
COVID-19 Updated Safety Protocols

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Trekkers' COVID 19 safety protocols continue to be updated based on available science and recommendations from the CDC, Maine CDC and Department of Education and our local school districts. The below policy applies to all program participants, including staff and volunteers.

Pre-Expedition

- All paperwork (medical forms, waivers, and COVID-19 wavier) must be reviewed, updated, and signed off on before the expedition.
- If not up to date with vaccinations (including boosters), families are asked to get tested as close to departure time as possible (no more than 3 days before departure). Trekkers will provide tests if needed, which can be performed at Trekkers. A signed note from a parent or guardian with date of the test and the result will be accepted as proof.
- Students are asked to self-screen for symptoms on the day of the expedition and required to report any symptoms. Trekkers uses the same screening tool the Department of Education uses for school attendance: <https://www.maine.gov/doe/covid-19/toolkit/prescreen>.

Masks

- Masks are optional for those not recovering from COVID-19.
- Masks are required by all anytime they are federally mandated (currently this includes air travel) and as requested by a site or business.

Distancing & Hand Sanitizing

- Distancing is no longer mandated during travel on busses or while indoors.
- Participants will wash their hands with soap and water before and after:
 - o Eating
 - o Getting on and off the bus
 - o After using the restroom
 - o Using shared equipment or other high touch surfaces

When soap and water are not available, hand sanitizer will be used.

Meals & Lodging

- Eating and drinking is now permitted on busses.
- Students will no longer be distanced in their sleeping accommodations. Lodging may include shared tents.

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 tested in the field by rapid test.
- In the event of a positive test result, the expedition will still 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.