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## COVID-19 Updated Safety Protocols

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*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.*

*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.*

### Pre-Expedition

- All paperwork (medical forms, waivers, and COVID-19 wavier) must be reviewed, updated, and signed off on before the expedition.
- Families are asked to self-screen for symptoms on the day of the expedition. Trekkers uses the same screening tool for participation that the Department of Education uses for school attendance: <https://www.maine.gov/doe/covid-19/toolkit/prescreen>.

### Masks

- Trekkers is following the CDC's guidelines for When to Wear a Mask: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html> and as outlined below.

### Travel

- Trekkers will use buses for the upcoming expedition season and participants will be spread throughout the bus as much as possible.
- 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.
- In the event that the surrounding public is not compliant with local regulations, the team will leave the situation and return to a more controlled environment, potentially resulting in a disruption to the itinerary.

### Lodging

- Masks will be worn at all times while indoors, except while eating and sleeping.
- 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.
- 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.