

COVID-19 Disclosure & Practices - Please Read

The ongoing COVID-19 pandemic situation raises questions and concerns about health and risk management while participating in river and technical rescue instruction. We intend this document to inform you about how we are managing those risks, what you can expect from us, and how we expect everyone to work together, so that you can make an informed personal decision about participation. These practices are based on industry standards and will continue to evolve.

Close physical proximity and contact is an inherent component of river instruction and rescue. We closely interact with each other when our physical distancing is limited while, for example, on a raft, teaching knots, or practicing an in-water rescue. It is in the nature of things that we will share the same gear over the course of a day, such as throwing and receiving throwbags, sharing other rescue gear such as pulleys, and taking the oars and captains seat many times throughout the day.

While CRI has always modeled and taught Expedition Mentality, such as hand washing before lunch and other general safe practices, we have recently implemented additional strategies to further minimize the risk of a working atmosphere that includes physical proximity. However, we cannot eliminate that risk.

People who are at higher risk for severe illness from COVID-19 as defined by the Centers for Disease Control (CDC) should carefully consider, in conjunction with their health care provider, whether to attend a river or similar instruction course at this time.

CRI will be abiding by the following protocols to help ensure the safety of our clients and staff by helping to reduce the spread of disease in our environment.

All participants and staff are expected to fully participate in these protocols.

Strategies for Success: Some ideas and examples for planning for success

- Avoid communal shuttles - Plan to drive your own vehicle to and from the river where appropriate
- Bring and use your own pen
- Keep your own small bottle of hand sanitizer handy and use it frequently
- Bring your own folding camp chair to help facilitate moving classroom modules outside when appropriate
- Use your own personal river gear (pfd, helmet, rescue gear etc.) if you have it
- Please take steps to limit your exposure for 14 days prior to and while traveling to your course

Screening: We will monitor and assess all participants daily. You will be expected to check in each morning by signing a daily roster attesting that you are symptom free and have your temperature checked. This will aid in contact tracing efforts should the need arise.

If you have any of the following, you should not attend class:

- Cough, shortness of breath or difficulty breathing, fever, chills, headache, fatigue, nasal congestion or sneezing (different than pre-existing allergies), abdominal discomfort (nausea/diarrhea), muscle pain, sore throat, new loss of taste or smell
- A temperature of over 100.4F/38C
- In the past 14 days, have been in close contact with someone suspected or confirmed as having COVID-19

Hygiene: We will provide the resources to practice heightened classroom hygiene. You will be expected to:

- Wash or sanitize your hands after interactions with others and/or entering or leaving group settings
- Avoid touching your eyes, nose, and mouth
- Cover your mouth with a tissue or your arm if you sneeze or cough
- Wipe down surfaces and equipment after use, using the provided cleaning materials

Personal Protective Equipment: Please bring a minimum of two masks. You will be given guidance on when mask use is required. Assume this will be at all times in the indoor classroom and when physical distancing is not feasible in an outdoor setting. You are encouraged to change or wash your mask daily. CRI will provide supplementary disposable paper masks should you need one.

Distancing: When feasible, physical distancing will be practiced.

- Please maintain a respectful six feet of distancing
- Please “speak up” to overcome the communication barriers created by masks and distance, especially when outside next to a river and ask your instructor and fellow students to do the same

Culture: We believe in the value of “Expedition Mentality,” of training people to help others, and in supporting the best public health practices. Please help in this endeavor:

- Model your commitment to a healthy environment by supporting these practices
- Help others remember and adapt to these new practices

- Stay home if you feel sick or the instructor asks you to leave class based on screening

If you become ill during your course or your instructor asks you not to attend class based on screening, you should seek medical advice. Based on the medical advice you receive you may or may not be able to continue with your course. CRI will make every effort to facilitate a credit, refund, or make arrangements to finish the course at a later time.

If a student tests positive for COVID-19 during your course, CRI will work directly with the public health authority to assure all participants receive appropriate guidance and medical advice. If CRI cancels the remainder of the course, we will make every effort to facilitate a credit, refund, or make arrangements to finish the course at a later time. CRI is not responsible for expenses related to a positive diagnosis on a course.

CRI reserves the right to cancel any course based on changing information or restrictions that affect our ability to operate at a given location or time. We will notify students as soon as possible if this occurs.

All students and instructors are expected to adhere to the above practices and refusal to comply is grounds for dismissal from a course with no tuition refund. These practices are designed to reduce the risk of illness for all participants and would be expected in any similar setting.

COVID-19, the disease caused by coronavirus (SARS-CoV-2), is a new risk for everyone and, like other risks inherent in whitewater, cannot be eliminated. However, as with the risks associated with whitewater, it can be reduced. If we all work together and abide by these social health norms, though sometimes tedious, we will go far in reducing that risk to ourselves, our group and our community.

Please contact CRI if you have any questions or concerns.

info@canyonriverinstruction.com

719-398-8110