



CMC Protocol Checklist

Name: _____ CMC Program Name: _____
 Date: _____ Signature: _____

Check	Item	Participants	Trip Leaders	School Instructors
<input type="checkbox"/>	Liability Waiver	Sign and submit waiver prior to activity.	Make sure all participants have signed the waiver.	Make sure all participants have signed the waiver.
<input type="checkbox"/>	Participants	Do not show up for a trip, unless you are registered and verified with the leader. We will not be able to accommodate extra participants.	Make sure group size is limited to 8 people, including trip leader(s).	Make sure group size is limited to 8 people, including instructor(s).
<input type="checkbox"/>	Location	Only attend programs within a 10-mile radius of your household.	Only plan trips within a 10-mile radius of your household.	Only plan classes within a 10-mile radius of your household.
<input type="checkbox"/>	Plan B	Be willing to adjust to the change in plans if the trip trailhead of choice is full.	Make sure that you have a plan B in case a trailhead or parking area is crowded. This alternate plan should be listed in your trip description on cmc.org .	Classes are only approved to use public lands for which they have a permit.
<input type="checkbox"/>	Participant Screening	Take your temperature 24 hours before and the morning of the program, and report it to the leader. Let the leader know if you're	Make sure all participants have reported their temperatures prior to the trip. Ask participants if they have experienced any	Make sure all participants have reported their temperatures prior to the trip. Ask participants if they have experienced

		experiencing any symptoms associated with COVID-19. If you are in the high-risk category as per CDC guidelines, assess your eligibility for being on this CMC program.	symptoms associated with COVID-19 in the last 14 days. Make sure participants are aware of preexisting conditions that place them in a high-risk category, as per CDC guidelines. Dismiss any participants who are not eligible for the trip.	any symptoms associated with COVID-19 in the last 14 days. Make sure participants are aware of preexisting conditions that place them in a high-risk category, as per CDC guidelines. Dismiss any participants who are not eligible for the trip.
☐	In the event that a participant experiences symptoms associated with COVID-19 during a CMC program.	If you begin experiencing symptoms associated with COVID-19 during a CMC program, you must report it to the leader.	If a participant develops any mild COVID-19 related symptoms on your trip, take them back to the trailhead, and end the trip. If a participant develops any severe COVID-19 related symptoms, call 911 and the CMC Emergency Response Number at 269-384-1056.	If a participant develops any mild COVID-19 related symptoms during the class, take them back to the trailhead, and end the class. If a participant develops any severe COVID-19 related symptoms, call 911 and the CMC Emergency Response Number at 269-384-1056.
☐	In the event that a participant experiences symptoms associated with COVID-19 within 14 days following a CMC program.	If you experience any symptoms associated with COVID-19 within 14 days after the program, you must report these symptoms to the trip leader/instructor. Additionally, if you test positive for COVID-19 within 14 days after the trip, you must report it to the trip leader/instructor.	If you experience any symptoms associated with COVID-19 within 14 days after the program, you must report these symptoms to the CMC Education Department at office@cmc.org. Additionally, if you test positive for COVID-19 within 14 days after the trip, you must report it to the CMC Education Department.	If you experience any symptoms associated with COVID-19 within 14 days after the program, you must report these symptoms to the CMC Education Department at office@cmc.org.. Additionally, if you test positive for COVID-19 within 14 days after the trip, you must report it to the CMC Education Department.

<input type="checkbox"/>	Masks	A cloth mask that completely covers your mouth and nose must be worn at all times during the program.	All participants and leaders must wear a mask that covers the mouth and nose at all times. Communicate this to participants pre-trip and during the trip.	All participants and leaders must wear a mask that covers the mouth and nose at all times. Communicate this to participants pre-class and during the class.
<input type="checkbox"/>	Hand Hygiene	You must carry either alcohol-based hand sanitizer or biodegradable soap on your person at all times during the program.	All participants and trip leaders must carry either alcohol-based hand sanitizer or biodegradable soap at all times during the program. Communicate this pre-trip and during the trip.	All participants and instructors must carry either alcohol-based hand sanitizer or biodegradable soap at all times during the program. Communicate this pre-class and during the class.
<input type="checkbox"/>	Carpooling	Carpooling is not recommended, unless you are attending a program with someone from your household.	Let participants know that carpooling is not recommended, unless you are attending a program with someone from your household.	Let participants know that carpooling is not recommended, unless you are attending a program with someone from your household.
<input type="checkbox"/>	Social Distancing	Maintain a minimum of 6 foot distance from program participants and other recreators at all times.	Let the group know that they must maintain a minimum of 6 foot distance from program participants and other recreators at all times.	Let the group know that they must maintain a minimum of 6 foot distance from program participants and other recreators at all times.
<input type="checkbox"/>	Bathroom Breaks	Refrain from using public restrooms. Bring your own TP, a plastic bag and/or wag bag. Dispose of waste using a wag bag and pack out all toilet paper. Wash your hands after every bathroom	Remind participants that public restrooms may be closed and use of public restrooms is not recommended. Remind participants to bring their own TP and a plastic bag to pack out all waste.	Remind participants that public restrooms may be closed and use of public restrooms is not recommended. Remind participants to bring their own TP and a plastic bag to pack out all

		break.		waste.
<input type="checkbox"/>	Operating on Public Lands		Respect county public health orders and park/trail closures that may be in place. Do your research and know before you go.	Respect county public health orders and park/trail closures that may be in place. Do your research and know before you go. Make sure you have a permit for the area you plan to visit and all instructors are carrying a copy.
<input type="checkbox"/>	Trip Review		Trip must be reviewed by the CMC Group's designated protocol aid.	Class must be reviewed by the CMC Education Department.
<input type="checkbox"/>	Time		Schedule trips at times when less people will be recreating outdoors (weekdays, early mornings and late evenings).	Schedule field days at times when less people will be recreating outdoors (weekdays, early mornings and late evenings).
<input type="checkbox"/>	Activity	Pick a trip that has an activity well within your ability-level.	Pick an activity that is lower risk: A-B hikes, easy/moderate road/mountain bike rides, trail runs	Pick an activity that is lower risk: A-B hikes, easy/moderate road/mountain bike rides, trail runs
<input type="checkbox"/>	Wilderness First Aid	Bring your own first aid kit on every CMC trip: https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html .	Bring your own comprehensive first aid kit, including proper BSI (mask, gloves, and glasses): https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html .	Bring your own comprehensive first aid kit, including proper BSI (mask, gloves, and glasses): https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html .
<input type="checkbox"/>	Indoor Protocol	A cloth mask that completely covers	A trip can use an indoor space, such as	A trip can use an indoor space, such

		your mouth and nose must be worn at all times during the program. Maintain a minimum of 6 foot distance from program participants	the AMC, as long as the space allows for social distancing and group size requirements to be met.	as the AMC, as long as the space allows for social distancing and group size requirements to be met.
--	--	---	---	--