COVID-19 REOPENING & OPERATION STRATEGIES FOR CHALLENGE COURSES & AERIAL ATTRACTIONS

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The Alliance Collaborative is an independent non-profit collaborative, dedicated to serving its membership throughout the challenge course, zip line, and aerial adventure industry.

Our **MISSION** is to build a professional community that believes we all benefit when we strengthen one another.

By creating a bold and collaborative environment, The Alliance provides paths for professional growth to its members. Our **VISION** is to model a revolutionary approach for industry professionals to **RETHINK** the way they do business. Through advocacy, education, networking, and greater access to resources, members and associates can experience increased opportunities to strengthen and enhance their efficiency, productivity, and profitability in the marketplace.

We **VALUE**:

- Voluntary Membership
- Direct Member Input
- Participation & Personal Investment
- Autonomy and Independence
- Education, Training, and Advocacy
- Cooperation with Other Groups
- Concern for Our Industry

Visit [http://www.thealliancecollaborative.com/](http://www.thealliancecollaborative.com/) to learn more, or to contact us and explore how we can work together to build a stronger challenge course community.

"Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life."

—Amy Poehler
In May 2020 The Alliance created a space for Qualified Course Professionals\(^1\) from our founding member companies to work collaboratively to develop the first version of this document, dubbed the “COVID Strategies Guide”. A team of over a dozen professional Designers, Installers, Inspectors, Trainer/Testers, and Operation Reviewers compiled and assessed the strategies that were being put forth and weighed that against studies and data that was currently available, which was limited. Nonetheless, we did the best we could with the science we had, and the Strategies Guide was released 18 May 2020.

This updated version of the Strategies Guide is the latest effort by The Alliance to continue providing resources and support to our challenge course community. Much of this version is the same as the first version, which is good because that tells us that we weren’t too far off the mark with our original recommendations. Changes that have been made to this new version reflect real world learning and additional science from the past year. We still don’t have all the answers, however we continue to promote science-based solutions to help us all stay happy, healthy, and doing what we love to do.

We would like to thank these individuals who shared their professional expertise in order to develop both the original and updated versions of the COVID Strategies Guides. We’d also like to acknowledge our Institutional Members for continuing to contribute time and resources to this effort so that this information can be freely available to our community.

THANK YOU!

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Niels Damman  Bob Noe  Rohan Shahani  
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Carla Hacker  Lori Pingle  Don Stock  
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\(^1\) Qualified Course Professional. (n.d.). Retrieved 16 May 2020 from the Association for Challenge Course Technology website, [https://www.acctinfo.org/page/QCP](https://www.acctinfo.org/page/QCP)
This document is written for people who are opening their course(s) or assessing whether to open their course(s). As we’ve all come to discover, applying a universal recommendation for course operations in response to COVID-19 crisis is a target that is elusive at best. The combination of different and constantly changing jurisdictional requirements, individual course practices and organizational requirements, and manufacturer’s requirements from dozens of entities regarding their equipment make it virtually impossible to say, “this is how you should handle this”.

It is important to note that this document is NOT a standard. It is the best information we have for you to consider as you make decisions. We’ve found that it is more beneficial to provide a framework of approach; general information based on the best data we have, and strategies that operators can apply based on their individual needs. It is critical that in the development of your plan that you 1) understand and align all of the requirements of your Authorities Having Jurisdiction (AHJs), 2) understand your manufacturers’ requirements, and 3) understand any applicable industry standards (remember, they may be either mandatory or voluntary, depending on your AHJs and your organizational priorities). Working within those parameters, you’re then ready to move forward to revise your internal policies and procedures.

Operators must ensure that a qualified person, or a team of qualified individuals, is leading your operation through your process. There is no easy answer, and the final answer that you come to will happen only after a lot of research and planning. And even then, it is likely to change as we move through the upcoming months.

We encourage operators to work with their professional vendor on an ongoing basis as we all adapt to the requirements as they evolve. Please don’t ever hesitate to contact your professional vendor with questions or requests for assistance - they’re a valuable member of your team.
In making your plan to reopen your course in a COVID-19 environment, we’ve identified four areas that are universal to all types of operations. While there are additional issues that will intersect with your course reopening, we are not going to address additional issues in this document that are specific to residential camping environments, commercial use attractions, etc. We encourage you to reach out to other members of these communities including industry associations and publications that have strong challenge course ties, such as the American Camp Association (www.acacamps.org) the Association for Challenge Course Technology (www.acctinfo.org), and Adventure Park Insider magazine (www.adventureparkinsider.com) to aid you in developing a plan for operations pieces that don’t happen on the course, but are ancillary to your challenge course or aerial attraction.

