**Guide Checklist**

(During the Camp)

AM Meeting with group:

* Make sure everyone is abiding to the 2 metre distancing rule before you start.
* Usual blurb about the camp and safety and add the following:
  + Need to be 2 metres spacing at all times
  + Anytime that this can’t happen, a mask and eye protection must be worn
  + Demonstrate how to properly apply, remove and store a mask (instructions on back side of this page).
  + Everyone should have their own masks and hand sani
  + When using hand sani make sure you get 100% coverage of hands and rub together for 20 seconds.
  + If you need to cough/sneeze do so in your arm and hand sani after
  + Hand sani before and after touching any gear
  + Wear full-finger belay gloves when belaying
  + No shaking hands, high-fives or fist bumps
  + Avoid touching face
* Waiver has changed so please read over carefully and sign with a pen (black or blue ink only) that the participant should supply.
* Must also sign a new form: Declaration of no international travel within 14 days and no symptoms of COVID. If these are not signed, they cannot come on the course.
* Remind people that it is their responsibility to follow the regulations (If not, they might be asked to leave the course).
* Get people to grab waiver one at a time and then put back in box which we will not touch for three days.

During the camp:

* Make sure hand sani is always available
* Monitor and remind people of social distancing, no face touching (all the things mentioned above)
* Encourage lots of hand sani
* Make sure people are tidy with their gear and sharing the least amount possible
* If passing other groups on the trail make sure there is 2 metres or put on masks
* Make sure guests aren’t sharing food
* Avoid locations where people can’t be more than 2 metres apart
* Have extra masks (15) available in case some are forgotten, lost or saturated
* Have full face shield with first aid supplies in the event that someone is injured and requires evacuation from a third party rescue operation.

End of day

* Remind participants that they can’t carpool.
* Tell participants that they should minimize their contact with others between days of the course and think about the safety of everyone.

**Mask Training**

**How to put on a non-medical mask or face covering**

1. Ensure the face covering is clean and dry.
2. Wash your hands with warm water and soap for at least 20 seconds before touching the mask.
   * If none is available, use hand sanitizer with a minimum 60% alcohol base and rub hands for 20 seconds.
3. Ensure your hair is away from your face.
4. Place the face covering over your nose and mouth and secure to your head or ears with its ties or elastics.
   * Adjust if needed to ensure nose and mouth are fully covered.
   * The mask should fit snugly to the cheeks and there should not be any gaps.
5. Repeat Step 2.

While wearing a non-medical mask or face covering, it is important to avoid touching your face. If you do touch your mask or face, you should immediately wash your hands with warm water and soap for at least 20 seconds. You can also use hand sanitizer with a minimum 60% alcohol base and rub hands together for 20 seconds.

**How to remove a non-medical mask or face covering**

1. Wash your hands with warm water and soap for at least 20 seconds.
   * If none is available, use hand sanitizer with a minimum 60% alcohol base.
2. Remove the face covering by un-tying it or removing the loops from your ears.
   * Avoid touching the front of the mask when removing it.
   * It can be placed in a plastic bag temporarily if you are not at home.
     + Make sure you close or zip seal the bag while storing it.
3. After removing the face covering, repeat Step 1.

Non-medical face masks or face coverings **should**:

* allow for easy breathing
* fit securely to the head with ties or ear loops
* maintain their shape after washing and drying
* be changed as soon as possible if damp or dirty
* be comfortable and not require frequent adjustment
* be made of at least 2 layers of tightly woven material fabric (such as cotton or linen)
* be large enough to completely and comfortably cover the nose and mouth without gaping