



PROJECT ADVENTURE, INC.

Frequently Asked Questions Related to Coronavirus – Draft 7/2/2020

This is a working draft prepared to assist PA staff and clients address issues related to the current pandemic. It is based on information provided by competent medical authorities and government agencies. Information about the virus is changing and evolving on an on-going basis. Adventure programs are strongly encouraged to seek the best available and up-to-date information from well recognized medical and scientific authorities recognizing that recommended practices will likely change over time. Project Adventure will continue to update our information based on the best available medical and scientific information.

1. What are the main recommended strategies for controlling the spread of Coronavirus?

- (i) **Screening** – The purpose of screening is to reduce the likelihood of having participants and staff come into contact with individuals who could be spreading the virus. A good screening program can reduce the risks of coronavirus exposure.
- (ii) **Distancing** – Maintaining a significant distance between participants whenever possible has been shown to be a highly effective way of reducing exposure to the virus. Studies have shown that the virus is transferred most efficiently when individuals who have the virus are in close proximity to others for extended periods of time (e.g. 15 minutes or more). If this contact also takes place in an enclosed area with poor air circulation the risk becomes higher. Maintaining at least 6 feet of physical distance between individuals and minimizing the amount time spent in close proximity have been shown to be very effective at reducing the risk.
- (iii) **Use of Masks** – Masks have been shown to be very effective in reducing exposure to the virus in those circumstances where maintaining at least 6 feet of physical distance is not possible.
- (iv) **Hygiene** – Hygiene includes personal hygiene such as hand washing as well as other cleaning and disinfecting strategies to help reduce the spread of the virus.
- (v) **Environment** – Where programming takes place is also an important consideration in mitigating the spread of the virus. Crowded indoor spaces with poor air circulation are known to be the least desirable spaces for any type of activity. Wherever possible, programs should plan as much programming as possible to take place outdoors. When indoor spaces must be used, large well-ventilated spaces with relatively smaller groups will be preferable.



Programs should understand that each of these strategies is important but will be most effective when used in concert. For example, you don't want to try protecting everyone by simply trying to clean and sanitize every piece of equipment used. Hygiene is very important but used alone it will not be as effective. Programs should work toward optimizing each of these important strategies with a properly balanced approach.

2. What are some good screening questions that can be used?

The following are examples of common screening questions that may be used. These are based on recommendations provided by qualified medical experts. Individual programs may require different screening questions based on their particular program and participant population and should consult with their own medical professionals to help ensure the screening protocols are appropriate for each specific program. A sample questionnaire would typically include the following types of questions:

In the interest of protecting the health and safety of all participants and staff members, please disclose if you have any indication of having been exposed to Covid-19 or whether you have experienced any symptoms associated with the Covid-19 virus.

Do you have a fever or above normal temperature?	Yes	No
Do you have a cough?	Yes	No
Have you experienced shortness of breath or trouble breathing?	Yes	No
Have you recently lost or had a reduction in your sense of smell or taste?	Yes	No
Have you tested positive for Covid-19?	Yes	No
Have you been tested for Covid-19 and are awaiting results?	Yes	No
Have you been in contact with someone who has tested positive for Covid-19 or has shown symptoms of Covid-19?	Yes	No

3. When should screening take place?

If possible, participants should be screened at least several days before a program and then screened again on the day of the program. Both initial and final screening can be done in person or remotely (i.e. by e-mail or phone). If there are no changes in the answers to the screening questions it may not be necessary to complete a new form – Programs should just confirm that the answers for each participant are still accurate (e.g. this could be the final question on the form including the date).



4. Who should complete the forms?

Adult participants. Minor children (under the age of 18) should have parents complete or approve the signed form. Program staff members may use the same form and screening criteria.

5. Should programs be using thermal scanning thermometers as part of their screening process?

While some medical establishments (e.g. dentist offices) are using thermometers as part of their screening process, most Adventure programs will likely not need to do this. Most adults should be able to determine if they have a fever because they will not feel well, and they can take their own temperature at home if they are uncertain. Similarly, most parents should be able to tell if their child has a fever. So, while fever is one of the important screening criteria, most program should be able to prescreen their participants without going to the extra step of actually taking everyone's temperature. There may be some exceptions such as residential camps where this added step may be helpful, so programs should consult with their own medical professionals. Also keep in mind that a participant can spread the virus before showing symptoms, so that even when thermal scans are used, they are not a foolproof way of detecting who might be contagious for the virus. Following the above strategies for control of the virus is much more effective at preventing its spread.

6. When and how should masks be used, and what type of masks are recommended?

Masks are best used in coordination with physical distancing. When participants can stay 6 or more feet apart, masks may not be required. When participants are closer than 6 feet, masks become an important strategy and should be used. Cloth masks are commonly made from two layers of tightly woven fabric. "Surgical" style face masks are also widely used and appropriate for program use. Programs that require masks should have masks available for participants and staff to supplement any that participants or staff bring with them. It is very important that masks cover the mouth and nose and are properly fitted. Cloth masks should be washed or otherwise sanitized on a regular basis, and not shared or reused by multiple people. Surgical style masks are usually designed to be discarded after use.

7. What should programs do if a participant cannot wear a mask?

This will depend on the program design. If the program design allows participants to maintain at least 6 feet of distance throughout the day, then not being able to wear a mask should not be a problem. However, if the program requires participants to be closer than 6 feet then it may not be possible for that person to participate. This would be a disqualifying pre-existing condition unless an appropriate accommodation could be found.



8. Should hand washing be encouraged to help prevent the spread of the virus?

Yes. Handwashing has been shown to help prevent the spread of many infections including coronavirus. Where possible, washing with warm water (e.g. around 90 -95 degrees F) and soap is best. Soap and water is still preferable even if warm water is not available. Outdoor washing stations are available to buy or rent, or programs can improvise (e.g. water coolers and liquid soap). The frequency will depend on the size and duration of the program as well as how often participants are handling props and equipment, but programs should encourage hand washing at least several times a day.

9. How about hand sanitizer?

The use of had sanitizer is also recommended and is particularly useful when hand washing is not available. Washing with soap and water should be your first preference but both strategies can be used together.

10. If coronavirus is principally spread as an airborne virus why is handwashing important?

This is because a person may pick up the virus on their hands and then touch their face (mouth, nose, or eyes) and become exposed. There's lots of data to support the importance of handwashing in helping to prevent the spread of disease.

11. What about gloves?

Gloves may seem like they could offer useful protection but they likely would only be of limited value for most Adventure programs. The problem with gloves is that they seem to offer protection but once they become contaminated, gloves are more difficult to clean than hands. Plus, they may give a false impression of safety. In medical settings, gloves must be properly put on and taken off, and are only good for a single use. Traditional uses of gloves (e.g. for belaying) may still be OK but programs should be aware that in most cases they will not provide an effective method of controlling the spread of the virus.

12. Where should groups eat lunch or other meals?

Outdoors is the best location if possible. If the outdoors is not an option larger indoor spaces with good ventilation and room for adequate spacing would be best. In general, maintaining 6 feet of social distance and not sharing serving or eating utensils is important. If serving food, pre-packed single-serving food is recommended; buffet or family-style meals are not recommended.