

Olympia Basic Climbing Field Trip Guidelines and Expectations - COVID-19
January 2021

- All non-household parties will meet at the trailhead. Carpooling will not be allowed.
- All instructors and students will provide and use their own:
 - Face mask
 - You will be responsible for wearing the mask correctly and at all times.
 - Hand sanitizer/disinfectant
 - Each person is required to bring their own hand sanitizer. One 12oz bottle will be provided per group for incidental usage.
 - Each group will have one bottle of Friction Labs liquid chalk with 80% alcohol for rock climbing. If students have their own they should provide it.
 - All climbing gear
 - Groups and individuals will not be sharing climbing gear, other than ropes. Some gear, such as climbing ropes, will be shared and are not able to be sanitized in the field. Ropes will be quarantined for at least 5 days after a field trip. Students and instructors will need to accept this risk.
 - Camping gear
 - All non-household parties will need to supply their own camping gear, meals, and cooking materials. There will be no non-household tent sharing or group kitchen preparation.
- All students and instructors will practice physical distancing at all times. Instructors and students understand that there will be instances where physical distancing of 6' or more is not 100% possible. Refer to the COVID-19 Code of Conduct on the Mountaineers website for more information on acceptance of risk.
- All instructors and students will self-screen two weeks before the field trip and the morning of the field trip. Each participant will self-screen using the following list of symptoms, and if symptoms are present the individual will not participate in the field trip.
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - *2 or more of the following:*
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- Belays, Summits and other Tight Spots: Belays and summits are significant pinch points where guidelines for physical distancing may be challenged. Consider the following:
 - Choose routes that allow for appropriate distancing on the belays and summits

- Wear proper masks and sanitize hands
- Make transitions as quick as is safely possible
- When possible, bring enough pro to minimize gear transfer
- Reduce the amount of time you would normally spend on a summit or alternate people on the top
- Other Parties on Rock or Narrow Alpine Routes
 - Request that other parties maintain their distance from your group
 - If second group must overtake yours, or vice versa, don proper masks during time of passage
 - Pass or allow passing in places where the terrain allows for proper spacing
- Rest Stops and Meals
 - Maintain appropriate distancing at all rest stops and meal locations. Be vigilant as it is human nature to want to be closer to adventure-mates, especially if weather is inclement.
 - Ensure that food and beverage is not passed from person to person except among members of the same household.
- Non-technical Mountaineering and Glacier Travel
 - Roped parties tend to be spatially separated under normal circumstances but gathering for rest stops or food usually brings people in closer contact. Determine a safe area for your participants to stand or sit such that physical distancing guidelines are maintained.
- High Winds
 - Because wind can carry droplets, you can reduce the chances of viral spread during windy conditions by increasing your physical distancing or by donning masks.
- Passing Others on Trails
 - Narrow trails present contact and distancing challenges for people trying to pass one another. Where possible, communicate with the approaching person or group and decide on who will move safely off the trail until the others have gone by. If it is unsafe to keep a two-meter spread, move as far as is safely possible and ensure the passing party moves by quickly and with no physical contact.

**** If there are significant instructor cancellations, the field trip may be cancelled or rescheduled.

Students or instructors will be sent home from a field trip if they:

- Do not have a face mask (we will have some disposable masks)
- Do not have hand sanitizer or biodegradable soap
- Do not have adequate personal gear for the activity
- Are refusing to comply with Mountaineers guidance