



OREGON RIVER EXPERIENCES COVID-19 GENERAL MITIGATION PLAN

Specific plans will vary river to river

Updated: March 2, 2021.

TRIP & PARTICIPANT RISK ASSESSMENT:

Based on reported rates of infection, COVID-19 appears to be highly contagious, with some evidence that pre-symptomatic people are able to pass the virus before knowing they are sick. There is also a percentage of cases confirmed in people who are asymptomatic.

Due to the risk of the COVID-19 virus we will be implementing a series of measures to reduce possible exposure pre trip, during and post trip. We are following the guidelines set fourth by a variety of resources including state/local officials, CDC, WHO and outfitting/outdoor industry associations.

To begin, we note that adventure travel outfitters, and our guests who sign up for a trip with us, may have a higher tolerance for risk than the general public. Running wild rivers or hiking on remote trails means purposefully taking part in an activity that can result in serious injury or death. These are our inherent risks, and we pursue these untamed places because of the thrilling rewards that these activities provide.

You as an individual & group will have to make the decision to what risk you find acceptable in order to participate in a O.R.E. trip. Below you will find specifics about trip operations and our mitigation. In addition, we advise that people at higher risk for severe illness from COVID-19 should consider the risks involved if they are not vaccinated. High risk individuals include, but are not limited to, people with the following conditions:

- Over 65 years of age
- Chronic lung disease or moderate to severe asthma
- Severely obese
- Diabetes, chronic kidney disease, or undergoing dialysis
- Liver disease
- Other immunocompromised individuals (HIV, undergoing cancer treatment, or other underlying medical conditions)

GENERAL TRIP EXPECTATIONS

We expect all guides, staff, and guests to be familiar with and follow the guidance provided by state and local authorities for mitigating the spread of COVID-19. Leading up to your trip, it is critical that you exercise extra caution to reduce your risk of exposure to anyone who could be infected with COVID-19 and that you monitor yourself and your family for any symptoms. If you are sick, be conservative in your approach. Think of the greater community. The wilderness is a harsh place to feel sick, let alone being sick with a potentially life-threatening disease. Prudent measures are necessary to minimize risks to everyone. Additionally, we expect the following:

- Inform us of any COVID-19 symptoms you/your family experience before, during, or after your trip or if you have tested positive for COVID-19
- All guests must supply their own hand sanitizer and reusable/washable face coverings (minimum of two) such as a bandana, cloth mask, or neck gaiter. A clean face covering should be used each day of your trip; masks may be reused if they are washed
- A temperature check and review of screening questions will be required, upon meeting for your multiday trip for all participants.
- Whenever possible, maintain a physical distance of at least six feet from O.R.E. staff and other people who are not part of your household or with whom you did not travel to the meeting place for your trip (your travel unit)
- Generally, when at least six feet of distance isn't possible, a properly-worn face covering will be required, including at the pre-trip meeting, in vehicles, in food lines and when walking in the group communal area
- Travel units will travel together in vehicles and boats with generally no more than one or two travel units per boat (one travel unit per inflatable kayak) with limited mobility between rafts, inflatable kayaks, and SUPs during the day.
- Paddles will be assigned to guests or sanitized between uses
- Personal gear will be assigned for the whole trip, clearly marked and distinguishable from others (PFD, helmet, dry bags, tent, sleep kit, sleeping pad, etc.)
- Group games that involve close contact and touching of a common object will be restricted
- Frequent & thorough hygiene practices like hand washing and reducing or eliminating shared items
- No handshakes, high fives, fist bumps, or hugging with anyone outside your travel unit
- Parents are responsible for ensuring their children adhere to physical distancing and all other mitigation procedures while on the trip
- SAFETY EXCEPTION: All social distancing and sanitation guidelines are a secondary consideration when actions are required to protect a guide or guest from incident or injury

GUEST SCREENING

14-30 days before the start of the trip, you will receive a reminder email with information on how to prepare for your trip, including monitoring for symptoms, and what to expect when you arrive.