The four pieces that we have identified as universal are the following:

1. Qualified Decision Maker(s)
2. Passing Course Inspection
3. Revised Policies & Procedures
4. Staff Training

In the following sections we will address each of these topics. Let’s get going!
One of the most important factors in assessing how to approach reopening your course in this environment is making sure that you have qualified people working together as a team to make the best decisions for your operation. For many courses, especially those that operate only seasonally, this may mean that the person running the challenge course may not be present during the “off-season” planning and decision making. Conversely, some people whose primary roles are to run challenge courses find themselves being asked to make risk management decisions that are outside of their scope of expertise. Regardless of your course’s situation, it’s important to get the right people in the room to make good decisions together.

The team of experts will look differently for every organization or company. Whether this expertise is housed in a few people or a dozen, here are the major areas that you should make sure you have covered:

- **Big Picture** – This could be an administrator who oversees or manages all operations at the site, or across multiple sites for a larger organization. This person understands how all the different parts of the operation are addressing COVID-19, and can make sure that there is consistency in policies, procedures, and practices.

- **Local Operations** – This could be a Course Manager, or someone equally well-versed in how to operate your course. If this person is seasonal or otherwise unable to participate, or if there’s a higher-level question that needs answering, think about consulting with your professional vendor or another qualified party.

- **Health & Prevention** – This could be someone like a camp nurse, a local Health Department official, or anyone qualified to answer your questions related specifically to health and prevention of the transmission of COVID-19, including current requirements of your Authority Having Jurisdiction.

- **Risk Management** – This could be an in-house risk management person/team, your insurance agent, your attorney, or any combination of these people. They are the ones who understand how to best manage the risks associated with your operation as they relate to liability.

The importance of having a Course Manager (or similarly qualified individual knowledgeable in course operations) is that they can adapt procedures and put appropriate policies in place for your course. This will reduce the chances of infection, maintains critical course safety protocol, and keeps the value of the course experience for participants and guests. This person can serve as the local course expert for your leadership/management team, the course staff, medical personnel and health authorities, your organization’s risk management team, and professional vendors. They should be charged with working with this team of people to make an action plan specific to your course.

No matter what people your decision making team is comprised of, the most important things are 1) that they are qualified to be making the decisions, and 2) that your team as a whole develops a comprehensive plan.

“Spectacular achievement is always preceded by unspectacular preparation.”

—Robert Schuller
Due to shelter-in-place and other restrictions, many courses and vendors were unable to adhere to their usual course inspection schedule. Many jurisdictions have altered jurisdictional requirements for annual permitting. It is still critical that prior to utilizing/opening their course, operations ensure that they meet standards requiring an annual course inspection by a qualified professional. Ensuring the structural integrity of your course and equipment is an important step, regardless of jurisdictional permitting changes.

The following basic information is aimed at making the current COVID-19 course inspection process easier, and limiting the time spent on site by the inspector. Less time and contact while on-site reduces the risk of infection to both your staff and our inspectors, as well as helps to protect the next site that the inspector may be visiting.

Prior to your inspection:

- Your professional vendor should supply you with a policy document outlining company procedures on limiting the spread of COVID-19 through specific management of inspector travel, PPE usage, personal hygiene, and equipment sanitation.

- Ensure that agreements relevant to your annual course inspection are thoroughly reviewed, and then signed. This includes your inspection proposal and/or liability mitigation agreement document.

- Provide your inspector with a copy of your organization’s COVID-19 policies that impact their inspection or use of the course.

- Communicate with the assigned inspector to identify any specific site or jurisdictional requirements you are aware of at the time of scheduling/contracting. Vendors and inspectors do their research in order to meet all requirements, however with so much rapid change in virtually every jurisdiction, vendors need you to share your expertise on your specific jurisdictional needs, whether they be city, county, or otherwise.

- Ensure the inspector has clear knowledge of the site and course location. Provide course location maps and reliable contact options to help prevent any unnecessary need for the inspector to wander around the facility. This is especially important for those sites with limited cell service.

- As usual, inform the inspector of any potential issues with or concerns about the course or equipment prior to their arrival.

- All operational documentation that is usually reviewed at the site should be provided electronically to your vendor at the agreed upon timeframe prior to the scheduled inspection.

