



## NatureBridge Program Health and Safety Plan - Backpacking Addendum

VERSION 1.0

### Introduction

NatureBridge backpacking educators will be expected to follow all of the policies and guidelines in the NatureBridge Program Health and Safety Plan in addition to the following.

### Pre-Backpacking Program Training and Screening

#### Pre-Program Training for Staff

- NatureBridge backpacking staff will be trained on the following:
  - Backpacking guidelines for COVID-19
  - COVID-19 suspected evacuation out of the backcountry

#### Pre-Program Information for Parents

- Participants' parents will be required to sign the NatureBridge Extended Backpacking Participant Registration Form to help keep themselves and other participants safe
- Parents and Armstrong Scholars must also:
  - Read and understand the NatureBridge Program Health and Safety Plan
  - Arrive on program well rested, nourished, and hydrated. The goal is for individuals to arrive as resilient as possible
  - Understand that NatureBridge reserves the right not to admit (or to send home if symptoms become apparent during the program), at its sole discretion, individuals who pose a potential communicable disease risk to others, and that a screening will be conducted before programming begins which could potentially be disqualifying of participation
  - Not come to NatureBridge if they exhibit COVID-19 symptoms. Participation in future programming will be offered in this case
  - Have a commitment to being honest and transparent about health, exposure and symptoms before and during NatureBridge programming
  - Participants will submit a Health Survey in addition to their Medical Form (see below)
  - NatureBridge will not allow anyone (participant, staff, volunteer, etc.) with a positive diagnosis of COVID-19, who has been symptomatic in the 14 days prior, to participate in programming. This means an individual must have been free of fever, cough or shortness of breath for a full 14 day period prior to joining an NatureBridge program
  - NatureBridge will not allow anyone who has been ill with any non-COVID-19 diagnosis who has been symptomatic in the 3 days prior to program start date (72 hours) to participate in programming

- If a participant has underlying health issues and may be more susceptible to or directly affected by COVID-19, NatureBridge staff will discuss with our Medical Advisor the safety of that participant attending the program
- NatureBridge reserves the right to not allow any participant on any program if we conclude that they pose a communicable disease risk to others, or if they have been dishonest about health, exposure or symptoms

### Pre-Program Health and Travel Screen

- Staff and participants will be required to complete and submit a Health Survey, in addition to their Medical Form, 14 days prior to program start date. The Health Survey will request the following information:
  - Signs/symptoms of illness experienced in the last 14 days
  - Contact with anyone diagnosed with COVID-19 or with signs/symptoms of illness in the last 14 days
  - Recent travel history
- If anyone has experienced any of the COVID-19 signs/symptoms prior to filling out the Health Survey, they would need to be seen by a doctor and cleared to participate in the NatureBridge programming
- If anyone experiences COVID-19 signs/symptoms in the 14 days leading up to NatureBridge programming, they would need to receive a negative COVID-19 test and be symptom-free for at least 72 hours before participation
- The Medical Form will screen for pre-existing health conditions that put an individual at higher risk for COVID-19, including:
  - Chronic lung disease or moderate to severe asthma
  - Serious heart conditions
  - Compromised immune system
  - Severe obesity (body mass index [BMI] of 40 or higher)
  - Diabetes
  - Chronic kidney disease undergoing dialysis
  - Liver disease

## Onsite Prevention

### Program Health and Travel Screen

- Before programming begins, staff and participants will be screened for illness. For staff, this will take place on the first day of staff training. For participants, this will take place upon arrival for the start of the program. The screening will include the following components:
  - Staff will re-ask all questions from the Health Survey, with a focus on the two weeks prior to start of program
  - Staff will take and record temperature
  - Staff will ask all individuals if they currently have the following symptoms:
    - Fever or chills
    - Dry cough
    - Shortness of breath at rest
    - Pain or pressure in chest
    - Diarrhea or vomiting
    - Nausea

