

COVID-19 Information & Sanitation Pledge

We would like to inform you of the steps that we will be taking to minimize the risk of contracting COVID-19 during your upcoming trip. Our goal is to take reasonable precautions that allow you enjoy your time on the river.

1. INHERENT RISK

There is an inherent risk of contracting COVID-19 from this trip due to the fact that you will be traveling, living, and interacting with others outside of your home. While there is no way to *eliminate* this risk on the trip, everyone will be working together to *mitigate* this risk. We ask that you and your party also adhere to the following to the very best of your ability to help ensure a fun, healthy, and smooth trip.

2. HIGH RISK INDIVIDUALS

If you are in a “high risk” category for developing more serious complications from COVID-19 we **recommend that you do not join the trip**. High risk individuals include the following, but are not limited to anyone:

- a. Over 65 years of age
- b. Chronic Lung Disease or moderate to severe asthma
- c. Severely Obese (BMI of 40 or higher)
- d. Diabetes, chronic kidney disease, or undergoing dialysis
- e. Liver disease
- f. Other immunocompromised individuals (HIV, undergoing cancer treatment, or other underlying medical conditions)

If you are in a “high risk” category and would still like to join the trip please contact our office.

3. BEFORE YOUR TRIP

Please maintain World Health Organization social distancing guidelines and isolation practices when available and to the best of your ability 14 days before the trip.

If possible, send us confirmation of a negative COVID-19 test within two days of the trip. If you are unable to get a COVID-19 test **we ask that all participants take their body temperature each day for the 4 days prior to your trip**.

If you have experienced symptoms or been diagnosed with COVID-19 within the last 30 days, disclose that fact and the date on which you were notified that you were no longer contagious.

COVID-19 symptoms include:

1. A *new fever* of 100.4° F or higher
2. Developed a *new cough* that cannot be attributed to another health condition
3. Developed *shortness of breath* that cannot be attributed to another health condition
4. Developed a *new sore throat* that cannot be attributed to another health condition
5. Experienced *muscle aches* that cannot be attributed to another health condition, or that may not have been caused by a specific activity such as physical exercise.

4. DURING THE TRIP

While on the trip, both guides and participants will maintain good hygiene and hand washing practices, monitoring their health. This includes covering coughs and sneezes as well as practicing social distancing guidelines.

1. Boat assignments will be based on maximizing social distancing between individuals and groups.
2. We ask that all participants take their temperature each day during the trip and report to the guides if they have a fever of 100.4° F or higher, as well as any symptoms of COVID-19 (outlined above). **If possible, please bring your own thermometer** to minimize contact, though NWRC will also bring a touchless thermometer that will be available to take your temperature on the trip.
3. Guides will cook with a face covering and wash their hands frequently, please respect their space in the kitchen. The guides will serve your food and do your dishes.
4. **Please bring a face covering of your own**, especially if you are going to participate in a take-out shuttle. If one of your party shows positive symptoms of COVID-19, they will be immediately isolated from the trip and possibly evacuated for further testing. Please respect their space.
5. Staying hydrated is incredibly important on a summer trip. Don't forget that everyone needs a large water bottle and guides are happy to refill it anytime during the day.
6. Personal drinks are also welcome. If you would like to bring your own beverage of choice, please bring a cooler to store them. Your guides will be happy to find a place for the cooler on the boats.

6. AFTER THE TRIP

Please continue social distancing measures after your trip. If you or a member of your party tests positive for COVID-19 within 14 days of the trip ending, please let the office know immediately so they can properly inform the guides and other guests on the trip.

7. TRANSPORTATION

Transportation to and from the river has been identified as a potential way that COVID-19 can be spread among trip members. We will provide extra space in vehicles and ask that you wear a mask during transportation.

In order to minimize risk, we urge you to use your own vehicle for transportation. On the Rogue River you can set up a car shuttle with Galice and on the Middle Fork of the Salmon we can help you arrange your car shuttle through our friends at River Shuttles.

8. GUIDE AND GUEST SANITATION OATH

We call this the "Sanitation Oath" and have summarized what we discussed above. Please respond to this email with confirmation that you have read and will abide by our COVID-19 policies before, during, and after a trip.

1. I have been practicing The World Health Organization's social distancing guidelines
2. I am prepared to continue practicing social distancing guidelines on the trip
3. I will wash my hands frequently
4. I will cover my sneezes and coughs and wash my hands after
5. I will respect the guidelines for communal food set in place
6. I will tell a guide immediately if I start to feel any signs or symptoms associated with COVID-19

I have read this document and agree to the "sanitation oath."

_____ (Name) _____ (Date)