



COVID-19 INFORMATION GUEST RESPONSIBILITIES AND SAFETY AND HYGIENE PLEDGE

We are excited to have the opportunity to do river trips during this time of COVID-19. To mitigate the risk to our guests and guides (acknowledging that we cannot eliminate the risk entirely) we have added the below steps and procedures which we would like to share with you below.

1. INHERENT RISK

Traveling, living (temporarily while on the trip) and interacting with people outside of your home carries an inherent risk of contracting COVID-19. There is no way to eliminate the risk on the trip, however we ask that everyone works together to mitigate the risk.

2. BEFORE YOUR TRIP

We ask that you please adhere to the WHO (World Health Organization) social distancing guidelines as best you can in the 14 days prior to the trip. We recommend that you get tested for COVID-19 within 2 days of the trip and send us the results. If testing is not possible, please monitor your temperature for 4 days prior to the trip.

Please monitor yourself for COVID-19 symptoms (screening questions below) and disclose any “yes” answers ASAP.

1. Within the last 14 days have you tested positive for COVID-19? If so, please provide the date that you were notified that you were no longer contagious.
2. Within the last 14 days have you experienced any of the following:
 - a. Temperature of 100.4 F (38 C) or higher
 - b. Any of the below symptoms not attributable to another condition:
 - i. Cough
 - ii. Shortness of breath
 - iii. Sore throat
 - iv. Muscle aches
 - v. A loss of taste and/or smell
 - vi. Fatigue
 - vii. Any other flu-like symptoms
3. Within the last 14 days have you been in contact with anyone with any of the above symptoms **OR** a positive test for COVID-19.

3. HIGHER RISK INDIVIDUALS

State and federal guidelines surrounding COVID-19 have identified individuals with the following conditions as being at higher risk for COVID-19.

- * Over 65 years of age
- * Chronic lung disease or moderate to severe asthma
- * Obesity (BMI of 40 or higher)
- * Diabetes, chronic kidney disease or undergoing dialysis
- * Liver disease
- * Immunocompromised individuals (for example: undergoing cancer treatment, HIV, or other)

For guests identified as higher risk we strongly recommend that you do not join the trip unless you have received both vaccine doses and have allowed adequate time for the vaccine to be effective. If you are higher risk, unvaccinated and still wish to join the trip please contact us.

4. DURING THE TRIP

While on the trip, both guides and participants will maintain good hygiene and hand washing practices, monitoring their health. This includes covering coughs and sneezes as well as practicing social distancing guidelines and wearing face coverings as situations require.

- a. Boat assignments will aim to maintain social distancing by having travel groups stay together on the same boat or having individuals from different travel groups be separated to opposite ends of the raft.
- b. We will check all guides and guests' temperatures and COVID-19 screen questions daily and we ask that you report any COVID-19 symptoms that occur during the trip to a guide immediately.
- c. Should a guest or guide have symptoms of COVID-19 that person will be physically distanced from the rest of the group and appropriate measures will be taken depending on the situation to ensure that persons care and the safety of the group.
- d. Guides will cook with a face covering and wash their hands frequently. We appreciate your desire to help the kitchen, but we are unable to have anyone but guides doing food preparation and serving. The guides will also do your dishes at the end of the meal.
- e. Each guest is responsible for bringing 2 face coverings for their personal use. Face coverings will be used when within 6 feet of someone outside of your travel group, during transportation, when encountering other groups or as needed.
- f. Each guest should bring a large water bottle for their personal use. Hydration is especially important, and water will always be available so that the guides may refill you bottle for you.

6. AFTER THE TRIP

We ask that for 14 days following your trip that you continue to adhere to social distancing guidelines and inform us if you test positive for COVID-19 in this time frame so that we may notify other guests and guides.

7. TRANSPORTATION

- a. Everyone will use hand sanitizer and put on a face covering prior to entering a vehicle or plane and will wear the face covering for the duration of the trip.
- b. To maintain social distancing travel groups will travel together in vehicles or planes whenever possible.
- c. In vehicles windows will remain open if possible, for air flow.
- d. Vehicles will be sanitized between uses. Third party contractors (such as air shuttle operators) utilize their own similar procedures for sanitation.

8. GUIDE AND GUEST HEALTH AND SAFETY PLEDGE

This “Health and Safety Pledge” summarizes the procedures and policies outlines above, that are in place to protect all individuals on the trip. Please have each member of your party respond to the email and confirm having read and understood these procedures and policies and agreeing to abide by them before, during and after your trip.

1. I have been practicing the World Health Organization’s social distancing guidelines.
2. I am prepared to continue practicing social distancing guidelines on the trip.
3. I am prepared to wear a mask as needed.
4. I will wash or use hand sanitizer on my hands frequently.
5. I will cover my sneezes and coughs and wash my hands after.
6. I will respect the guidelines for communal food set in place.
7. I will tell a guide immediately if I start to feel any signs or symptoms associated with COVID-19.

I have read this document and agree to the “Health and Safety Pledge.”

_____ (Name) _____ (Date)