- Fatigue
- Headache
- Muscle aches
- Loss of taste or smell
- Sore throat
- No individual whose Health Survey indicates illness or exposure to COVID-19, whose temperature is above 100.4°F, OR who has current symptoms consistent with COVID-19 will be permitted to work or participate in the program for fourteen days after symptoms have ended
- If the individual has had a negative COVID-19 test, they can participate 72 hours after symptoms have ended
- Participants and staff will be visually screened throughout the course for any emerging COVID-19 signs or symptoms

### Hygiene Practices

- Staff will be trained on hygiene practices, will model and teach participants, and will ensure practices are consistently followed. Staff will educate participants about signs and symptoms of COVID-19 during the first 24 hours of the course
  - Hand washing and hand sanitizing
    - Hand washing will occur frequently, especially after using the bathroom, before preparation of food, before snacks and meals, before bed, and after rising in the morning
    - Hand washing stations with soap and water will be set up at camp and throughout the day whenever possible
    - Staff will ensure that at least 60% alcohol-based hand sanitizer is also available; hands must be rubbed thoroughly until dry
    - Each participant will receive a sufficient supply of hand sanitizer for the duration of the program
  - Face coverings
    - Staff and participants will be supplied with face covering
    - Face coverings will be worn when coming into contact with the general population, such as during gas station stops, when interacting with volunteers or guests, at National Park Visitor Centers, etc.
    - Face coverings will be worn by anyone exhibiting signs/symptoms of illness.
  - Additional hygiene practices
    - Staff will instruct all participants, staff members and volunteers to:
      - Avoid sharing food, utensils, cups or water bottles
      - Avoid touching mouth, nose or eyes
      - Cough into shoulder or tissue (not into hands or elbow)
      - Alert a staff member about any symptoms that develop

### Food Preparation, Cooking and Meal Service

- Food will be prepared by a limited number of individuals at a time, and all others will avoid the kitchen area
- Whenever possible, meal prep and cooking will occur in an open air environment
- Prior to entering the kitchen area, the cook team will wash hands
- Surfaces will be disinfected prior to preparation or handling of food products

- The cook team will use food serving techniques which minimize contamination of food in communal pots
- All dishes and utensils will be cleaned with boiling water each evening in the backcountry and with a bleach solution each evening at basecamp

### **Housing Practices**

- Staff and participants will sleep outside whenever possible
- Shelters will be set up for inclement weather. Extra shelters will be carried so the number of individuals in each shelter is minimized
- Bathrooms will be sanitized daily, including all surfaces that individuals touch

### **Vehicle Practices**

- Staff will wipe down vehicle seats, door handles, shifting levers, steering wheel, and keys with disinfectant wipes before each time the vehicle is used by a different staff member
- Windows will be rolled down while transporting anyone outside of immediate household
- Masks will be worn in vehicles while transporting anyone outside of immediate household
- 3 feet of separation will be maintained between each person's face in the vehicle

### **Interactions with Non-Program Individuals**

- Interaction with individuals outside of the core group of NatureBridge participants and staff should be limited and only occur when necessary
- During resupply or other public interface (backpackers, NPS employees, etc) staff and students will maintain over 6 feet of separation and wear masks when appropriate
- Any visitors (additional NatureBridge staff, board members, volunteers, etc) must be pre-approved by the Campus Director or Director of Risk Management and will be pre-screened using the criteria in the Pre-Program Health Screening
- All visitors, including NatureBridge staff who are not a part of the daily program, must wear a face covering at all times or maintain a distance of more than six feet in the outdoors

## Onsite Illness Response

If symptoms consistent with COVID-19 arise during NatureBridge programming, NatureBridge staff should initiate the following Immediate, Secondary, and Tertiary actions:

Priority	Actions
<b>Immediate</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Move healthy participants away from sick individual(s) to the extent possible.               <ul style="list-style-type: none"> <li><input type="checkbox"/> Isolate sick individuals in an available room/shelter</li> <li><input type="checkbox"/> Prohibit sick individuals from using the main bathrooms, common spaces, eating spaces</li> </ul> </li> <li><input type="checkbox"/> Thoroughly clean all rooms, bedding, bathrooms and affected surfaces the sick individual had contact with using NPS or similar facility-approved illness response guidelines and all necessary PPE</li> <li><input type="checkbox"/> Document on Incident Report Form</li> <li><input type="checkbox"/> Sick individuals with symptoms consistent with COVID-19 will be sent home after consulting with NatureBridge management, parents and/or EMS (as needed), and NatureBridge will help coordinate the process to ensure they are tested for COVID-19 as soon as possible</li> <li><input type="checkbox"/> Sick individuals will be transported by NatureBridgestaff or other designated person, allowing for as much distance as possible</li> <li><input type="checkbox"/> Staff and sick individuals will wear face coverings during all interactions</li> </ul>
<b>Secondary</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Contact NatureBridge management</li> <li><input type="checkbox"/> Document on Incident Report Form</li> <li><input type="checkbox"/> Notify families of sick participant(s)</li> <li><input type="checkbox"/> Notify NPS or other partner (if applicable)</li> <li><input type="checkbox"/> Monitor remaining participants for signs of illness and require extra hand washing and sanitizing of surfaces</li> <li><input type="checkbox"/> Consider whether to keep students and staff in isolation and monitor for symptoms or to evacuate all participants and end the course</li> </ul>
<b>Tertiary</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> If participant's COVID-19 test is positive, NatureBridge Director of Risk Management notifies or delegates notification of:               <ul style="list-style-type: none"> <li><input type="checkbox"/> County Health and Human Services</li> <li><input type="checkbox"/> US Public Health Service (if necessary)</li> <li><input type="checkbox"/> Insurance Broker/Carrier</li> <li><input type="checkbox"/> School administration</li> <li><input type="checkbox"/> Parents of other participants in group</li> <li><input type="checkbox"/> Board</li> </ul> </li> </ul>

# 14 Pre-Program Health Survey: Backpacking Introduction

## Pre-Program Health Survey

supplemental to NatureBridge Medical Information Form

### Current Health and Travel Status

Student Name:	Student Cell Phone:
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<b>YES</b>	<b>NO</b>	<p>Have you had any of these signs or symptoms of illness in the last 14 days?</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fever or chills</li> <li><input type="checkbox"/> Dry cough</li> <li><input type="checkbox"/> Shortness of breath at rest</li> <li><input type="checkbox"/> Pain or pressure in chest</li> <li><input type="checkbox"/> Diarrhea or vomiting</li> <li><input type="checkbox"/> Nausea</li> <li><input type="checkbox"/> Fatigue</li> <li><input type="checkbox"/> Headache</li> <li><input type="checkbox"/> Muscle aches</li> <li><input type="checkbox"/> Loss of taste or smell</li> <li><input type="checkbox"/> Sore throat</li> </ul>
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If YES, please describe the signs/symptoms:

<b>YES</b>	<b>NO</b>	Have you had contact with anyone diagnosed with COVID-19 or with signs/symptoms of illness in the last 14 days?
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<b>YES</b>	<b>NO</b>	Have you traveled out of state in the last 14 days?
<b>YES</b>	<b>NO</b>	Have you traveled out of the country in the last 14 days?

If YES, please list the places you visited:

### Pre-existing Conditions (These conditions put an individual at higher risk for COVID-19.)

<b>YES</b>	<b>NO</b>	Chronic lung disease or moderate to severe asthma
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<b>YES</b>	<b>NO</b>	Serious heart conditions
<b>YES</b>	<b>NO</b>	Compromised immune system
<b>YES</b>	<b>NO</b>	Severe obesity (body mass index [BMI] of 40 or higher)
<b>YES</b>	<b>NO</b>	Diabetes
<b>YES</b>	<b>NO</b>	Chronic kidney disease undergoing dialysis
<b>YES</b>	<b>NO</b>	Liver disease

If you circled yes to anything in the list, please describe all of the details that may be relevant to your participation:

**I certify that I have been truthful in completing this survey, and that I have disclosed all relevant information on this health survey.**

Participant Name:	
Participant Signature:	Date:
Parent/Guardian(s) Signature {ALL parent/guardians(s) please sign}:	Date: