

School of Lost Borders Covid Backcountry Protocol updated May 2023

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.

Our protocol intends to serve participants who are fully vaccinated as well as those who are not vaccinated, for medical, ethical or any other reason. Following are the most recent highlights of the School's policy on distancing requirements and quarantines after air travel, as CDC guidelines and USA entry requirements for International travelers continue to evolve.

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 or infect any of your group members.

Please monitor your health carefully and notice if you are feeling poorly in any way.

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.

Travelling to your program

Domestic Travel within the US:

No quarantine or Covid testing is required for vaccinated people after domestic travel within the US. We ask however that you stay vigilant and talk to your guides if you experience any unwellness post flight.

International travel:

Before you travel:

As of May 2023 the USA no longer requires a negative test or any kind of vaccine status in order to board a flight to the US. Make sure you understand and follow all airline and destination requirements related to onwards travel, testing, or quarantine, which may differ from U.S. requirements. If you do not follow your destination's requirements, you may be denied entry and required to return to the United States.

After you arrive

- Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
- If your test is positive, isolate yourself to protect others from getting infected.

For more information or to ask additional questions, please contact the guides for your program.

Recommended Covid Packing List Personal Items

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

Optional: Thermometer

Participants are generally advised to come prepared to live self-sufficiently. When possible, the guides will provide drinking water, and a minimal camp-kitchen for

all to use with a two or three burner stove, a dish-washing station, and some pots and pans. At times, participants may be asked to bring their own cooking set up.

During the Program: Expectations upon arrival in the wilderness

Upon arrival, you will be asked to share with the group your personal space needs and distancing preferences. Many Guides have their own protocols and practices while in camp and will communicate those, plus the following school protocol distancing requirements:

We are fortunate to work primarily outdoors, and are grateful for the respect and care we are seeing among group members. In our experience with groups over the last few months, supporting one another's individual needs has only strengthened the natural sense of community that comes from being in ceremony together.

Once personal and group safety boundaries are created we are able to sink into ceremonial space together and focus on the program.

Communal Meals

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

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.

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.

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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