Four to five days before arrival of your trip, we ask that you complete the self screening below:

1. Have you, or anyone under your reservation, recently (within the last 14 days) experienced any of the following symptoms?
 - a. Had a new fever (100.4 °F or higher, or a sense of having a fever)?
 - b. Developed a new cough that you cannot attribute to another health condition?
 - c. Developed shortness of breath that you cannot attribute to another health condition?
 - d. Developed a new sore throat that you cannot attribute to another health condition?
 - e. Experienced muscle aches that you cannot attribute to another health condition, or that may have been caused by a specific activity (such as physical exercise)?
 - f. Experienced a loss of taste or smell?
 - g. Any other symptoms you cannot attribute to another health condition?
2. Within the last 14 days, has anyone under your reservation been in contact with an individual who has been ill with flu-like symptoms, respiratory complaints or fever, or who you know has tested positive for COVID-19? *Exception details listed below.
3. Has anyone under your reservation been diagnosed with COVID-19? If “yes”, please enter their name and the date this individual was notified that they were no longer contagious with COVID-19.
4. Within the last 30 days, has anyone under your reservation been tested for COVID-19? If yes, who, when, and what were the results?
5. Has anyone under your reservation been tested for COVID-19 antibodies? If yes, what were the results?

If you answer “yes” to questions 1 or 2, you will not be permitted to join the trip. Instead, we will provide full credit toward a future trip for you and any members of your travel unit who were living at the same physical address during any of the seven days prior to the trip and/or traveled in the same vehicle to the meeting location.

*Exception for a positive response to question two: frontline healthcare workers who are taking necessary precautions and can show proof of a negative test for COVID-19 within three days of their scheduled trip will be permitted to join as long as all other conditions are met.

The decision to allow a guest who previously tested positive for COVID-19 on a trip may be based on: the absence of symptoms for at least 10 days, a negative test and/or clearance from a physician stating that the guest is healthy and not contagious.

Screening While on Multi-Day Trips

Daily review of symptoms and questionnaire & temperature check if needed due to conditions.

GUESTS UPON ARRIVAL

- Please follow all posted signs and park accordingly
- Keep any personal items with you or stored in your vehicle
- When you get to the meeting area, please either wash your hands or use hand sanitizer, depending upon which has been provided
- Wear a face covering
- Practice physical distancing of at least six feet—no handshakes or hugs
- Staff will wear personal protective equipment (PPE) at check in
- You will be asked if anything has changed since completing the COVID-19 self symptom review 5 days prior to your arrival.
- A staff member will take the temperature of each person in your travel unit
- If temperature is 100.4 or higher and/or you answer “yes” to any questions, we will not allow you, or your immediate traveling party, to travel with us and will offer a credit toward a future trip
- Staff will advise you that your household/travel unit cannot stay for any time and to call the manager on duty for further information
 - The manager's contact information will be available for guests to use. This is to avoid in-person conversation with staff.
- All guests will be required to pass the COVID-19 symptom screening process before being able to join the meeting/safety talk

WEARING A FACE COVERING OR MASK

- All guests must supply their own hand sanitizer
- All guests must supply their own reusable/washable face coverings (minimum of two) such as a bandana, cloth mask, or neck gaiter.
 - A clean face covering should be used each day of your trip; masks may be reused if they are washed
- Wear a face covering or mask when physical distancing is not possible or when a distance of six feet cannot be maintained from others outside your travel party.
- Wearing a face covering or mask may be required in the following situations:
 - At the pre-trip meeting
 - When entering any building or traveling in a vehicle
 - While in flat-water sections between rapids in a paddle raft when six feet of physical distancing from other travel units can't be achieved
 - When approaching another group on the river/trail in the food line for breakfast, lunch, and dinner.
 - O.R.E. does not generally require a face covering when traveling in a boat in part due to the additional risk to a person's airway if they swim or get their face covering wet.

- However, face coverings should be accessible while on the river and may be required in flat-water sections while riding in a paddle raft with other travel units. In a paddle raft, and at times in other boats, physical distance of six feet may be compromised such as when high siding or pulling a swimmer from the water is required.

