**Policy to Manage the Risk of Contagious Illness on Global Adventures**

**Approved draft May 2024**

Principle: Because Global Adventures trips involve several people traveling in close quarters for up to two weeks or more at a time, and because many Global Adventures could include people who are of an age, or who have a medical condition, that makes them particularly vulnerable to exposure to a contagion from a fellow traveler, the illness of any one participant can quickly spread to other group members and spoil their adventure. For this reason, we believe that conservative practices by our leaders and group members are essential to minimize the chance of spreading a serious contagious illness to others on their trip.

* Participants and leader(s) must be fully COVID vaccinated to participate in the trip.  This includes the most recent boosters that the participant is eligible for. We also highly recommend that participants and leaders follow CDC guidance for other vaccinations to protect them (and therefore their fellow travelers) against any respiratory viruses.
* In addition, participants are expected to practice conservative virus-transmission behavior before and during transit to the trip including masking at airport and in planes and avoiding crowded indoor spaces whenever possible.
* All group members are expected to practice good hygiene by washing or sanitizing their hands often, and masking around others if they have a cough, runny nose or are sneezing.
* If anyone in the group begins to experience symptoms of a respiratory virus, including fever, chills, fatigue, cough, runny nose, and headache, or [common symptoms of covid](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) not on this list, in the week before the trip, they are expected to do a Covid self-test proactively  (this means participants need to carry self-tests), and to let the leader know about their symptoms so that they and the leader can make a decision about them coming on the trip.
* If you test positive for COVID-19, or if you test negative but still have respiratory virus symptoms (like a fever, chills, fatigue, cough, runny nose, and/or headache) that aren’t explained by another cause, the CDC [recommends](https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html) that you wear a high-quality, well-fitting mask, like an N95 mask, if you’re going to be in close quarters with others, and isolate from others as much as possible until you’ve been fever-free without the use of fever-reducing medication, and feeling better, for at least 24 hours. (This could include arranging separate transport, moving out of a shared hotel room or tent, or temporarily tripling-up another room with their roommate, at your expense). Even then, however, the CDC recommends that you “take added precaution” for another five days, like using masks, practicing physical distancing, and testing yourself when you’ll be around other people indoors.
* This policy will be included in the trip agreement that participants are required to read and agree upon at the time of registration.

Short Version to include in trip listings:

**Policy to Manage the Risk of Contagious Illness on Global Adventures**

Principle: Because illness of any one Global Adventure participant can quickly spread to other group members and spoil their adventure, so we request conservative practices by our leaders and group members to minimize the chance of spreading a serious contagious illness on a trip. Such conservative practices are:

* Up to date COVID vaccination required to participate in the trip.  (plus other vaccinations recommended by CDC for other respiratory viruses.
* Conservative virus-transmission behavior before and during transit to the trip including masking at airport and in planes and avoiding crowded indoor spaces whenever possible.
* Diligent handwashing and masking around others by anyone with a cough, runny nose or are sneezing.
* Proactive covid self testing If anyone in the group experiences symptoms of a respiratory virus (including covid) in the week before the trip or during the trip (this means participants need to carry self-tests).
* if positive covid-19 test OR serious contagious symptoms immediately before the trip, the person should consider delaying their arrival and/or joining the group (if possible) after they have been fever-free and feel better without medication for at least 24 hours.
* If positive covid test or any significant contagious symptoms during the trip, the participant will be asked to wear a mask, practice extra hygiene, and isolate from the rest of the group as much as possible until they have been fever-free and feeling better without medication for at least 24 hours (and continue to wear a mask, wash their hands often and maintain as much physical distance as possible for another 5 days).

EXTRA SHORT option for Trip Descriptions:

**Policy to Manage the Risk of Contagious Illness on Global Adventures**

Principle: Because illness of any one Global Adventure participant can quickly spread to other group members and spoil their adventure, so we request conservative practices including but not limited to:

* Up to date COVID vaccination & boosters are required to participate in the trip.
* Conservative virus-transmission prevention is expected during the week before and during transit to the trip including masking at airport and in planes and avoiding crowded indoor spaces.
* COVID self testing if anyone in the group experiences symptoms of a respiratory virus.
* A participant testing positive or with serious respiratory symptoms will be asked to wear a mask, practice extra hygiene, and isolate from the rest of the group as much as possible until their fever is gone without medications and their symptoms are mostly gone.
* Details are available here and participants must agree to them in the trip agreement.