

## ADK Education Department COVID-19 In-Person Risk Management Protocols

As ADK (Adirondack Mountain Club) continues to monitor the spread of novel coronavirus (COVID-19), ADK has come up with the following risk management protocols for in-person programs which include our day hike and trailless backpacking series. Following the guidance of New York State and the Center for Disease Control, these protocols will be initiated upon entering phase four of the State reopening process. The risk of contracting COVID-19 on an ADK program cannot be eliminated, but we have identified mitigation strategies to reduce that risk in a pre-vaccine environment. With those strategies in place, we believe the risk can be managed appropriately.

*If you are traveling to a course from outside of New York State please check the travel advisories. New York State is requiring folks from some states to quarantine for 14-days upon arrival to NY.*

### Overarching Principles for ADK COVID-19 Risk Management:

- Informed consent
- Screening for symptoms
- Physical distancing
- Face coverings (masks) when physical distancing is not possible
- Increased attention to hygiene, with a focus on hands

### General Outing Safety Guidelines

*These are our best identified practices as of October 31, 2020. We expect that practices will shift as we understand more about COVID-19 and gain experience managing this new risk in an ADK program.*

Below are some general guidelines in place to protect ADK staff, program participants, and our greater community. In addition to reviewing these guidelines in advance, all participants will be pre-screened at the trailhead or at our meeting location with the bullet points listed below:

- All participants and trip leaders **MUST** bring proper personal protective equipment (PPE) in the form of a face covering (mask) on all programs. Participants without PPE will not be permitted to participate.
- If you currently display symptoms of a respiratory infection (including coughing, fever, sore throat, shortness of breath, loss of taste/smell, etc.), you **MUST** notify the trip leader so that we can process a full refund or send "ADK Dollars" to you as a credit.
- If you have displayed any of the symptoms above in the past 14 days, you **MUST** notify our trip leader so that we can process a full refund or send "ADK Dollars" to you as a credit.
- If you have tested positive for COVID-19 in the past 14 days, you **MUST** notify our trip leader so that we can process a full refund or send "ADK Dollars" to you as a credit.

- If you have had contact with any confirmed or suspected COVID-19 case within the last 14 days, you **MUST** notify our trip leader so that we can process a full refund or send “ADK Dollars” to you as a credit.

## **In-person Programs Will Run at a Reduced Capacity**

In an effort to minimize the risk of contagion, reduce trail congestion and reduce recreational impacts due to social distancing requirements, **ADK will be constricting our group sizes to 50% capacity.** For example, our backcountry day trips will be reduced to a maximum of 5 participants and 1 guide.

## **Additional Risk Management Guidelines for In-person Programs**

- It is required for ADK instructors and participants to wear face masks when 6-feet of separation is not possible and while inside buildings.
- Social distancing will be encouraged throughout the program, which includes maintaining the proper separation of 6-feet or more along the trail.
- Participants are strongly encouraged to bring hand sanitizer with them. Certain communal locations, such as trailheads, campsites, backcountry outhouses, around scenic vistas, and on the summit, may be unavoidable and warrant additional contamination precautions.
- Contact with one another’s gear (touching water bottles, sharing trekking poles, using another person’s cell phone, etc.) will be discouraged to minimize the potential for contamination.
- Participants should come prepared with their own form of water treatment to guard against *Giardia* and other protozoa. If desired, ADK guides will provide chemical treatment, but ADK guides will no longer provide mechanical pump treatment to avoid direct contact with participants’ water bottles.
- In the event of a medical situation, ADK guides will initially walk participants through their own first-aid to avoid direct contact. If this is not possible, ADK guides may perform first-aid. Both the leader and the person receiving aid should wear face masks and protective gloves.

## **Overnight Trips will Require Additional Self-Sufficiency**

- Communal meals will operate differently than in previous seasons. Breakfast will stay the same, ADK will provide individual packets of oatmeal, instant coffee, tea, walnuts, and dried cranberries. Dinners will change slightly to entail more dehydrated meals. Lunches will now be the responsibility of the participants. In the past, ADK provided communal lunches, with sandwich thins, peanut butter & jelly, cheddar cheese, summer sausage, sugar snap peas, baby carrots, and trail mix. Please arrive at our meeting point with your own lunches and eating utensils.
- ADK will provide all overnight participants with their own bear canister. **Participants are expected to carry their own bear canisters.** Bear canisters are bulky, so a 65-liter backpack is recommended for all overnight trips. All bear canisters will be sanitized before distribution.
- ADK encourages the use of personal gear instead of relying on ADK equipment. With proper notification, a solo tent and a backpack can be provided. We will allow equipment

to sit for 72 hours and use a rotational system before equipment is cycled back to other participants.

- If you possess your own water purification system, please bring it so that we minimize our contact with your water bottles.
- A handwashing station will be provided and set up for overnight programs.
- ADK will still provide stoves, fuel, pots for boiling water, navigation and GPS equipment, group first aid, and chemical water treatment which will only be used by the guide or trip leader.

ADK will continue to analyze the complex issues surrounding the current pandemic. Group safety is paramount, and we greatly appreciate your adaptability as we grapple with this fluid situation.