- Provide a copy of your most recent inspection report if the contracted vendor did not inspect it the previous year.

- Ensure there is a restroom and water station cleaned and ready for use by the inspector during their time on your facility. A private restroom is best, if possible. The inspector will be traveling to multiple sites, and by minimizing potential transmission to the inspector you are also helping to protect the next sites they visit.
Considerations While On-Site:

Minimizing contact/respecting social distancing with the inspector while on site.

- There should be one (1) point of contact with the inspector. Ensure no others will be present during the inspection, and that the course(s) are NOT in operation during the inspector’s visit.
- Reduce the number of touch points for the inspector. All gates, locks, or buildings should be open as needed for access to the location, course, and equipment.
- Maintain a minimum distance from the inspector at all times. This typically means at least six feet (6').
- If wearing a mask is required by your jurisdiction, please do so.

Minimizing staff and participant contact with the course and equipment.

- Preferably, the course should not have been in use for the previous three (3) days prior to the inspection. CDC Guidance that states that risk of surface to human transmission is minor after 72 hours, even in indoor environments\(^2\). The three day “rest period” ensures that any surface of the course or equipment that the inspector may need to come into contact with is virus-free. If a three (3) day window is not feasible, talk with your inspection company on how you can mitigate risks in other ways, such as cleaning and disinfecting paired with a shorter agreed upon rest period.
- Any periodic internal monitoring (internal inspections) by staff that take place within the three (3) day window (or other agreed upon rest period) prior to the professional inspection, should be strictly visual in nature.
- What if the course or equipment has not been used since last season/in the last several months?
  - It is preferred that the equipment is left in a long-term storage location for the inspector to access. You should not pull or lay out any equipment prior to the inspector’s arrival.
  - Access ladders, if needed, should be unlocked but left on the ground or racks for the inspector to install.
- What if the course has been used in 2021 but not in the previous three (3) days?
  - The equipment should be left in place as it is usually stored. This includes rescue bags or other items that may be left on the course during your season of operation.
  - None of the equipment should have been touched or used by staff or participants in the previous three (3) days.
  - Access ladders, if needed, should be unlocked but left on the ground or racks for the inspector to install.
- What if someone has inadvertently come into contact with the course or equipment within three (3) days/within the agreed upon rest period?
  - Notify your vendor that this has happened. They are responsible for managing the risk of their employees and need to be aware that this has occurred.
  - Depending on how much contact was made, they may simply request that anything that has had contact be appropriately cleaned prior to the inspector’s arrival. But give them a call.

Considerations Post-Inspection:

Depending on the health and safety protocols used by your inspector during your inspection (masks, gloves, etc.), you may want to consider some level of cleaning or disinfection after your inspection is completed.

Communication with your vendor is key to helping everyone manage the risk of contamination or infection as best as possible. The above items help everyone lower their risk while accomplishing a critical step to reopening.

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Developing an entire new set of procedures for your operations can be daunting to say the least! The good news is that your core policies and procedures are probably not going to change. Participant requirements, life safety system management, safety commands, and other critical components of course usage are a constant. They must not be altered without careful thought and consultation with qualified professionals who understand course design, program design, and manufacturer’s requirements. For most courses this will be accomplished through collaboration of in-house staff (including the qualified Course Manager) and your professional vendor who is familiar with your course.

Here are some major areas for you to consider as you revise your policies and procedures to mitigate COVID-19 risks:

- **GENERAL OPERATIONS**
  - Altered Usage
  - Physical Distancing
  - Personal Protective Equipment (PPE)

- **SANITATION**
  - Individual Hygiene
  - Equipment Cleaning
  - Course Cleaning

We’ll provide strategies for each of these six (6) areas in the upcoming pages. Based on the specific requirements for your course that you’re working within, you can use these strategies as resources to build your plan.

“**The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.**”

—Albert Einstein
This section outlines the ways an organization may be able to modify their course usage patterns to help stop the spread of the COVID-19 virus while still providing a challenge course experience for their guests.

While we now know that surface to human transmission of the COVID-19 virus is not as likely as previously thought, it can still occur. Immediate contact with the mouth, nose, or eyes following contact with a contaminated surface can still lead to the transmission of COVID-19. Cleaning high-touch points on the course and equipment, time between contact with surfaces, and "wash in, wash out" strategies are precautions that should be seriously considered for course operation.

