



2021 ADVENTURE TREKS COVID-19 POLICIES

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 everyone'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 again partnered with Dr. Andrew Morris, a family physician in Hendersonville, NC, where he serves as the assistant program director of the MAHEC Hendersonville Family Medicine Residency Program; assistant clinical instructor of Family Medicine at UNC School of Medicine; medical director of Blue Ridge Community Health Services; and medical director for four regional summer camps. (Read Dr. Morris' full bio [here](#).) Dr. Morris will serve as our medical advisor and consultant on COVID protocols and policies for summer 2021.

In addition to partnering with Dr. Morris, we continue to seek guidance from the American Camp Association (ACA) and the CDC on how to best prepare for Adventure Treks this summer. Please understand this is a living document, and we will continue to adjust our programming, schedule, and protocols to match current research and science.

In 2020, we updated our existing 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.

Prior to arriving to Adventure Treks, students and parents will sign COVID-specific documents attesting that they agree to and will adhere to these guidelines and requirements.

ADVENTURE TREKS STAFF AND COVID-19 VACCINES

While we cannot mandate Adventure Treks instructors to receive a COVID-19 vaccine due to federal law prohibiting requiring a vaccine under the emergency use authorization, all of our staff (as of April 22) have either been vaccinated, are partially vaccinated, or are eagerly awaiting their first vaccine appointment. Our director team is also fully vaccinated.

Any staff who have not been able to secure a vaccine before Adventure Treks will arrive to orientation with a negative COVID PCR/molecular test. During orientation, we will include additional training on COVID protocols and recognizing symptoms of COVID-19 and actions to take if recognized.

PRE-TRIP PROCEDURES AND PROTOCOLS

All Adventure Treks students will participate in a "risk mitigation" period in the 10 days prior to the start of their trip. This means monitoring temperatures, checking for COVID symptoms daily, and practicing "common sense behaviors," including adhering to current CDC guidelines regarding social distancing, mask-wearing, and personal hygiene to reduce the risk of exposure.

Non-vaccinated students with a primary exposure* to a COVID-positive person within 10 days of the trip should not travel to the trip site. Vaccinated students with a primary exposure may still attend with proof of vaccination AND a negative COVID PCR/molecular test taken within four days of the start of the trip (and at least five days after the known exposure.)

**Primary exposure means spending more than 15 minutes within six feet of a COVID-positive person, sharing living quarters (home, dorm room, etc.), or spending less than 15 minutes if the exposure is high-risk (hugging, touching, kissing, riding in the same vehicle, etc.).*

STUDENT VACCINES AND PRE-TRIP COVID TESTS

All students will be required to provide proof of EITHER:

- Vaccination* OR
- A negative PCR/molecular test (i.e., not an antigen test) taken within four days of the start of the trip.

**Students must be fully vaccinated prior to the start of their Adventure Treks trip in order to forgo the negative PCR/molecular test. According to the CDC, “people are considered fully vaccinated: 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or, 2 weeks after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine.”*

Parents will upload either their child's official vaccination card (or other official document from a healthcare provider with a vaccine record) or negative PCR/molecular test into CampInTouch. We know many younger students were in vaccine trials this year and may not have an official vaccination card yet; if that is the case, your child will be required to bring a negative PCR/molecular test.

If a student has tested positive for COVID within 90 days of the trip start date, they will not be required to provide proof of a negative PCR test. Instead, they'll be required to submit official documentation from a health care provider confirming the date of positive diagnosis and that they're cleared to attend Adventure Treks.

STUDENTS WITH ASTHMA AND ENVIRONMENTAL OR OTHER ALLERGIES

Students with allergies, asthma, or post-nasal drip should be optimally controlled on preventative medication prior to arriving to Adventure Treks, as the presence of these symptoms may prompt quarantine and testing. Since students will be living in new locations and environments on their trips, they should bring as-needed medications for any allergy symptoms (this includes over-the-counter allergy medications like Zyrtec or Claritin).

DURING EACH TRIP

Upon arriving to each trip's meeting location, instructors will conduct a health screening check for each student. Once an entire trip group is screened on arrival day, they will not need to physically distance within their group or wear a face covering*.

**Students will wear masks when in vans and when interacting with members outside their Adventure Treks group (i.e., third-party outfitters and guides and members of the general public. These interactions will be limited).*

Between days five and seven on most trips*, all non-vaccinated students will be tested for COVID to rule

out possible exposure while traveling to Adventure Treks.

**Students on trips shorter than 13 days will not be tested at Adventure Treks.*

Adventure Treks instructors and students will continue practicing rigorous personal and group hygiene.

WHAT HAPPENS IF SOMEONE SHOWS SYMPTOMS?

If someone starts exhibiting symptoms, they will be isolated and tested*. If the student tests positive, they will go home**. If the student tests negative, they will remain in isolation until symptoms improve and they have been symptom- or fever-free for 24 hours. Families will be notified as soon as possible, and if applicable, healthcare providers will be consulted.

**Costs associated with quarantine and additional testing (in addition to the test Adventure Treks will administer in the first week) will be the responsibility of the family. Adventure Treks will pass on the direct costs incurred to families.*

***If a student tests positive, families will be notified as soon as possible, and Adventure Treks will coordinate with the family to take custody of their child as soon as possible. All other students will be re-tested, and healthcare providers will be consulted to determine if the trip can continue.*