



## Adventure Program Guidelines

This document outlines the protocol and strategies that Silver Lake Conference Center has put into place as we begin to return to our normal business operation. These guidelines are specific to Adventure Programs (field games, low ropes, high ropes) occurring on site at Silver Lake. This document does not cover other procedures currently in place at Silver Lake (i.e., cleaning, food service). If you would like to review those procedures, please email [slcc@silverlakect.org](mailto:slcc@silverlakect.org) for a copy.

Silver Lake will stay up to date and informed on the latest regulations and advisories as it relates to Covid-19 and how this affects our staff and participants in accordance with state and federal regulations and recommendations. Please review this document closely and call us if you have any questions or concerns. We look forward to assisting you with all aspects of your Adventure Program.

### Silver Lake Responsibilities

- Silver Lake will stay up to date and informed on the latest regulations and advisories as it relates to Covid-19 and how this affects staff and participants in accordance with state and federal regulations and recommendations.
- Silver Lake has provided training to our Adventure Program staff on mandatory health and safety requirements as provided by the State of Connecticut.
- Silver Lake will provide our Adventure Program staff with personal protective equipment (PPE) specific to Covid-19 mitigation.
- Silver Lake will designate one Adventure Program staff member as a Health Safety Officer to ensure Covid-19 protocol is being followed at the program site.
- Silver Lake will to the extent feasible and prior to the commencement of each work shift, pre-screen via a survey to verify each staff member has no symptoms of respiratory illness (fever, cough, and/or shortness of breath). We will require a daily personal temperature check.
- We reserve the right to ask any participant to leave the training if they are:
  - exhibiting COVID-19 symptoms.
  - not able or willing to follow Silver Lake Covid-19 protocol as outlined in this document.

## Silver Lake Facilitator/Staff Responsibilities

- Daily Health Screening
  - All staff working at Silver Lake will fill out a COVID-19 Health Screening Questionnaire prior to reporting to work each day to verify there are no symptoms present as outlined by the CDC. This includes a daily temperature check.
- Physical Distancing
  - Maintain 6 feet of distance between others.
  - No handshaking or physical greetings.
  - Please maintain physical distancing separation during breaks.
- Employee Hygiene
  - Wash hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer with at least 60% ethanol or 70% isopropanol.
  - Cover coughs or sneezes with a tissue, then throw the tissue in the trash and wash or sanitize hands, if no tissue is available then cough into your elbow.
  - Avoid touching eyes, nose, and mouth with your hands.
  - Wear a face covering over your nose and mouth when in the presence of others.
  - Facilitators may take off their facial covering in very select instances, such as when a participant is hearing impaired and reads lips to communicate. Safe physical distancing must be maintained.
- Equipment Cleaning Procedures
  - Clean and disinfect or quarantine personal tools, practice ropes, props, etc. prior to working with another group per current guidelines.

## Participant Responsibilities

As per CDC guidelines:

- Any participant who may be sick, or may have had contact with anyone who is sick, is to refrain from joining the program group. Please make sure you are showing no COVID-19 symptoms.
- Participants must:
  - cover their cough, or sneeze, with a tissue, then throw the tissue in the trash or cough/sneeze into your elbow crease.
  - wash their hands often with soap and water for at least 20 seconds, especially before and after going to the bathroom; eating; belaying; climbing; using shared props or equipment and blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% Ethanol or 70% Isopropanol. We may also ask you to wash or sanitize your hands before and after doing certain adventure activities during the program.
  - **have a personal bottle of hand sanitizer available at all times.**

- have available and wear properly a mask or other protective face covering. If participants have a medical condition that precludes the use of proper face covering, we suggest they use a face shield\* or sign up for a later date when the use of PPE is no longer needed. Please note that facial coverings with ties are not recommended as they pose a risk of strangulation, which may arise in some situations during the program. Those face coverings that secure behind the ears offer the least risk.
- avoid sharing germs by cleaning up after themselves. We do not feel others should be responsible for moving, unpacking, and packing up anyone else's personal belongings.
- We ask that your organization provide you or that you avail yourself an appropriate level of training specific to Covid-19 protocols along with the practice of wearing PPE prior to your arrival at Silver Lake. We will reinforce appropriate use of PPE and Covid-19 protocol but will not be providing that specific training, other than the adventure learning modifications.
- It is recommended that participants do not utilize gloves (particularly latex or nitrile) and instead clean and sanitize their hands between activities.

\*The use of clear facial shields is allowable, for those for whom wearing a mask poses a health risk, as long as they meet all of the health guidelines of the CDC. Face shields should extend below the chin, to the ears laterally, and there should be no exposed gap between the forehead and the shield's headpiece.

## **Adventure Programming/Training Strategies and Modifications**

- **Personal space and physical distancing:** Our strategies may include replacing people with weighted bags or other heavy objects, performing skills on one's own body instead of someone else, and use of visual and verbal confirmations as opposed to tactile checks. There may be times that physical distancing may not be possible (e.g. clipping participants to belay ropes, doing harness checks, spotting, etc.), so wearing face coverings and hand cleaning procedures will be paramount. Challenge by Choice will be the foundational method by which participants can make appropriate choices of participation based on their personal situations.
- **Silver Lake will set group size maximums and ratios:** Tools may include dividing participants into smaller teams, utilizing station-based work, and staggering arrival and departure times. We may reduce trainer to participant ratios to stay below 10 people or less in a group at a time, based on current CDC and state recommendations and requirements.
- **Adapting training and teaching methods:** We may change the curriculum to avoid elements and games/activities requiring contact, increase the use of visual aids or other media, and remaining outdoors as much as possible. This may change the essential nature of the program experience and look and feel different from other past program experiences you may have had with Silver Lake.
- **Low Elements:** Many low challenge course elements may be unsuitable for use due to

physical distancing requirements. Some may be able to be modified and utilized. Not all of these possibilities are known at this time.

- **High Elements:** A few high challenge course elements may be unsuitable for use due to physical distancing requirements. Others may be able to be modified and utilized to allow for physical distancing requirements. Not all of these possibilities are known at this time.
- **Belaying:** Facilitator belays may be the best answer to safe belaying while managing physical distancing protocol. Static belay elements may not be suitable for physical distancing. Not all of these possibilities are known at this time.
- **Harnesses:** We do not clean harnesses unless there are obvious bodily fluids. From all of the discussion about cleaning harnesses between participants, it appears to be impractical and perhaps hardly possible without damage to equipment, great expense, and exorbitant amounts of time. Harnesses will be quarantined for at least 24 hours and/or laid in the sun for at least 2 hours between groups.
- **Helmets:** Each participant will be given a helmet for their use. Helmets will not be shared and will be quarantined for at least 24 hours and/or laid in the sun for at least 2 hours between groups.
- **Props:** Participants will be required to sanitize their hands before and after touching props. Props will be quarantined for at least 24 hours, disinfected, or laid in the sun for at least 2 hours between groups. We may choose activities that do not use props in order to minimize the risk of contact transmission.