**STRATEGY: Reduced course usage to allow for cleaning of high-touch points**

- One 1/2 morning and one 1/2 afternoon group vs. two morning and two afternoon groups; clean high-touch points in between groups
- Pattern programming - DAY 1: One morning and one evening group, clean high-touch points in the afternoon Day 2: One afternoon group; clean high-touch points in morning and evening
- One morning and one afternoon group vs. two morning and two afternoon groups; clean high-touch points in between groups.

**STRATEGY: Reduced course usage to allow for time of non-use (rest period) between users**

- Alternating routes used on climbing walls (EX: day one use route #1 & #3, day two use routes #2 & #4)
- Alternating sides used on multi-sided climbing towers by group or day
- Alternating sections/routes of a high ropes course or aerial adventure course that are opened daily

**STRATEGY: Combine reduced course usage with patterned usage and cleaning of high-touch points**

- Day 1: Climbing wall routes #1 & #3, high course route A, single zipline or zipline tour section A; clean all high-touch points daily (EX: entry, exit, transfer stations)
- Day 2: Climbing Wall routes #2 & #4, high course route B, single zipline or zipline tour section B; clean all high-touch points daily (EX: entry, exit, transfer stations)

All options for altered usage will require lower course capacity than is probably typical, as well as more staff time in order to clean high-touch points.
STRATEGIES FOR GENERAL ISSUES:

- Develop low and no-touch equipment fitting and handling protocols that allow participants to fit themselves with equipment whenever possible. Also, consider having staff visually assess fit and function while physically distancing by having participants self-perform fit tests rather than having staff performing a tactile check.
- For any function that may require staff and participant(s) to be in close quarters (assisting with equipment, clipping into a system, etc.) have staff wear a face shield in addition to their mask.
- Develop protocols for limiting the number of people in buildings, equipment sheds, and other congregating areas. This includes considerations for instances where your participants may need to take shelter, such as in a thunderstorm or other inclement weather.
- If it is normal for your participants to arrive separately and wait until the entire group gets there before beginning, have a waiting area with clearly designated spaces for individuals or small groups to stay apart from one another, yet together as a group.
- Consider using markers (e.g., sports cones or ground flags) for spacing out participants for introductory and welcome talks, demonstrations and ground schools, equipment fitting, “on deck” areas, etc.
- Consider using a small sound system/voice amplifier so that staff can address the entire group while they are physically distanced. This may be especially helpful if staff are speaking through a mask.

STRATEGIES FOR CLIMBING WALLS, TOWERS & OTHER VERTICAL CLIMBING ELEMENTS:

- On structures with multiple climbing routes, allow participants to use every other route. Employees will need to monitor participants to ensure they stay on their routes.
- For structures that may accommodate more than one climber per side, limit participation to one climber per side.

STRATEGIES FOR TEAM BELAY SYSTEMS & BACK-UP BELAYERS:

- Cut your ropes a bit longer to allow at least 6’ between members of the belay team.
- If using an anchor/ballast person to back up a belayer, rather than having them hold onto the primary belayer’s harness, use a sling or runner to connect the team members together while allowing for distancing.
- For belayers who don’t need to change position, in order to help maintain physical distance use flags/cones, hula hoops, ground marking paint, etc. to show belayers where their individual zones are.
- For Giant Swing, Flying Squirrel, and other types of “haul teams”, cut ropes longer to allow for more distance between people.
- For Giant Swing, Flying Squirrel, and other types of “haul teams” where participants will remain at the same place on the rope while hauling, mark the rope with tape, bandanas, or tie knots in the rope to help maintain proper physical distancing.
STRATEGIES FOR STATIC HIGH ROPE & AERIAL ADVENTURE COURSES:

- Respiratory droplets are a known source of virus transmission. Consideration for people standing underneath others where they are at increased risk for droplets to fall on them should be given. Some strategies include:
  - Increasing the spacing of participants on entry areas, stairways, and ladders to ensure that there is a large radius around the aerial participant. Think cylinder from the participant to the ground/next solid surface, rather than a 6’ bubble.
  - Limiting the presence of people directly underneath participants while they are participating on the course.

- Limiting individual platform and element capacity on courses is a strategy that some courses are employing. Some examples may be either a one person per element rule, or mandatory empty element between those in use. Most standard course platforms do not have enough space to allow for physical distancing, and courses may want to consider a one person per platform rule.
  - If a program is allowing family groups to be in closer proximity to each other at the course, these limits may be increased.
  - If a course is maintaining physical distancing, specific capacities may be appropriate.

