



## **BOEC COVID-19 General Mitigation Plan and Enrollment Guidelines**

The Breckenridge Outdoor Education Center (BOEC) would like to welcome you to your upcoming course. In effort to prepare and inform you and or your family member for their upcoming adventure, we are asking that you take the time to review this document in its entirety. This document includes essential requirements and details pertaining to how the BOEC is working to manage risks during the COVID-19 pandemic. We are committed to operating our facilities and programs in a manner that provides a safe place for all BOEC staff, participants, and volunteers.

The BOEC is constantly monitoring all federal, state and local regulations to assist us in determining how to operate our programs during the COVID-19 pandemic. As additional information becomes available through governmental agencies, medical authorities, academic institutions and professional industry associations, the policies and procedures will be updated. Staff and volunteers will be trained on policies and procedures as they evolve.

### **COVID-19 Risk Factors**

According to the Federal Government the high-risk factors include age (60+) and underlying health conditions, including cardiovascular or respiratory issues, severe obesity (body mass index [BMI] of 40 or higher), chronic kidney disease undergoing dialysis, liver disease, and those who are immunocompromised due to cancer treatment, smoking, bone marrow or organ transplantation, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications. Residing in a congregate care facility may compound existing individual risk factors.

In addition, while disability alone may not be related to a higher risk for contracting COVID-19 or having severe illness, individuals with limited mobility or who cannot avoid coming into close contact with others, those who have trouble practicing preventative measures such as hand washing and social distancing, and those who may not be able to communicate symptoms of illness may be at higher risk of becoming infected or having unrecognized illness.

BOEC reserves the right to screen all participants for eligibility in overnight programming. For those who are at higher risk for severe illness from COVID-19 as defined by the [Centers for Disease Control \(CDC\)](https://www.cdc.gov), please carefully consider, in conjunction with your healthcare provider, whether to attend a BOEC program at this time.



## **Expectations**

BOEC strenuously recommends that everyone take whatever COVID-19 vaccine is available to them prior to enrolling in a BOEC Wilderness Program.

- **In the event a participant has not been vaccinated for COVID-19, BOEC will require proof of a negative PCR COVID-19 test within four days prior to arrival at BOEC for any overnight or mobile programs that last more than 3 days.**

Leading up to your BOEC program 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 you and your family for any symptoms. If you are sick, or someone you have close contact with is sick, be conservative in your approach. Think of the greater community. If we are traveling into a wilderness setting, evacuation may take multiple days or may not even be an option.

*\*Do not travel to the BOEC if you have COVID-19 symptoms (cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, or new loss of taste or smell), have in the past 14 days been in close contact with someone suspected or confirmed as having COVID-19, or if you are confirmed or suspected as having COVID-19 in the past 14 days.*

## **Additionally, we expect the following**

- Anyone attending our programs must be able to properly wear an appropriate facial covering. Facial coverings must be worn over the nose and mouth whenever a participant is within six feet of another person, inside any building or vehicle, on the ropes course, or before or after launching boats as instructed by BOEC staff.
- Any student or approved assistant must pass a symptom and exposure screening at the entrance of any BOEC program facility.
  - **An approved assistant must show proof of vaccination, or proof of a negative PCR COVID-19 four days prior to arrival at BOEC.**
- Participants and their assistants will be expected to maintain a minimum 6-foot social distance from others whenever possible.
- Inform us of any COVID-19 symptoms you experience before, during, or after your program or if you have tested positive for COVID-19 within 14 days prior to your program or within 5 days after the final day of your BOEC program.
- All students must supply their own reusable/washable face coverings (minimum of two). A clean face covering should be used each day of your program; masks may be reused if they are washed. BOEC will have extra masks in case of necessity.



## **Before Your Program**

Take steps to limit your exposure to COVID-19 for 14 days prior to your program:

- Physical distancing.
- Frequent hand washing.
- Monitoring for COVID-19 symptoms.
- If you have not been vaccinated previously, arrange to take a PCR COVID-19 test four days before you begin travel for your course.

## **While Traveling to BOEC**

- Wash your hands often.
- Avoid touching your eyes, nose, and mouth.
- Keep six feet of distance from others.
- Wear a mask when in public.
- Carry and use sanitizing wipes to clean surfaces you come in contact with.
- Cover coughs and sneezes.
- Avoid dine-in restaurants.

## **During your program you can expect**

- All students will be required to pass the COVID-19 symptom screening process before being able to join your program.
- Daily Health Screenings.
- Face Coverings to be required whenever a physical distance of at least six feet is not possible. This includes indoor and outdoor spaces as well as in vehicles.
- Practice physical distancing of at least 6 feet whenever possible – no handshakes or hugs.
- Smaller group sizes and cohorts for activities.
- Personal gear will be assigned for the whole trip, clearly marked and distinguishable from others (PFD, helmet, dry bags, tent, sleep, sleeping pad, etc.).
- Strict Hygiene Standards, we will continually be cleaning and sanitizing high touch surfaces.
- Frequent handwashing and or sanitizing when hand washing is not available.
- Sleeping arrangements
  - No students will share a tent unless part of the same household. Individual tents will be provided.
  - Masks will not be required in tents.
  - Griffith room bunks will be separated head to toe with 6 feet separating students unless part of the same household.



- Masks will not be required while sleeping; anytime a student leaves their bed a mask will be worn.
- Old Cabin arrangements will be based on head to toe and 6-foot separation.

### **Food Service Protocols**

When packing, preparing, or otherwise handling food or beverages, staff will wear face masks and adhere to applicable local, state, and federal food handling requirements. No congregation will be allowed in the kitchen. All prepping surfaces will be disinfected with wipes or disinfectant spray pre and post prep. Students will not be allowed to serve their own meals.

### **Staff Training**

Staff training will include BOEC's regular policy and procedures on all activities as well as special training on COVID-19 guidelines. Those guidelines will then be taught to each student.

### **Patient Care & Management for Participant or Staff with Positive Symptoms Camping or on the River**

- 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 without question.
- Family members and friends who are within the household with the person who displayed positive symptoms will also be placed on a separate raft or away from other campers 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.
- Each mobile program 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 could possibly be COVID-19.
- One liaison (guide or a caregiver) 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.
- BOEC staff 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 BOEC will notify the appropriate agencies along with all staff and other participants on the program of the results. Confidentiality will be maintained by using generic terms to describe a "participant" who has a confirmed (negative or positive) test.



# Breckenridge Outdoor Education Center

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If you would like greater detail of our COVID mitigation plan please review our [BOEC Operations Manual](#) [COVID-19 Response Manual](#). Furthermore, we encourage you to contact our Wilderness office with any questions/concerns around eligibility or these guidelines. Our office number is 970-453-6422 or email our Admissions Director at: [claire@boec.org](mailto:claire@boec.org).