

Info for Participants:

- a) You are responsible for keeping yourself free of respiratory viruses by following the procedures described below, for the benefit of yourself and all others on this trip.
- b) You are required to be fully vaccinated for COVID, flu and RSV, including current boosters, prior to the trip departure. (Medical exemptions may be possible with letter from your doctor.)
- c) If you don't comply with the behaviors described below, it will impact your ability to join future Global Adventures.

On the trip:

- You are strongly encouraged to wear a mask, or during your trip to the starting place (in airport & on planes and other transit).
- Practice good hygiene (hand washing, etc.)
- Bring a minimum of 2 COVID tests and a supply of masks with you on the trip.
- If you have symptoms of the cold or flu, or have a fever, you must inform the trip leader and test for COVID.
 - a) If you test positive for COVID, you will need to work with your trip leader to arrange quarantine accommodations and move there. (You will be responsible for using the trip leader's list of quarantine options to make your own alternate bookings and arranging transport to get there.)
 - b) Once your symptoms have been improving for a full 24 hours and if you had a fever it has been gone for 24 hours (w/o use of fever-reducing symptoms), you are free to find a way to catch up the group and rejoin them, if you wear a mask except when eating.
 - c) For the next 5 days you will need to wear a mask.
 - d) These requirements are based on the latest CDC recommendations.
 - e) If you have symptoms but test negative for COVID, you need to practice excellent hygiene, avoid close contact with others, and wear a mask when in closed spaces with others until your symptoms subside significantly.

Global Adventure Leader's Responsibilities:

- Provide the information above to all applicants, and include it in the Trip Agreement (a box to check saying "I have read and agree to the Respiratory Virus Protocols and Requirements for this trip.")
- Prior to the trip, create a list of quarantine lodging options for each night, and carry a handout of this information to give to an ill participant.
- Review the above procedures and requirements in your pre-trip meeting.
- Pack a thermometer and COVID tests (which can be included in the budget)
- Frequently check in individually (privately) with participants on the status of their health
- Be proactive and require people to test if symptoms are evident.

- If participants violate the agreement they have signed, report it and any COVID cases to the Global Adventures Committee. It can affect the participants' ability to go on future Global Adventures.