- Physical distancing requirements mean that courses may need to temporarily eliminate partner participation on high courses (EX: high-V/wild woozy), or only allow participation on these elements by family groups if the course is allowing for them to be in closer proximity to each other. Individuals may still traverse these activities, and you can also speak with your vendor about installing modifications such as hand lines in the interim.

- Designate fixed routes on the course including paths and direction of travel. If your course has room to provide options, you may choose to have participants follow a predictable route. This may accommodate physical distancing needs as well as support general traffic management.

STRATEGIES FOR LOW COURSES:

- Many familiar low course activities specifically challenge participants by forcing them into close quarters or requiring participants to physically support each other. The inherent design of these “close-quarters” activities makes it impossible to enforce physical distancing with our usual methods of utilization/facilitation. Unfortunately, some activities may need to be temporarily eliminated if a course is either mandated to or is choosing to enforce physical distancing.

Alternative methods of facilitation will need to be explored and developed by the challenge course community to find new ways to utilize these structures. Some ideas to explore:

- **On Nitro Crossing/Prouty’s Landing**: rather than a platform, have participants land on a disc or spot, then move to additional discs or spots in order to make room for their group members. Add an additional challenge by allowing each spot to only have a certain amount of “touches” by the group.

- **On TP Shuffle**: add more space and extend the element if possible or create a “fishbowl” environment with half the group. Add a limited number of “safe zones” on the ground (marked by hula hoops, rope, or webbing loops) at intervals alongside the activity. The group will need to plan the order of their reorders to allow for there to be enough space for all as they move around and let each other transfer through safe zones. Add an additional challenge by allowing a limited number of touches in each safe zone.

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STRATEGIES FOR LOW COURSES (cont’d):

- **On Whale Watch:** create a circle around the Whale Watch and designate two points of entry, one on either side of the fulcrum. Have two participants enter, balance, move to opposite sides of the Whale Watch, and keep the whale watch balanced while a third participant enters to the center. The first participant exits while the third participant takes their side of the whale watch and balances with the second participant. One participant at a time enters and exits the whale watch, trading places as they go.

- **On Group Wall:** Use the wall as a wall in a more traditional sense. Divide the group in half and provide a challenge where the two halves need to complete a task in tandem out of sight from each other on opposite sides of the wall. Allow the group to designate one or two members to be stationed at the top of the wall in a coaching position. Maybe limit the number of “hints” these coaches are allowed to provide to their team. What’s the task? You decide – time to get creative!

- Be sure that a qualified person familiar with your organization’s policies and procedures helps to assess any alternate facilitation methods employed in order to help ensure:
  - Appropriate physical distancing
  - Appropriate inclusion of COVID-specific PPE as needed

- Portable activities are likely to see an increase in use as we consider how to adapt our traditionally built activities. Some of these activities may be easily adapted to allow for physical distancing. For example, using longer ropes on a bull ring to provide more physical distance, and/or utilizing two bull rings per group (less people per bull ring) to orchestrate a tandem challenge.

- Additionally, how we’re challenging ourselves may change. For example:
  - Exploring games that are more verbal/auditory rather than physical (rhythm games)
  - Exploring games that require synchronicity and communication instead of physical support
  - Exploring challenges that build a product that can be done relay fashion, or in duos where one person instructs, and one builds

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**THE ALLIANCE ACTIVITY DATABASE**


This database was born from a request made by our community during a webinar-based discussion in the Spring of 2020. Webinar participants requested a resource that would allow Facilitators to collaborate on how to adapt low challenge course/teambuilding activities to our new environment. So, we created a platform to provide Facilitators an opportunity to share information as well as learn from others in our community.

The purpose of The Alliance’s activity database is to gather complete descriptions of low challenge course and teambuilding activities that are suitable for use with groups during the COVID-19 pandemic, including virtual activities. We made it searchable by just about every field possible, and also allow you to add hyperlinks to explanatory materials.

As a community-built resource, it will get as big as we build it, and access to the information is free for all comers. Please consider taking some time to contribute your favorite adapted activity!
This section speaks to COVID-specific PPE. For example: masks, gloves, and face shields.

It is important to follow the guidelines/mandates from your Authority Having Jurisdiction (AHJ) in the use of COVID-specific PPE. Here are suggestions for use of this PPE when employees or participants are utilizing your course. Please remember to check with your vendor/course manufacturer to discuss any changes in operational procedures or additional equipment.

PPE used to protect against COVID-19 has potential to become contaminated with the virus. Used items must be treated with care. Use precautions when interacting with used items such as washing hands immediately after handling.

