
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 waiver) must be reviewed, updated, and signed off on before the expedition.
- All staff, volunteers, and students are asked to get tested within the 24 hours leading up to expedition 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 mandated by the government, requested by a site or business, or requested by Trekkers staff to follow CDC best practices

Distancing & Hand Sanitizing

- Distancing is no longer mandated during travel on busses or while indoors.
- Participants will be encouraged to practice good hand hygiene. Trekkers will provide hand sanitizer when soap and water are not available.

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

- Symptom-screening will occur regularly for all participants on an expedition.
- 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, we will follow the CDC guidelines as best as we can in the field, using masking as our main tool to mitigate spread.

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.