

ASCEND OUTDOOR ADVENTURES

COVID-19 PREPAREDNESS PLAN



Ascend Outdoor Adventures is committed to providing and promoting a safe and healthy environment for our staff, volunteers, and participants. To ensure we provide a safe and healthy experience, we have developed the following COVID-19 Preparedness Plan that is to be implemented on all outdoor trips with Ascend Outdoor Adventures. The lead guide for each outdoor adventure trip is responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 on our outdoor adventure trips and in our communities, and that requires full cooperation among our staff, volunteers, group leaders, and participants. Only through this cooperative effort can we establish and maintain the safety and health of our staff, volunteers, and participants.

Lead and assistant guides are responsible for implementing and complying with all aspects of this COVID-19 Preparedness Plan. Guides have the full support of the Ascend Outdoor Adventures Board of Directors and Executive Director in enforcing the provisions of this policy.

Our COVID-19 Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Texas Parks and Wildlife Department (TPWD) guidelines, and addresses:

- Hygiene and respiratory etiquette;
- Engineering and administrative controls for social distancing;
- Cleaning, disinfecting, and decontamination;
- Prompt identification and isolation of sick persons;
- Communications and training that will be provided to staff and volunteers; and
- Management and supervision necessary to ensure effective implementation of the plan.

PURPOSE

The purpose of this document is to outline best practices that will be implemented by Ascend Outdoor Adventures in order to mitigate the potential for transmission of COVID-19, and to set forth protocol regarding those practices that will comply with CDC guidelines, TPWD guidelines, and current recommendations from those entities.

- Ascend Outdoor Adventures will consider the health of all staff, volunteers, and participants as we plan and guide outdoor adventure activities, while applying the best practices for social distancing in the outdoors.

HEALTH SCREENINGS & IDENTIFICATION/ISOLATION OF SICK INDIVIDUALS

Ascend Outdoor Adventures requires that all staff, volunteers, and participants self-screen before each outdoor adventure trip. A self-screener questionnaire will be provided by Ascend Outdoor Adventures. The

questionnaire should be completed the day of the scheduled outdoor adventure activity, or in the case of a multi-day trip, on the first day of the outdoor adventure activity, and returned to the lead guide.

If experiencing fever, cough, or respiratory symptoms, individuals should not attend any outdoor adventure with Ascend Outdoor Adventures. Individuals who develop symptoms during the course of an outdoor adventure activity will be isolated. If possible, if the individual is a minor, parents will be called and asked to pick up the participant. Any staff or volunteers who have experienced symptoms will be required to quarantine for a period of two weeks or will have to show proof of a negative COVID-19 test before returning to guide outdoor adventures.

RESPIRATORY ETIQUETTE

All Ascend Outdoor Adventures staff, volunteers, and participants are reminded and instructed to practice good respiratory etiquette.

- Cover your mouth and nose with a flexed elbow or tissue when coughing and sneezing. Throw away the used tissue immediately and wash your hands with soap and water or use an alcohol-based hand sanitizer.
- Maintain social distance. If possible, keep a distance of 6 feet between yourself and others.
- Avoid touching your eyes, nose, and mouth.
- Masks are encouraged and recommended while traveling to and from the outdoor adventure location.
- Masks will be required when entering a building (i.e. to use the restroom), and when unable to maintain social distancing outdoors.

HAND HYGEINE

All staff, volunteers, and participants are reminded to practice good hand hygiene.

- This can be done with an alcohol-based sanitizer with at least 60% alcohol or by washing hands with soap and water for at least 20 seconds.
- Especially after going to the bathroom; before eating; before and after contact with other individuals; and after blowing your nose, coughing, or sneezing.
- Always wash hands with soap and water if hands are visibly dirty.

EXPOSURE CONTROLS

Outdoor recreational activities are considered to be a low exposure risk by the CDC. The best defense in this pandemic is social distancing of at least 6 feet. Staff, volunteers, and participants are required to follow the guidance for social distancing.

- **Masks:** The use of masks is to help contain and block droplets from your mouth when talking, sneezing, or coughing from getting into the air around you. They are primarily meant as a physical barrier to keep people from spreading their own mouth-born germs and help prevent transmitting the virus to other people by decreasing the amount of virus suspended in the air. Masks do not filter the air like a

respirator or N95. Non-N95 masks should be used as a supplement to keeping safe social distances of 6 feet, washing hands frequently, and not touching your face.

The CDC advises wearing masks in public settings where social distancing measures are difficult to maintain. If individuals can maintain a 6-foot distance from others, a mask is not required.

- **Gloves:** Gloves are designed to protect your hands by blocking the hazard such as toxic chemicals that could be absorbed through the skin. The skin on your hands is a good barrier for COVID-19. With good hand hygiene such as washing hands periodically throughout the day, there is no need to wear gloves. Gloves may be worn by staff or volunteers if Ascend Outdoor Adventures is serving food to participants.
- **Vehicles:** Because there is limited space in vehicles and 6 feet of social distancing is not possible, Ascend Outdoor Adventures recommends that staff, volunteers, and participants wear masks if traveling with individuals outside their household. Ascend Outdoor Adventures does not provide transportation for groups or individual participants either to or from outdoor adventure locations. Ascend Outdoor Adventures recommends that hand sanitizer be provided in each vehicle.

CLEANING/DISINFECTING

All gear provided by Ascend Outdoor Adventures will be cleaned and sanitized between outdoor adventure trips. During the course of an outdoor adventure, gear will not be shared between participants, to minimize the risk of transmission of COVID-19.

ADDITIONAL TEXAS PARKS & WILDLIFE GUIDELINES

The following applies for any outdoor adventure activities that take place in a Texas State Park. Please help everyone stay healthy by following these temporary guidelines while at the park:

- Face coverings are required inside all state park buildings.
- Maintain at least a six-foot distance from anyone not in your group.
- No groups larger than 10 people are allowed, except for families or people living in the same household. *(For groups of greater than 10, we will split into groups of 10 or less.)*
- For additional information, see <https://tpwd.texas.gov/state-parks/park-information/keeping-you-healthy>

COMMUNICATION AND TRAINING

All staff, volunteers, and group leaders will be provided with this document prior to any scheduled outdoor adventure trip. All questions should be directed to Jason Mann, the Executive Director of Ascend Outdoor Adventures at Jason@AscendOutdoor.com or 512-965-9371.

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COVID-19 SELF-SCREENING QUESTIONNAIRE



This questionnaire should be completed the day (or first day) of the scheduled outdoor adventure activity and returned to the Ascend Outdoor Adventures staff, along with the completed medical form and liability waiver.

NAME: _____

PHONE NUMBER: _____ EMAIL: _____

1. Have you had any of the following symptoms in the last 24 hours?

	YES	NO
Cough		
Shortness of breath or difficulty breathing		

2. OR at least TWO of the following symptoms in the last 24 hours?

	YES	NO
Fever (usually 100.4 or higher)		
Chills		
Repeated shaking with chills		
Muscle pain		
Headache		
Sore throat		
New loss of taste or smell		

3. In the last 14 days, have you:

	YES	NO
Been in contact with someone who was diagnosed with COVID-19?		
Been in close contact with someone who had COVID-19 symptoms?		
Traveled internationally or taken a cruise?		

I certify to the best of my knowledge that this information is accurate.

SIGNATURE _____

DATE _____