STRATEGY: Gloves for participants & employees.

- It is notable that the CDC states that wearing disposable gloves “outside of cleaning and caring for someone who is sick ”will not necessarily protect you from getting COVID-19 and may still lead to the spread of germs”. Gloves may give a false sense of security, and lack of changing gloves between contact with surfaces or touching the face while wearing gloves may lead to transfer of the virus.

- If a course chooses to utilize gloves as a personal protection strategy against the virus, it should only be in addition to handwashing/sanitizing. Make sure and sanitize gloves between users.

- Any fabric or leather gloves required by your course vendor or manufacturer to protect from physical hazards of participation must still be utilized unless you get written permission to alter your policies and procedures from an authorized representative of the company who has placed the requirement.

STRATEGY: Masks

- CDC recommends wearing masks in public settings, at events and gatherings, and anywhere where you will be around other people.

  ADDITIONAL SAFETY NOTE: Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

- Depending on jurisdictional requirements, organizational policies, location of activity, and expected proximity, the requirements on who must wear a mask, and when, may change. The following situations and general recommendations were presented by a representative from the Association for Camp Nurses.

  Participants and employees should wear masks when interacting indoors.

  Employees that are able to maintain physical distance from participants should still have a mask immediately available to them in the event that they need to come in closer proximity to a participant (EX: clipping a participant in or out of a course, performing a rescue).

- Reusable masks should be routinely washed depending on the frequency of use. Mayo Clinic recommends that they be washed after every day of use.

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6 The Alliance Collaborative, Returning to Normalcy: Preparing to Open Roundtable Discussion (2020, 12 May) Retrieved 15 May 2020 from The Alliance Collaborative website: https://us02web.zoom.us/rec/play/6cApc--rpjg3T4Bltg5DA1N-W9W9f6-s1nAe__FfVh4Y3AHyFWhZbsRMLCt11MQ8b7J2h9QT31Uy6kpi?autoplay=true.

STRATEGY: Masks (cont'd)

• Masks should:
  - Include multiple layers of breathable fabric
  - Fit snugly but comfortably against the side of the face with no gaps; bearded people should consider using a mask fitter, brace, or layering two masks to help with fit
  - Completely cover your nose and mouth
  - Be well-secured with ties or ear loops
  - Have a nose wire to prevent air from leaking out the top of the mask
  - Allow for breathing without restriction
  - Be disposable OR able to be laundered and machine dried without changing shape
  - NOT have exhalation valves or vents which allow the virus to escape the mask

• It is important to ensure that masks do not increase risk:
  - Masks shouldn’t limit vision excessively
  - It should be considered whether masks should be worn in situations where there is a high level of physical activity, and a mask might obstruct breathing. Consult with your risk management team within your organization to decide your organization’s position.
  - Consider situations where masks that attach via ear loops may be preferable for participants, vs masks that go around full head or neck (ex: gaiters). Consult with your risk management team within your organization to decide your organization’s position
  - COVID-specific masks should not be worn in water. Yes, it needs to be said.

• SPECIAL NOTE ON GAITERS: Per CDC, if you choose to wear a gaiter, wear one with at least two layers, or fold it to make at least two layers.

• SPECIAL NOTE ON COLD WEATHER GEAR: Per CDC, masks should be worn under your scarf, ski mask, or balaclava – they are NOT substitutes for masks.

STRATEGY: Face shields (clear plastic shield that protects the wearer’s entire face)

• Face shields provide protection, especially eye protection, in situations where it is necessary to be in close proximity to another person (within 6 feet / 2 meters).

• Courses may want to consider employing face shields specifically in the following situations:
  - During equipment fitting or checks
  - During situations where employees are required to perform safety system transfers for others
  - During retrievals, emergency rescues, or otherwise assisting participants in close proximity

• Face shields should be sanitized often.

• Employees must try to avoid touching the outside of a face shield when removing or adjusting it.

STRATEGY: Additional PPE available for participants and employees

• If employees must use higher grade PPE when in close contact with others, consider keeping that needed PPE readily available or in your rescue bag.
• Consider having spare PPE available for participants in the event that a participant doesn’t have their own, loses it during activity, and/or you have to approach to assist them.
Individual hygiene, especially good handwashing, is critical to limiting the spread of the virus\(^8\). This will mean both employees and participants participation in regimented hygiene protocols.

