

American Hiking Society Alternative Break Crews COVID-19 Guidance Volunteers

The safety of our volunteers, hosts, and partners is our most important concern. We have established the following safety precautions and hygiene practices that we are asking all volunteers to follow to prevent the spread of COVID-19. Please also abide by all state and local regulations.

GENERAL:

- AHS is currently limiting trip size to 10 people. This will sometimes be set lower, depending on the location of the trip.
- Not allowing volunteers to volunteer out of state if that state has a required quarantine for out-of-state travelers.
- Individuals must make their own decision using their best judgment and risk tolerance about whether to participate.
- AHS or any of its partners can neither be held responsible for potential transmission of nor exposure to COVID-19 on the trip and during travel to and from the trip.
- Be observant and mindful of the location and region you are traveling from and will return to- if it is a hotspot of COVID-19 cases, consider not participating in the trip.

BEFORE THE TRIP:

- Assess your current health and potential exposure to the coronavirus- People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with [these symptoms](#) may have COVID-19:
- Do not travel or participate in a volunteer vacation if you are [sick](#) with or tested positive for COVID-19, were recently exposed (within 14 days) to someone with COVID-19, or just don't feel well (see symptoms above).
- Travel
 - We encourage travel to the site to occur via driving, with as few stops along the way as possible. We will not be offering airport pickups for any trips unless social distancing within the vehicle can be provided. This includes trips that previously stated they would offer an airport pickup.
 - Practice social distancing, mask-wearing, and proper personal hygiene (hand washing) for your entire trip. Whenever possible along the way, eat outside, in the car, or in the hotel room.
- You **must** bring your own cloth face mask, work gloves, and hand sanitizer,

DURING THE TRIP:

- Clean and disinfect (Hosts will do this before the trip starts and crews will need to continue throughout the week)
- Clean AND disinfect (with wipes and/or spray) all [frequently-touched surfaces](#) daily. This includes tables, doorknobs, light switches, countertops, handles, toilets, faucets, sinks, etc.
- If surfaces are dirty, clean them. Use detergent or soap-and-water prior to disinfection.
- Then, use a household disinfectant. Most common [EPA-registered household disinfectants](#) will work.
- Practice and encourage the following Hygiene
 - [Wash your hands](#) often with soap and water for at least 20 seconds, especially before you eat, after you have been in a public place, or after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Have plenty of extra sanitizer available for volunteers.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
- Practice and encourage social distancing
 - Stay 6 feet apart on the trail, indoors, and in camp
 - Limit close contact with others outside your household in indoor and outdoor spaces. Since people can spread the virus before they know they are sick, it is important to stay away from others when possible, even if you—or they—have no symptoms.
- Cloth face coverings
 - Cover your mouth and nose with a cloth face cover when around others and have volunteers do the same. You could spread COVID-19 to others even if you do not feel sick.
- Meals/Food Sharing
 - People should take turns in the kitchen preparing meals and cleaning up after meals, limiting the number of people gathered inside at one time. Everyone should be wearing masks while preparing/distributing food.
 - No personal food or utensils should be shared.
 - All need to eat at least 6 feet away from anyone who is not a member of their household.
- Tool Sanitation
 - Gear and tools should only be used by one person throughout the week and cleaned and disinfected daily.
 - Volunteers must bring their own work gloves and PPE and should not share with others.

MANAGING SUSPECTED COVID ON THE TRIP:

- Everyone will have their temperature checked at the beginning of each day (AHS will provide 1 no-touch thermometer to each trip) and must leave the trip immediately if their temperature is higher than 100. AHS strongly urges that the individual seek immediate medical attention at the nearest facility, rather than traveling home and risking infecting others along the way.
- Those exhibiting symptoms of illness will also need to leave the trip immediately. AHS strongly urges that the individual seek immediate medical attention at the nearest facility, rather than traveling home and risking infecting others along the way.
- AHS cannot provide evacuation services. For cases where a volunteer is ill with suspected COVID-19 and incapacitated such that they cannot get themselves to a medical facility, an ambulance will be called immediately.
- Anyone with a fever or exhibiting symptoms of suspected COVID-19 must quarantine themselves (stay completely away from anyone who is not a member of their household and stay away from any surface touched by others) while they are preparing to leave.