

Covid security for Expeditions in the coming months as guidance stands at 13/7/2020

Planning –

1. Risk Assessment
2. Health and Safety Advice
3. Organising small group (team) sizes – ideally no more than 5 participants.
4. Organising how to maintain space and reduce:
 - direct transmission (eg when in close contact with those sneezing & coughing)
 - indirect transmission (via touching contaminated surfaces)

Communication:-

- No one to take part who is
 - o displaying symptoms (usually new persistent coughing and fever, loss of sense of taste/smell)
 - o from a family where someone is displaying symptoms
 - o from a family where someone is shielded.
- Insist upon payment by BACs
- Ask that only one parent brings/collects the young person to/from the event
- Ask parents not to stay and chat to encourage social distancing and minimal contact with others
- Be clear beforehand who their team leader is and therefore who to go to upon arrival.
- Ask all participants to stay with their team and to aim to work with their designated team leader
- Participant Kit list includes hand sanitiser, soap, steri wipes or gel and a "buff" or scarf to use as a face mask when having a face to face conversation less than 2m apart.
- Emphasise that there is to be no sharing of equipment, food, drink, first aid supplies

Before:-

- Ensure that there is quarantine time for the equipment between each event. Currently 72 hours for hard surfaces (tent poles for example and 48 hours for soft surfaces such as rucksacks).

Travel:-

- Staff use their own transport
- One Emergency people carrier with emergency/support equipment to every 3 teams out.
- Vehicles and the equipment therein should only be accessed by the designated driver and one other person – sterilise hands before going into the vehicle.
- Parents bring and collect participants from the event
- Parents must be immediately available to collect if someone becomes ill
- Keep all events local. Golds can temporarily complete in local countryside

Arrival:-

- Participants immediately join their own team and their own leader.
- Participants stay within their own "bubble" of max 4 others and one leader.
- Pre briefing includes reminders about COVID hygiene practices
- Frequently wash/sanitise hands;
 - o before and after
 - eating;
 - using the bathroom/toilet
 - using any shared team equipment
 - o after sneezing/coughing
- Remember to keep hands away from face (eyes, mouth and nose)
- Catch it, bin it, and kill it. Use elbow sneezing technique!
- Use the mask whenever closer than the advised social distance and especially when having to consult with a peer or a leader
- Reminder to be team and self-aware about feeling ill and saying to the leader!

On the move:-

- Participants issued with own compasses and maps, not to be borrowed or shared

- Social distancing to be maintained where possible. If closer than current distance other mitigation measures must be in place eg mask (we are outside)
- No sharing or borrowing of equipment including first aid from home
- Wear disposable gloves to access and use the group first aid kit
- Use steri wipes after opening gates, where other walkers may have used the same latch
- Storm shelters – wear masks

Eating:-

- No sharing or borrowing of food, drink, sweets, utensils, cups etc
- At Lunch or checkpoints – stay 2m apart where facing each other
- Dinner:
 - o Individual stoves to avoid group cooking closer than 2 metres between people
 - o Position stoves to avoid accidents to the person and equipment
 - o Boil in the bag meals desirable as they create the least fuss possible

Camping (when we go back to staying out overnight):-

- Sites to be as private as possible
- A tent per person (extra being prepositioned at camp)
- Social distancing to be maintained where possible. If closer than current distance other mitigation measures must be in place eg mask (we are outside)
- No sharing or borrowing of equipment
- Hand sanitiser dispensers with each team (they have their own steri gel as well)
- Toilets to have hand sanitiser. Wipes in the cubicle to wipe loo handle.
- Rubbish collected by team leader (wearing disposable gloves) directly from the person who brought it!

If someone becomes unwell:-

with a new, continuous cough or a high temp, or has a loss of, or change in, their normal sense of taste or smell they must be sent home and advised to follow '[stay at home: guidance for households with possible or confirmed coronavirus \(COVID-19\) infection](#)', which sets out that they must

- self-isolate for at least 7 days and should [arrange to have a test](#)
- other members of their household (including any siblings) should self-isolate for 14 days from when the symptomatic person first had symptoms.

If there is time to await collection, move them to an area which is at least 2 metres away from other people. If the group is moving, transport in emergency vehicle to pick up point agreed with parent/carer. Ask the unwell person to wear their mask and disposable gloves before sitting in the furthest row back of the emergency vehicle. Vehicle windows open. If a distance of 2 metres **cannot** be maintained a mask must also be worn by staff carer or driver. Wipe down the inside of the vehicle after collection.

If a bathroom has to be used, clean and disinfect immediately afterwards.

In an emergency, call 999 if someone is seriously ill or injured or their life is at risk. Anyone with coronavirus (COVID-19) symptoms should not visit the GP, pharmacy, urgent care centre or a hospital.

Members of staff who have helped someone with symptoms and anyone who has been in close contact with them do not need to go home to self-isolate unless they develop symptoms themselves (in which case, they should arrange a test) or if the symptomatic person subsequently tests positive (see below) or they have been requested to do so by NHS Test and Trace.

Everyone must wash their hands thoroughly for 20 secs with soap and water or use hand sanitiser after contact with unwell person. The area around the person with symptoms must be cleaned after they have left to reduce risk of passing on infection. See the [COVID-19: cleaning of non-healthcare settings guidance](#).

Public Health England is clear that routinely taking the temperature of pupils is not recommended as this is an unreliable method for identifying coronavirus (COVID-19).