



COVID-19 Protocol for CMC Schools

June 1 - July 1, 2020

All school instructors and participants must agree to comply with this new protocol until further notice from the CMC State Office. The CMC Education Department will review classes and has the right to cancel a class from the calendar based on a breach of CMC protocol. This protocol is subject to change as we monitor the situation surrounding COVID-19 and new information from expert sources becomes available.

Step 1: School Planning

Group Size

Group size is limited to 8 people or fewer, including the school instructor.

Field Day Location

Instructors must choose a field day that is within a 10-mile radius of their home residence. Participants may only participate in field day within a 10-mile radius of their home residence.

Instructors should plan to avoid popular, over-crowded trailheads. We recommend using some of our favorite apps to monitor current trail conditions:

- Lot Spot
- AllTrails
- Strava Hot Spots
- Google Maps
- COTREX

Instructors should identify the nearest hospital to the class location, and make sure it is listed in the class description.

Operating on Public Lands

Instructors are required to have up-to-date knowledge of county and land management agency rules and regulations, including trail and facility closures. Appendix V of this document outlines some helpful resources for staying up to date on current rules, regulations and closures.

When requirements and recommendations vary among different entities, schools should expect to follow the most conservative order. For example, if the CMC's maximum group size limit is 8 people, but the Jefferson County Open Space limit is 4 people, then a CMC group visiting Jeffco should be no larger than 4 people.

Permits are required of all schools operating on public lands. As permit holders, instructors are required to adhere to guidance from government officials, land management agencies, and the CMC State Office, including any group size, social distancing, and/or sanitation orders. A permit does not override these orders.

Time

Instructors should schedule field days at times when less people will be recreating outdoors. We weekdays, early mornings and late evenings.

Activity

Schools should be limited to lower risk activities, where Colorado Search and Rescue (CSAR) would not need to be dispatched if a participant were to become sick or injured.

Recommended	Not Recommended	Restricted
A-B hikes Easy-moderate road/mountain bike rides Trail running	C+ hikes Advanced road/mountain bike rides Rock climbing Any travel in remote/backcountry terrain Backcountry skiing	Travel to small mountain towns >10 miles from your home Backpacking/overnight classes Ski mountaineering Technical couloir/mountain climbs

Indoor Protocol

The American Mountaineering Center (AMC) will open on June 1, abiding by the CMC protocol in place. Leaders are permitted to use indoor space for classes, as long as the space allows for social distancing and group size requirements to be met.

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Step 2: Pre-School Communication

Liability Waiver

The CMC State Office has created a new liability waiver that includes club protection against liability for exposure to COVID-19 as a potential risk. All participants and trip leaders are required to sign the waiver 24 hours prior to the start of the trip. All participants and instructors are required to sign the waiver 24 hours prior to the start of the school. See Appendix V for the waiver link.

Instructors should email a link to the updated liability waiver to all participants and verify that all participants have signed the waiver prior to the start of the school. Instructors should print out and carry paper copies of the waiver as a back-up.

Participant Screening

Temperature: Participants are required to take their temperature 24 hours prior to and the morning of the class and report it to the school instructor. If a participant's temperature is above 100.4 degrees per CDC guidelines, they must dismiss themselves from the class. Refer to Appendix IV for a review on Fever's symptoms and definition.

Symptoms: Participants must cancel themselves from the class roster if they are feeling any symptoms associated with COVID-19 or have had contact with anyone known to have symptoms in the last 14 days. Instructors should communicate with each participant prior to the class to ensure they are not experiencing any symptoms. For a complete list of symptoms associated with COVID-19, please refer to Appendix II.

High Risk Individuals: Instructors should communicate with each participant ahead of time to determine if they are at a higher risk for severe illness from COVID-19, as per CDC guidelines. For a complete list of conditions that put people in that high risk category, please refer to Appendix III.

Essential Items

Instructors should carry with them and remind participants to pack the following essential items during their class and/or field day:

- **Mask:** A cloth mask that covers the individual's mouth and nose completely. Buffs/neck gaiters are suitable for this purpose.
- **Hand hygiene:** Alcohol-based hand sanitizer (70%) or biodegradable soap (with water) is sufficient.
- **Toilet paper:** Instructors should remind participants that public restrooms may be closed, so everyone should be prepared for the inevitable bathroom break.
- **Plastic bag and/or wag bag:** Please pack out all waste.

Do not share any items on a CMC program such as water, food, or first aid supplies.

Carpooling Guidelines

Carpooling is not recommended, unless an individual is traveling with a member of their household.

Cancellation Policy Amendment

If at any point a participant feels uncomfortable participating in the course or is experiencing symptoms associated with COVID-19 before the start of the course, they may cancel their enrollment at any time for a full refund.

Step 3: During the Class

Masks

All participants and instructors are required to wear a cloth mask that completely covers their mouth and nose at all times during the class. Buffs/neck gaiters are acceptable.

Social Distancing

All participants and instructors must remain at least 6 feet apart from each other and other recreators at all times. Instructors should demonstrate a 6 foot distance for the group. We recommend using a trekking pole with an extended arm.

Operating on Public Lands

If the group arrives at a trailhead, and the parking area is crowded, the group is required to move on to another location. If the Plan B trailhead is also crowded, either move on to Plan C or postpone the field day for a less-busy time.

Ensuring there is 6 feet of distance between participants and other recreators may require stepping off trail as someone passes. Instructors should remind participants to step off trail for a moment, rather than continuing to walk alongside the trail. Walking alongside a trail or on the edge of the trail can cause loss of vegetation, trail widening and braiding, which can lead to erosion. When possible, try to stay on durable surfaces and off vegetation.

