
School of Lost Borders

Part 1 - Pre-Program:

Information, Preparation, Travel, Upon Arrival
in the Wilderness.

Covid-19 Information

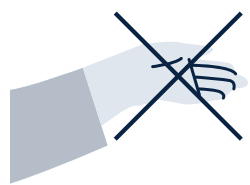
The following is based on the Center for Disease Controls guidelines and adapted to the unique situation of a wilderness gathering. We recognize that by coming together as a group, there is always the risk of COVID transmission. We have taken a harm reduction approach to minimize this risk as best as possible. We ask you to follow these guidelines with great care – for your own safety and the safety of the group.

Transmission Pathways



Most Common

People who are in close contact with one another (within 6 feet, some would say even farther is possible) can contract the virus via respiratory droplets that are produced when an infected person coughs, sneezes, talks or sings.



Less Common:

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

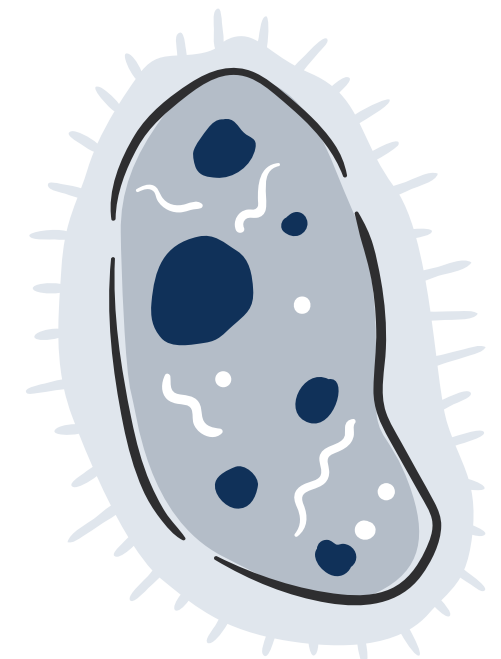


Indoor/Outdoor:

Evidence suggest that the risk of transmission is much greater in a poorly ventilated indoor space; the risk outside – especially with appropriate precautions – is much less. However, there is still risk – especially at close proximity.

Incubation period

The time from exposure to onset of symptoms – “the incubation period” – is thought to extend to 14 days, with a median time of 4-5 days. One study reported that 97.5% of persons with COVID-19 who develop symptoms will do so within 11.5 days of infection.



Presentation

The signs and symptoms of COVID-19 present at illness onset vary, but over the course of the disease, people with COVID-19 may experience the following (based on several studies):

- Fever (83–99%)
- Cough (59–82%)
- Fatigue (44–70%)
- Anorexia (40–84%)
- Shortness of breath (31–40%)
- Sputum production (28–33%)
- Myalgia (11–35%)



Others symptoms that have been reported include headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

Precautions before Coming to a Lost Borders Program

Beginning Two Weeks Prior to Program:



Please take extra special care to minimize any risk of exposure to COVID so you don't get ill while in the backcountry. This will also support the safety and well-being of the group.



Please monitor your health carefully and notice if you are feeling poorly in any way. If you don't have one, purchase a thermometer and monitor your temperature to establish a base line. We will ask you to bring a thermometer to the program with you.

Note: Being symptom free doesn't guarantee being virus free or not potentially infectious, since 25-40% of cases are asymptomatic or pre symptomatic, the screening is simply reducing (not eliminating) the risk of an infected person coming to the program.



If you have ready access to COVID testing in your community, consider getting tested during the very last days prior to the program.

Precautions while Travelling to the program



Car Travel:

Drive yourself:



Due to the risk of virus transmission while traveling, we ask you not carpool to the program. Rare exceptions will be made to people who have isolated together, for instance. Please speak to the guides if this is an extreme hardship so that individual solutions can be made.



Mindfulness while traveling:

While driving to our rendezvous spot, be mindful of using gloves, washing hands, and/or using hand sanitizer whenever you get gas or use a public bathroom. (Or just pee at the side of the road.)

Supplies:



Please do all your purchasing and stocking of supplies near your home prior to making the drive. This means creating a well-stocked kitchen, food supplies, cooler, and plastic food bin (no sharing unless two people are already a couple or roommates).

Protecting local communities:



Our basecamps are in areas where the local people have a very low incidence of COVID infection and limited healthcare resources to handle travelers who become ill when in the area. We ask that you do all that you can not to go to stores or restaurants in these small towns. In support of this, we will rendezvous outside of a nearby town, and travel directly to the backcountry site or, where possible, have you drive yourself directly to the program location.



Plane Travel:

Self-Quarantine:



Due to the high risk to Covid exposure inherent in flying, you will be required to self-quarantine upon arrival for a minimum of 10 days.

Location of Quarantine:



Your self-quarantine should not be done in a small town near our backcountry site, given the risk of bringing the virus to a small community that has had minimal exposure. Ask your guide for recommendations for your specific program location.

Key elements of a self-quarantine:

Leaving your home, Hotel room or campsite only when absolutely necessary. Having all your own food, cooking and bathroom supplies. Wearing a mask or face shield and social distancing if in public. Frequent hand washing or using a disinfectant.

Rental Car use after Plane Travel:

Once a person has arrived and gotten a rental car, please follow the driving guidelines above.

FOR MORE INFORMATION, VISIT THE C.D.C. WEBSITE:

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/PREVENT-GETTING-SICK/SOCIAL-DISTANCING.HTML](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html)

Expectations upon arrival in the wilderness

As guides, our number one priority is to keep participants safe during a program. During the current pandemic, this has become much more complicated, in part because the risk of illness and/or death varies greatly among different segments of the population. Some of our Lost Borders guides and participants fall into high risk categories due to age and/or chronic diseases and need more protection, while others are less vulnerable. Our protocol adapts accordingly to meet the needs of all group members.