- Ensure that all employees have been trained on the benefits of handwashing, and on how to properly wash their hands. This may seem like an unnecessary step, however a 2018 study by the USDA found that American attempts at handwashing resulted in a whopping 97% failure rate\(^9\)!
  - [When and How to Wash Your Hands](https://www.cdc.gov/handwashing/wash-me-the-science-handwashing.html), Centers for Disease Control & Prevention

- If you are utilizing hand sanitizer, ensure that it contains greater than 60% ethanol or 70% isopropanol\(^10\), and that all employees have been trained to understand the proper way to utilize hand sanitizer (yes, you can use it incorrectly):
  - [When and How to Use Hand Sanitizer in a Community Setting](https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html), Centers for Disease Control & Prevention

- Consider posting signs reinforcing good handwashing habits, as well as instructing participants on any requirements for handwashing/individual hygiene while they are at your facility. The Centers for Disease Control & Prevention has many posters, ready for you to download and print.

- Ensure there are adequate supplies and facilities available for both employees and participants.
  - Aim to have handwashing or hand sanitization stations no more than 100' away from your course(s).
  - Consider your expected volume and provide enough stations to accommodate that, spaced at least 10' apart from each other to allow space for traffic as people come and go from the stations.

- Remind participants about important hygiene related issues:
  - Reinforce the need for handwashing, specifying exactly when it is expected.
  - For youth, remind them about proper hand washing/hand sanitization techniques.
  - Remind participants about coughing and sneezing into elbows, avoiding touching their face, proper disposal or containment of hand towels, gloves, and other sanitation or PPE items that have come into contact with the hands.

- Ensure that your facility care is not compounding the issue. People need clean facilities to get clean hands, and it is critical that restroom facilities and water stations be kept clean and are attended to regularly. It’s not pleasant to talk about, but viral shedding via fecal matter is present in people infected with the virus – and that includes people who are asymptomatic\(^11\). You do not want your restrooms or water stations to be the epicenter of virus spreading. Make a plan to clean your restroom facilities and any water stations on an accelerated schedule, with EPA cleansers approved for coronavirus.

- Everyone should be using a “wash-in, wash-out” strategy: washing or sanitizing their hands well _every time_ before and after coming into contact with the course or any equipment.

- Staff should after monitoring to ensure that everyone is utilizing good hygiene protocol.


SANITATION – EQUIPMENT CLEANING

Given that touching surfaces is not a common way that COVID-19 spreads, and several studies have found that real world conditions significantly reduce likelihood that viable coronavirus survives for the length of time presented by earlier studies, consideration may be given to limit equipment cleaning to portions of the equipment that are considered high-touch areas, such as harness and helmet buckles, high-touch areas of adjustment straps, carabiners, etc.

The primary method of cleaning any piece of equipment (or portion of the equipment), whether it be metal, textile, or a combination of both, can be found in the specified equipment manufacturers product instructions. If you do not have a copy of your manufacturer’s information for a piece of equipment, please visit the manufacturer’s website for the most up to date product instructions. If the information is not available on their website, contact your professional vendor or the manufacturer. A list of contacts for major manufacturers is also included in the appendices of this document.

The manufacturer’s requirements for cleaning your equipment must always be followed. If a manufacturer is providing you with alternate cleaning methods that differ from the methods distributed with their product or on their website, be sure to get the recommendations in writing, and file it with other information about your equipment.

GENERAL EQUIPMENT CLEANING INSTRUCTIONS

- First, remove all contaminants and build-up (dirt, grease, etc.) from the piece of equipment, then fully submerge the entire product for 30 minutes in a solution of warm water (30°C/86°F) and mild soap. “Mild soap” is defined as soap that is pH neutral (6.5 – 7.5) and is recommended because such solutions generally provide the best material compatibility profile and good soil removal. Because liquid dish soaps are formulated to be used by hand, mild dish soap is a common choice. Do NOT use detergents as they are formed using chemical compounds and are typically stronger than soaps.

- When washing, do not use any abrasive cleaning tools.

- You must never use any chemical (including bleach, rubbing alcohol, hydrogen peroxide, Lysol/Clorox wipes, or other disinfecting products) that are not expressly authorized in writing by the equipment manufacturer.

- Submerging equipment for 30 minutes in warm soapy water is permitted. The general recommended temperature for equipment cleaning is 30°C/86°F, but in the special circumstances of COVID-19, temperatures up to 60°C/140°F are allowable but reduce the strength of the equipment by approximately 2%.

