



# 2020 ADVENTURE TREKS COVID-19 PROTOCOLS & STANDARDS OF CARE

The health and safety of our students and staff is our top priority. In light of the COVID-19 pandemic, it's important that you understand our efforts to manage your child's health and safety so that you can make an informed decision. We are focused on taking all reasonable measures to prevent the spread of COVID-19.

We have partnered with the Henderson County Health Department and Blue Ridge Community Health Services and continue to seek guidance from the American Camp Association (ACA), CDC, and the state of North Carolina on how to best prepare for Adventure Treks this summer. Please understand this is a living document.

We have strengthened our already high standards regarding hygiene procedures, including increasing the frequency with which we clean common touch points and activity equipment. Additionally, we have taken measures to monitor and address symptomatic students by introducing a pre-trip health screening form; pre-trip daily temperature checks; and protocols to isolate, confirm, respond, and remove any persons with suspected COVID-19.

We have updated our infectious disease plan to include COVID-19. Part of our plan is ensuring that students with any non-COVID medical issues still receive the same level of care we have always promised. You can view the latest COVID-19 data for Henderson County (where our office is located) [here](#).

Please note that our main office (1899 Berea Church Road, Hendersonville, NC, 28739) is 10 minutes from an excellent regional hospital (Pardee Hospital) and numerous medical offices, and only 40 minutes from Mission Hospital, the region's only Level II trauma center and regularly rated one of the country's best hospitals.

## STAFF ORIENTATION and TRAINING

- All staff (who are medically trained, at minimum, as wilderness first responders or EMTs) will self-quarantine for two weeks prior to the start of their employment with Adventure Treks.
- All staff will then self-quarantine at Adventure Treks for two weeks prior to our students' arrivals. There will be an extensive two-week orientation, including additional training on COVID protocols.
- All staff (both instructors and directors) will be tested for COVID-19 with a PCR (nasal swab) test.
- Staff will receive extensive training on recognizing symptoms of COVID-19 and actions to take if recognized.
- Staff will teach proper hand-washing, hand sanitizing, and coughing/sneezing etiquette on every trip.

## STUDENTS and THEIR ARRIVAL TO ADVENTURE TREKS

- All students will be asked to either self-quarantine for one week and take a COVID-19 test, or self-quarantine for two weeks prior to (and after) their trip.
- Parents must document temperatures and general health conditions of their student for seven days leading up to their trip (Adventure Treks will provide a pre-trip health screening form).
- Due to current guidance from North Carolina, we cannot allow families to fly to Adventure Treks this summer. We currently require families to drive to Adventure Treks to drop off their child. If a student needs to depart a trip early, parents or a designated guardian must pick them up within 24 hours of being notified.
- We will ask families to observe appropriate physical distancing in their travel to Adventure Treks.
- Parents will be required to wear a face covering for the duration of their time on the Adventure Treks campus on arrival day, and only one parent may accompany their child outside their car during check-in.
- All students will be required to wear face coverings until they have passed the following screening procedures:
  - Temperature check (100.4° F degrees or above is considered febrile)
  - Health screening questionnaire review
- If a student does not pass the screening process, they will be asked to leave until their fever has abated and they are symptom-free for 72 hours without medication.

## DURING EACH TRIP

We are using the “concentric circle of infection prevention” model based on CDC and ACA guidance and adhering to the current North Carolina limit that group size cannot exceed 25 people outdoors. Each trip (including students and instructors) will be its own “family unit.” Once an entire trip group is screened on arrival day, they will not need to physically distance within their unit or wear a face covering. Their contact will be extremely limited for anyone outside their family unit. Any contact with public will include appropriate physical distancing or wearing a face covering. Different Adventure Treks family units will not interact.

- Each trip will have five instructors, for at least a 4:1 or better ratio of students to staff.
- All students and instructors will be screened daily for signs and symptoms, as established by the CDC.
- The sharing of personal items will be strongly discouraged.
- Adventure Treks will not allow visitors to the group. Exceptions will be made for parents and designated guardians in the event a student must depart early.
- Instructors, directors, and outfitters who are not a part of each “family unit” will practice appropriate physical distancing and wear a face covering when interacting with units, unless they have received a negative PCR test and have been quarantined since receiving test results.
- If a student must seek medical care for a non-COVID-related injury or illness, they will wear a face covering while in medical care, observe appropriate physical distancing while outside their family unit, and wash their hands before returning to and upon their arrival back to their family unit.