At all School of Lost Borders programs, social distancing of 6 feet or greater will be required. If some guides or participants are in a higher risk group, face coverings will also be required. Please check with your guides for further details on the level of precaution for your particular program.

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Covid Packing List

Personal Items

- Thermometer
- Multiple face masks and/or face shield
- Personal hand sanitizer (at least 60% alcohol content) and/or disposable gloves
- Extra personal soap for handwashing

Personal Kitchen

- Stove and fuel (enough for the entirety of the trip)
- Cooler with ice (guides will discuss how ice can be replenished safely)
- Plastic food bin for dry goods (to protect from mice)

Basic kitchen cookware and utensils, ie:

- | | | |
|--------------|---------|---|
| • Pot | • Plate | • Cutting board |
| • Pan | • Bowl | • Dishwashing system
(soap, sponge, towel,
small bin for water) |
| • Spatula | • Cup | • Trash bags/trash
disposal system |
| • Serving | • Fork | |
| • Spoon | • Knife | |
| • Soup ladle | • Spoon | |

Stock up!

Please bring food for the duration of the trip, as we will not be going to town for resupplying.

Personal bathroom supplies sufficient for the entirety of the time are required and plenty of ziplock baggies for disposal of your own trash.

School of Lost Borders

Part 2 - During the Program:

Hygiene, Health Monitoring, Community,
Social Distancing Measures, Camp Kitchen &
Meals, Covid Packing List.

Social distancing etiquette



Put distance between yourself and other people

Please be aware of and respect varying levels of physical distancing needs of all group members. This is a hard one in a wilderness program. Consider replacing hugs with bowing, placing your hand over your heart, or other ways of showing a feeling of love and connection.

While in circle together

Seating will be spaced at six feet distance from your neighbor. There may be times when guides ask you to wear face coverings or face shields:

A great advantage of a face shield over a mask is that it will allow people to see each other while speaking – something so central to the School’s work. For certain sections of the program, like intentions or storytelling, if a face covering is necessary, we encourage people to use a face shield.

- Minimize eating while in circle, and drink mindfully.
- Do not pass anything around the circle. This might include a talking piece, food, drink, or anything else that might be shared.



Sharing in circle

Minimize eating in circle, and drink mindfully with mask or face shield being put back immediately. (See below for guidance when dining together.) Do not pass anything around the circle. This might include a talking piece, food, drink, or anything else that might be shared.



Clean your hands often

Wash your hands often with soap and water for at least 20 seconds, especially after you have had any worrisome contact. Bring hand sanitizer that contains at least 60% alcohol, in case soap and water are not readily available. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.

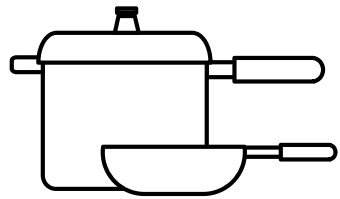


The main reason for wearing a mask or a face shield is to not put others at risk when you cough, sneeze, talk or sing. An added advantage is they will reduce the chance you’ll accidentally touch your face.



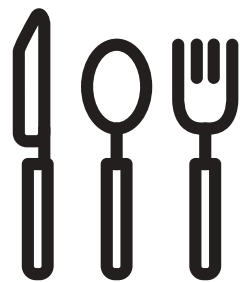
Cover coughs and sneezes

Use a mask or face shield anytime you are near other people. Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow. Wash your hands promptly after sneezing with soap and water for at least 20 seconds (or use hand sanitizer). Bring your own Ziploc bags to dispose of all your tissues or other potentially infectious disposable products.



Maintain Your Own Kitchen

We ask that everyone maintain their own kitchen, food supply, eating utensils, dishwashing station, and garbage disposal system. We will work together as a community to restock water and transport all garbage to an appropriate place in town. However, we want to minimize as much as possible the need to resupply at stores in town.



Communal Meals

Please be courteous and considerate around other group members' physical distancing needs when eating together.



Monitor your health

Continue to monitor your temperature as you have during the last two weeks leading up to the program. Ask yourself regularly: Am I feeling poorly in any way? As always, approach the guide(s) being mindful of physical distance and make sure to use a mask or face shield as needed.

Remember to recognize the symptoms that might be part of a COVID infection:

- fever > 100
- cough
- sore throat
- shortness of breath
- unusual headaches
- fatigue
- chills
- gastro-intestinal symptoms such as diarrhea or stomach cramps
- loss of sense of smell or taste

If you become sick, talk to the guides about how best to manage your own health and the health of the community.

The School of Lost Borders COVID Backcountry Protocols are intended to offer individuals participating in wilderness rites of passage programs guidance on reducing the risk of the spread of COVID-19. Adherence to any recommendations included in these Protocols will not ensure successful prevention of spread of COVID-19 in every situation. Furthermore, the recommendations contained in these Protocols should not be interpreted as setting a standard of zero risk, or be deemed inclusive of all proper methods of harm reduction, nor exclusive of other methods of harm reduction reasonably directed to obtaining the same results.

The ultimate judgment regarding the propriety of these Backcountry Protocols must be made by participants and guides relying on these Protocols in light of all the circumstances presented to these individuals and the context therein. These Protocols reflect the best available information at the time they were prepared. The results of future studies may require revisions to the Protocol to reflect new data.

The School of Lost Borders does not warrant the accuracy or completeness of these Backcountry Protocols and assumes no responsibility for any injury or damage to persons or property arising out of or related to any use of these Protocols or for any errors or omissions.

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