IF A MOUNTAINEERS PARTICIPANT OR GUEST BECOMES SICK

For Participants:
If you have confirmed or suspected COVID-19 or are worried that you may have COVID-19...

1. The first thing you should do is review the latest King County Public Health recommendations and follow their guidance.
2. If you have tested positive for COVID-19, and have been at a Mountaineers facility or participated in a Mountaineers activity in the past 14 days, please notify staff so that we can take quick and thoughtful action to protect you and our members:
   a. Contact us at 206-521-6001 or info@mountaineers.org. Or, contact a member of staff you feel most comfortable with.
   b. If you cannot reach anyone on staff within two hours, please contact the emergency line 206-521-6030.

Our goal is to support you, protect your privacy, and reduce the risk to our community. It will be helpful for us to know things like when you started feeling sick, when you tested positive, and what Mountaineers activities you participated in over the past 14 days. It will also help us to know if you have any specific concerns we can help address.

Staff will then notify participants from the rosters of those activities to let them know they may have been exposed to COVID-19 on the trip, and that they should take extra precautions for 14 days. The sooner staff know and can contact participants, the more we can protect you by reducing word-of-mouth panic.

For Volunteers

Important Precautions
Our priority is taking smart measures to prevent exposure to COVID-19 in Mountaineers activities. By doing so, we promote the health and well-being of members and guests and help prevent further spread of COVID-19 in the community.

We also want to have good systems in place so that if exposure occurs, we are prepared to support our members the best way possible. As a leader, you can take the following precautions:

- Familiarize yourself with the latest Mountaineers Guidance, which can be found at the top of the Leader Resources page.
- Encourage good preventative measures during your activity:
  - Take an extra step to check everyone’s self-sufficiency. Avoid a situation where sharing water bottles is necessary because someone forgot theirs.
- Bring “extra essentials” like hand sanitizer, and perhaps something to cover the mouth of someone who is coughing/sneezing (like a buff or bandana)
- Ensure your rosters are correct. This is especially important so that staff can identify who may have been exposed and reach out to them directly.
- This includes meetings. If you host a meeting, please verify that there is a correct event roster on our website. This action will be a tremendous help for communications.
- Plan ahead for how you will support your group if someone starts feeling unwell

**If you become sick**

Please stay home, take care of yourself, and avoid contact with others. Try not to jump to conclusions - there are lots of illnesses (like the flu and common cold) that have very similar symptoms to COVID-19. If you are worried that you may have COVID-19, please first review the latest King County Public Health recommendations and follow their guidance.

If you do test positive for COVID-19, please notify staff immediately. You can contact us at 206-521-6001 or info@mountaineers.org, or reach out to whichever staff you feel most comfortable with. If you cannot reach anyone on staff within two hours, please contact the emergency line 206-521-6030.

Our goal is to support you, protect your privacy, and to reduce the risk to our community. It will be helpful for us to know things like when you started feeling sick, when you tested positive, and if there were any Mountaineers activities you participated in that we won’t find on the website. It will also help us to know if you have any specific concerns we can help address.

Staff will then notify participants from the rosters of the activities you led or participated in that they may have been exposed to COVID-19 on their trip, and that they should take extra precautions for 14 days. We will do everything possible to protect the confidentiality of anyone tested positive for COVID-19 or who may have been exposed. The sooner staff know and can reach out directly to participants, the more we can protect you by reducing word-of-mouth panic.

**If someone becomes sick on your trip**

As a leader, it’s important to protect everyone on your trip as best you can, while also showing compassion for the participant who is sick. Try not to jump to conclusions - there are other illnesses (like the flu and common cold) that may have similar symptoms to how COVID-19 presents in some individuals.

The global tension caused by the outbreak of COVID-19 can cause participants to be more prone to panic than they would be otherwise. It’s important to make smart, compassionate decisions.

According to King County Public Health:

...you generally need to be in close contact with someone with COVID-19 to get infected. Close contact includes scenarios like living with or caring for a person with confirmed COVID-19, being within six feet of a
person with confirmed COVID-19 for about 10 minutes, or if someone with COVID-19 coughed on you, kissed you, shared utensils with you or you had direct contact with their body secretions.

With this knowledge, please do the following:

● End the trip and return home safely. Unless the sick participant is so feverish they are incapacitated, this is NOT a medical emergency. Please avoid adding risk to your situation.

● Support the sick participant as best you can, just as you would in any situation where a participant wasn’t feeling well.

● If the sick participant is coughing or sneezing, encourage them to cover their mouth with a bandana or buff (or a mask if they have one). This can help the rest of the group support the sick participant by easing their anxieties about contracting an illness.

● Other participants should try to stay 6 feet or more from the sick participant. In the event anyone else needs to provide urgent assistance to the sick participant (e.g. a life-threatening injury) they should use personal protective equipment (PPE) such as examination gloves and eyewear, thoroughly wash their hands as soon as practical, and isolate any gear or clothing that could have been in direct contact with infectious secretions.

● Before departing, ask all participants to notify staff if they test positive for COVID-19. Remind participants that there are other illnesses that may present similar symptoms to COVID-19, and that they need only follow the precautions recommended by King County Public Health. Assure them that staff will notify them if we learn that they were in an activity with someone who tested positive for COVID-19.

● After the trip, file an incident report and notify staff so that we can help ease concerns where necessary.

If you learn that someone in one of your activities has tested positive for COVID-19

First, it’s important to confirm that they tested positive for COVID-19 (rather than thinking they probably have it). If you talk to them directly, please encourage them to reach out to staff so we can gather more specific information and respond appropriately. This is important because we can offer support to them and to other participants who may have had contact with them. Direct outreach from Mountaineers staff can help prevent rumors and hysteria, and protect the participant so that they can focus on getting better.

Please reach out to staff to let us know, and encourage the participant to follow the guidelines above for participants. Please DO NOT notify other participants from your activity. By allowing staff to streamline communications, we can ensure the right people have the information they need, without inducing widespread panic and to protect confidentiality as much as possible. Depending on the activity, staff may need your help understanding who from the roster might have been in contact with the infected participant.

Staff will then notify participants from the rosters of the activities this person participated in that they may have been exposed to COVID-19 on their trip, and that they should take extra precautions for 14
days. The sooner staff know and can reach out directly to participants, the more we can protect participants by reducing word-of-mouth panic.

Mountaineers COVID-19 Response: Guiding Principles

- The health and well-being of the Mountaineers community is our top priority
- Minimizing impacts to Mountaineers programs and activities is an important secondary priority as it supports our mission and the interests of members, volunteers, and staff
- The Mountaineers community is part of the broader PNW community; our response to the COVID-19 outbreak will support the overall well-being of the community
- We commit ourselves to decisive decision-making, providing actionable guidance, providing as much support for changes as possible, and for transparent communications

For additional information, please visit our [COVID-19 blog](https://example.com/covid-19-blog).