vermont, and Massachusetts.
- Trekkers will be utilizing buses for the upcoming expedition season and participants will be spread out throughout the bus as much as possible.
- Each expedition will be accompanied by an additional vehicle should the need for emergency response arise.
- Masks will be worn while traveling.
- There will be no eating or drinking during travel. On longer commutes, the bus will stop to provide a break for students to exit the bus, spread out, and drink water or eat a snack.
- Windows will be open whenever possible.
- Trekkers will set up a "basecamp" to run their expedition out of. This will cut down on travel and exposure to new places.
- Interaction with general public will be more limited than usual during expeditions. In the event that the surrounding public is not compliant with our established guidelines, the team will leave the situation and return to a more controlled environment, potentially resulting in a disruption to the itinerary.

# 2021 EXPEDITION SAFETY GUIDELINES

## **Lodging**

- Masks will be worn at all times while indoors except while eating and sleeping.
- When outdoors, masks will be worn in all public settings and when physical distancing is not possible.
- When sleeping indoors, students will be 6 ft apart, and further when possible.
- When camping, participants will use individual tents/hammocks and be at least 6 ft apart.

## **Meals**

- Participants will wash their hands with soap and water before and after eating. When soap and water are not available, hand sanitizer will be used.
- Participants preparing and serving meals will wear masks and gloves and refrain from touching their face.
- Eating ware will be sanitized immediately following each meal.

## **Monitoring and Communication**

- Trekkers will stay up to date on the current situation using Covidactnow.org
- A status update will be sent to parents/guardians each day of the expedition.
- Symptom screening, including temperature checks, will occur each day for all participants on an expedition. The results of this screening will be recorded in a daily health log.
- In the event that symptoms arise during an expedition, the participant will be brought to the nearest Covid-19 testing site and isolated from the rest of the group until the results come in. A staff member will use a separate vehicle to transport the participant and remain with them during their isolation.
- In the event of a positive test result, the expedition will end and return home.

## **Post-Expedition**

- We will ask all expedition participants to continue to monitor for symptoms for 7 days after returning home.
- If symptoms occur participants agree to be tested and share the results with Trekkers. Trekkers will inform the group of a positive test result (anonymously). Trekkers can assist with securing a testing appointment or transportation if needed.