Hand Hygiene

All instructors and participants must carry either 70% alcohol-based hand sanitizer or biodegradable hand soap with them at all times. Everyone in the group must wash/sanitize their hands at the trailhead before departing on the hike and upon returning to the trailhead, prior to entering their vehicles.

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Bathroom Breaks

Participants and instructors should refrain from using public restrooms. All individuals should dispose of all waste using a wag bag and pack out all toilet paper. Be sure to wash your hands or use hand sanitizer after every bathroom break.

Wilderness First Aid (WFA)

All individuals should practice Body Substance Isolation (BSI) when providing medical care. In order to practice BSI, all instructors must carry the following Personal Protective Equipment (PPE):

- Nitrile/Latex Gloves
- Face mask
- Eye protection
- Plastic resealable bag (to discard used/contaminated PPE)

Instructors must be sure to use the appropriate PPE before they administer WFA to a class participant. CPR is a high-risk environment for COVID-19 exposure, and rescuer safety is a legitimate factor in deciding not to attempt CPR. Compression-only CPR is a legitimate choice in this circumstance if a suitable airway mask is not available. If a mask is used, it should have a one-way valve and a filter. Please refer to Appendix V for additional resources from the American Heart Association's CPR rationale.

If a participant appears symptomatic and/or reports symptoms associated with COVID-19 while on the CMC outing, he or she will be immediately evacuated from the class location. The instructor will immediately end the class and the group will return to the trailhead while maintaining social distancing, mask wearing, and hand hygiene protocols. Refer to Appendix II, III, and IV for a full list of symptoms and key identifying factors for COVID-19.

If a participant appears symptomatic and/or reports symptoms associated with COVID-19 within 14 days after the CMC outing, the person must notify the school instructor. The school instructor will then notify all participants of potential exposure.

Appendix

Appendix I: CMC Requirements vs. Recommendations

Protocol	Requirement	Recommendation
All participants sign liability waiver	<input checked="" type="checkbox"/>	
Temperature & symptom check prior to class	<input checked="" type="checkbox"/>	
Face mask worn at all times	<input checked="" type="checkbox"/>	
Practice hand hygiene	<input checked="" type="checkbox"/>	
No carpooling		<input checked="" type="checkbox"/>
Maintain a social distance of at least 6 feet	<input checked="" type="checkbox"/>	
Location is <10 miles from the households of all instructors and participants	<input checked="" type="checkbox"/>	
<8 participants, including the school instructor(s)	<input checked="" type="checkbox"/>	
Schedule trip for weekdays, early mornings, or late evenings		<input checked="" type="checkbox"/>
Choose activities that are lower risk		<input checked="" type="checkbox"/>
Class reviewed and approved by Education Department	<input checked="" type="checkbox"/>	
Wilderness First Aid 1. <i>No Rescue Breaths as part of CPR</i> 2. <i>Identify nearest hospitals prior to trip</i> 3. <i>Proper PPE</i>	<input checked="" type="checkbox"/>	
Participants notify instructor if symptoms arise post-class, and instructor notifies the group	<input checked="" type="checkbox"/>	
Do not use public bathrooms		<input checked="" type="checkbox"/>

Appendix II: CDC Symptoms

According to the Center for Disease Control (CDC), 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:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

This list is not all inclusive. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Appendix III: CDC High Risk Categories

According to the Center for Disease Control (CDC), those at high-risk for severe illness from COVID-19 are:

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
 - People with chronic lung disease or moderate to severe asthma
 - People who have serious heart conditions
 - People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
 - People with severe obesity (body mass index [BMI] of 40 or higher)
 - People with diabetes
 - People with chronic kidney disease undergoing dialysis
 - People with liver disease

Source: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>

Appendix IV: Definitions of Fever from CDC

To assist medical and non-medical staff in identifying ill persons, CDC provides the following signs and symptoms that might indicate communicable diseases.

Fever

- CDC considers a person to have a fever when he or she has a measured temperature of at least 100.4 °F [38 °C].
- Fever may be considered to be present if a person has not had a temperature measurement but

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- feels warm to the touch, or
- gives a history of feeling feverish.

Note: Even though measured temperature is the preferred and most accurate method to determine fever, it is not always possible to do this. In certain situations, other methods of detecting a possible fever should be considered:

- self-reported history of feeling feverish when a thermometer is not available or the ill person has taken medication that would lower the measured temperature.
- appearance of a flushed face, glassy eyes, or chills if it is not feasible to touch the person or if the person does not report feeling feverish.

Source: <https://www.cdc.gov/quarantine/maritime/definitions-signs-symptoms-conditions-ill-travelers.html>

Appendix V: Additional Resources

CMC Liability Waiver	https://waiver.smartwaiver.com/w/5ad11e69247c3/web/
Public Health Orders by County	http://ccionline.org/health-and-human-services/public-health-orders/
Parks & Open Space Closures	https://trails.colorado.gov/
Federal, State and Tribal Outdoor Recreation COVID-19 Resources	https://drive.google.com/file/d/1XnZbk4rsF4GmnVwtCygbyV4cvQ0O-ZUg/view
Find a Hospital	https://cha.com/colorado-hospitals/find-a-hospital/
CDC Face Mask Recommendations	https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-faq.html
Consideration for CPR	https://cpr.heart.org/-/media/cpr-files/resources/covid-19-resources-for-cpr-training/english/kj1424_covid19_and_cpr_public_200408_a_c.pdf?la=en
Visitor Use Monitoring Apps	Lot Spot: https://lotspot.co/ AllTrails: https://www.alltrails.com/ Strava Heatmap: https://www.strava.com/heatmap Google Maps: https://www.google.com/maps