## MEAL TIMES

- We will limit the number of people preparing meals and ensure that hand-washing occurs frequently during meal preparation and serving. Everyone will wear gloves when preparing cold, uncooked foods (like salads).
- Family units will not need to observe physical distancing or wear masks during meals.
- We will discourage the sharing of mess kits (spoons, bowls, etc.).

## ACTIVITIES

- Rafting trips will be run in conjunction with the Nantahala Outdoor Center. They have well-established [COVID-19 guidelines](#) approved by their local health department.
- All other Adventure Treks activities—like backpacking, canoeing, mountain biking, and rock climbing—will not require third-party outfitters and will be taught by Adventure Treks instructors within their same family. All activities will be managed with the intent of minimizing contact with outside groups. However, as we utilize public lands, we cannot guarantee that we will not cross paths with people not in our family groups.
- When hiking, if we need to cross paths with others, our group will step off trail and be physically distanced.

## FACILITIES

Our 12-acre basecamp is accessible only to us, with a private drive and gate. Our facility includes showers, an infirmary, and two separate rooms should anyone need to be quarantined. When camping at our basecamp (which is only a few nights throughout each trip), each unit will have their own campsite and two portable toilets.

We will post signage and reminders throughout our restroom and shower facilities to ensure that students, staff, and essential personnel are constantly reminded of our strict expectations. We will frequently clean all bathroom facilities and perform deep cleanings between use by different family units. All cleaning will be done with CDC-approved cleaning supplies, and there will be a checklist to record cleaning procedures.

## TRANSPORTATION

- Family units will have exclusive use of their own vans for the duration of their trip.
- We will use disinfecting wipes to frequently clean high-touch surfaces in our vans.

- Only people in each family unit will have access to our vehicles.
- We will continue to do daily safety inspections on each van.

## PERSONAL PROTECTIVE GEAR

- Trips will have the appropriate personal protective gear as required by the ACA guidance, including but not limited to:
  - Gloves
  - Masks
  - Face shields
- When unable to adhere to physical distancing or when providing medical care, we will wear face coverings.

## MASKS and FACE COVERINGS

In general, students will not be wearing masks at Adventure Treks. Exceptions include:

- Arrival day (until they have passed through the check-in process).
- If they present symptoms that cannot be attributed to another illness.
- If they need to leave the Adventure Treks family unit for any health reason (i.e., trips to a doctor).
- If someone in their family unit has tested positive for COVID-19, until each student can be cleared by a doctor.

## WHAT HAPPENS IF SOMEONE SHOWS COVID-LIKE SYMPTOMS?

Despite screening and careful measures, it is impossible to guarantee that students and instructors will not contract COVID-19 while at Adventure Treks. We will take every precaution to keep our community healthy. If anyone exhibits COVID-19 symptoms, we will isolate them in a designated quarantine room and seek further guidance from Blue Ridge Community Health Services. Should someone become sick with symptoms where COVID-19 cannot be eliminated, they will wear a mask during quarantine and be tested at the discretion of our medical team. Any student who tests positive for COVID-19 will remain in quarantine and await pick-up by a parent or designated guardian. Students who may have had contact with the infected student may also be tested.

### Guidelines for quarantine include:

- Fever (above 100.4° F), cough and shortness of breath OR
- Difficulty breathing, sore throat, muscle pain, chills, and fever OR
- Loss of taste or smell

A student would be sent home if they test positive for COVID-19, or in the absence of available testing have significant or worsening symptoms per the recommendation of our medical team.

## PARENT COMMUNICATION

In addition to normal parent communication, we will also reach out if any of the following arise:

- Your child is showing COVID-like symptoms that cannot be attributed to other illnesses.
- Your child needs to be quarantined.
- Another student in your child's family unit has tested positive for COVID-19.
- Your child is being tested for COVID-19.

We will provide communicate regularly about the general health of Adventure Treks.

*Thank you for your partnership. We will continue to share information as we make adjustments to our program and policies in conjunctions with the latest data and science and in keeping with North Carolina's three-phase opening.*