TRANSPORTATION

In general O.R.E. is having clients cars shuttled from our put in location to our take out location.

Some trips due to weather conditions may require clients to ride an a O.R.E. vehicle. In these cases O.R.E. will follow the below guidelines and require guests to do the following:

- All employees and guests will sanitize hands (or wash hands when possible) and put on a face covering prior to getting into any vehicle.
- A staff member will organize the group and load the vehicle from back to front
- Vehicles will be unloaded from front to back
- The number of people in vehicles will be reduced to accommodate physical distance between travel units
- Travel units need to stay together to create physical distance from other travel units
- Windows will be opened whenever possible
- The air conditioner/heater will not be used in recirculating mode
- Vehicles will be cleaned and sanitized after each time they are used to carry passengers

AT PUT IN/TRAILHEAD

- Wash hands upon arrival or use sanitizer after exiting vehicle
- Avoid physical contact with other visitors and groups

HAND WASHING ON THE RIVER

- In addition to convenient locations for two to three foot pump-operated hand wash stations at every camp, along with a heavy emphasis on their required use, we also bring a supply of hand sanitizer on every trip.
- The soap and water hand wash system will be set-up first when arriving in camp and will remain available for the duration of the stop.
- Hand wash water sourced from the river will be treated with bleach (or similar)
- Handwashing stations will be set up at the entrance to toilet facilities, near the kitchen area, and near the communal or group area (within 25 feet, or in the most convenient and obvious location).
- Each boat will be equipped with hand soap and/or hand sanitizer.

FOOD SERVICE PROTOCOLS ON THE RIVER

- When packing, preparing, or otherwise handling food or beverages, staff will wear face masks and gloves.

- At camp, no congregation will be allowed in the kitchen.
- All prepping surfaces will be disinfected with wipes or disinfectant spray pre and post prep. There will be special attention and enhanced efforts of sanitation during the food prep, while preparing food during a trip, and while serving guests.
- Guests will not be allowed to serve their own food.

IN CAMP/TRAVELLING ON THE RIVER PROCEDURES

- Individual groups will be assigned specific rafts and inflatable kayaks for the day. We will not allow switching from raft-to-raft or sharing kayaks unless this is done within a single covid bubble.
- Paddle rafts are limited to 4 guests (more is possible, especially with kids) in the first two rows of the raft. The third row will be left empty or used for a single person sitting kitty-corner from the guide. Oar rafts will run as usual with 2 or 3 guests riding up front.
- Rafts, kayaks and paddles will be cleaned/sanitized each day to allow groups to switch from one raft to another on a day-to-day basis.
- Stops for lunch, short hikes and other activities will also be conducted in such a manner that travel groups/bubbles will be kept together and separate from other groups.
 - Face coverings will be required if social distancing becomes problematic. This may be the case when landing or launching from small or congested sites.
- Guests will have the opportunity to select their tent sites and set up their own tents (tents are kept separate and are assigned on a group-by-group basis). We will ensure that camping groups are well-spaced.
- Individual travel groups will create separate sitting areas maintaining at least 6 feet of distance from other groups in the communal area.
- Filling water bottles will be done by the guides or at each covid bubble's designated water dispenser.

BATHROOM FACILITIES/PROCEDURES ON THE RIVER

- Each travel group will be given a personal bathroom kit, including TP.
- Increased sanitation at facilities includes disinfect spray and reduction of touching communal items.

TRIP GEAR CLEANING PROCEDURES

- Tents and sleeping pads will be sanitized and/or cycled out of use for 72 hours between trips
- Dry bags are washed and sanitized between trips
- Sleeping bags, sleeping bag liners, and pillow cases will be laundered after every trip
- PFDs, helmets, paddles, wetsuits, and splash jackets are to be washed and sanitized after each trip and hung to dry outside
- Boats will be washed at the boat ramp or at base of operation.

PATIENT CARE & MANAGEMENT FOR GUEST OR STAFF WITH POSITIVE SYMPTOMS

In the event of a guide/guest beginning to be symptomatic while on a trip:

- The symptomatic person will immediately be physically distanced (at least six feet) from others and required to wear a mask for the remainder of the trip
- Family members and friends who were traveling with the person who displayed positive symptoms will also be placed on a separate raft and required to wear a face covering
- Temperature and pulse oximeter (when available) testing will be increased to twice daily
- We will consult with local agencies on availability and justification for evacuation. If this is not feasible, they will be isolated from others for the remainder of the trip
- One liaison (guide or a family member/traveling companion) will be identified to interface with this person to provide care. That person will also be physically distanced from the rest of the group for the remainder of the trip.
 - While treating someone on the trip who is symptomatic, liaison will wear PPE:
 - Gown—either a painters suit or splash pants paired with a splash top
 - Goggles/face shield
 - N95 Mask
 - Gloves
- We will follow EMS/WFR protocols and provide appropriate medical treatment— monitoring temperature, oxygen saturation with pulse oximeter if available, and vital signs.
- Testing for COVID-19 will be performed at the earliest opportunity and O.R.E. will notify the appropriate agencies along with all crew and other travelers on the trip of the results. Confidentiality will be maintained by using generic terms to describe a “traveler” or “participant” who has a confirmed (negative or positive) test

TRIP COVID-19 PPE KIT

- Each trip will carry a COVID-19 PPE Kit, this kit contains resources to be used in an incident where there is someone showing signs and symptoms that can possibly be.

MANAGEMENT OF GUIDES WHO HAVE BEEN ON A TRIP WITH A SUSPECTED POSITIVE CASE

If a guide has been on a trip with a suspected or confirmed positive case, he or she will be asked to self isolate and will not be allowed back to work without a negative test result and following a 14-day quarantine period.

EMPLOYEE COMMUNICATION & EVALUATION

- We will inform all staff of this plan and re-evaluate and update as needed.
- All employees need to practice and commit to the best practices of hygiene. In cases where employees think or know they have been exposed to COVID-19, employees should contact their doctor or other medical professional immediately for guidance and avoid work and any public places. Employees are required to report to their

manager if they have been exposed or think they have been exposed to COVID-19, are experiencing symptoms, or have been diagnosed.

GENERAL WAREHOUSE GUIDELINES & ACTIONS

- Hands must be washed/sanitized upon entering the building, in between tasks, and following current CDC guidelines.
- Masks or face coverings will be worn in the warehouse unless working alone or within a travel unit on a task
- High-contact and frequently-used surfaces will be cleaned regularly
- Signage reminding employees and guests of expected practices and behavior will be frequently reviewed
- Employee training on these practices will be reviewed and updated as necessary

EMPLOYEE TRAINING

Information and training are at the heart of infectious disease planning and containment. Our goal is to ensure employee comprehension and understanding of how employees may be exposed to infectious disease, what their responsibilities are, and what protective measures they can take.

SCREENING EMPLOYEES

Every day, before work, each employee must pass a answer the same questions about symptoms as guests. This will be done verbally by a member of the management team or a Trip Leader; both participants will be wearing face coverings. If needed a temperature recording will be taken.

If an employee answers yes to any of the screening questions, the screener will immediately activate the response protocol for COVID-19.

SOCIAL RESPONSIBILITY & TRIP FOLLOW UP

Please be aware of your potential impacts on the small communities you may travel through on your trip. The same measures we take to minimize the spread of the novel coronavirus on our trips need to also take place while traveling. Physical distancing, using a face covering when you're close to others outside of your travel unit, avoiding crowded places like restaurants & bars, and not traveling at all if you have symptoms are important elements of this plan. We also recommend driving instead of flying if at all possible. An outbreak in a small community could end your river trip and work for our employees—but more importantly it could be devastating for that community.

Following the trip, guests will be asked to inform O.R.E. if they are experiencing symptoms indicative of COVID-19 for a 14-day period after the last day of the trip.