- Handwashing or the use of a bladeless load agitated washing machine is allowable, however the machine must be completely free of other detergents before use, containing the equipment in a mesh bag is recommended, and the maximum temperature cited above must not be exceeded.

- Allow equipment to dry outside or in a well-ventilated area. Avoid prolonged time in direct sunlight unless it is allowable by the equipment manufacturer. Do not machine dry equipment under any circumstances.

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15 Acevedo Rivera L. (2020, April) Recommended Disinfection Methods for Personal Protective Equipment (PPE) for Adventure Courses, Provided by Dr. Luis D. Acevedo Rivera. Available at https://www.thealliancecollaborative.com/covid19-resources
GENERAL EQUIPMENT CLEANING INSTRUCTIONS (cont’d)

Additional cleaning methods have been suggested by various manufacturers and, while effective, some (such as isopropyl alcohol submersion) have a negative effect on the structural integrity of the equipment. These methods may only be used a limited amount of times and are not practical for a course equipment that needs frequent cleaning. Other methods seem to have promise but are as of yet untested and are not yet approved by manufacturers (for example, steam disinfection). These methods therefore are not our currently recommended practice.

EQUIPMENT “REST PERIODS” AND TRANSMISSION

When cleaning your challenge course equipment as discussed previously is not possible, equipment may be able to be isolated, and then used on a rotational basis after 72 hours without contact. This timeframe is based on information released by the CDC that states, “When accounting for both surface survival data and real-world transmission factors, the risk of fomite transmission after a person with COVID-19 has been in an indoor space is minor after 3 days (72 hours), regardless of when it was last cleaned.”

EXPOSURE TO SUNLIGHT

There are a number of studies that show exposure to continuous sunlight inactivates the coronavirus on various surfaces. It must be noted that the time required to do so effectively is dependent on latitude and season. Additionally, weather conditions (i.e. clouds) could affect the amount of exposure time required. Therefore, we recommend utilizing proven methods to ensure your equipment is sanitary.

“Science and everyday life cannot and should not be separated.”
– Rosalind Franklin

Cleaning your course has the potential to be a big job. Depending on how much contact or close proximity participants have with the actual course structures, your organization may choose to clean a substantial portion of your course or only clean high traffic areas and high-touch points. Some high traffic/high-touch areas to consider include:

- Ladders – the entire surface
- Stair/entry railings
- Surfaces at entry/exit points or other areas where people pause
- Transfer stations for continuous belay systems
- Guy or element cables that may be grabbed due to encroachment into a path
- Rock holds
- Giant swing bars
- Handhold ropes and "grab" objects on high and low elements
- Terminations of cables that are likely to be grabbed during transfer or while waiting
- Ropes used on entries or during a change of levels

Additionally, your storage room(s) and areas accessed only by employees, and other items specific to employees might also appear on your cleaning list:

- Door handles
- Exteriors and handles of storage boxes
- Locks and chains/cables
- Pens, clipboards, and filing containers

- Never use sanitizing liquids, gels, or other substances on your course. These include, but are not limited to bleach, rubbing alcohol, hydrogen peroxide, Lysol/Clorox wipes, or other products with sanitizing or disinfecting claims. The effect of each of these substances on the life sustaining components of your challenge course has not been evaluated. Importantly, many of these chemicals will compromise material integrity and knowingly corrode the galvanizing (zinc coatings) on the metal components. They are used to support critical loads including human life support systems, and not only is it possible for them to be damaged, in many instances will violate manufacturers safety warnings.

- **High traffic/high-touch areas of your course should be cleaned regularly,** at a frequency dictated by your AHJ and your overall organizational policies for high touch areas. Depending on other measures that your course has in place, such as glove usage, masks, and handwashing policies, cleaning after every group that uses the course, after a specified short period of use, or after a specified number of users may be acceptable.

- You may want to develop a protocol and portable cleaning kits for isolated instances of contamination, such as someone sneezing or coughing on the face of a rock wall, or other course surface that is in close proximity to their face.

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Always consult with your course manufacturer and/or professional vendor before you embark on your new cleaning protocol to make sure that you’re not doing anything that will harm course components. They may also have specific advice or products that can help you do the job.

GENERAL COURSE CLEANING INSTRUCTIONS

- First, remove all contaminants and build-up (dirt, grease, etc.) from the area/component of the course that you’re cleaning, then fully clean the entire product with a solution of plain water and mild soap. "Mild soap" is defined as soap that is pH neutral (6.5 – 7.5) and is recommended because such solutions generally provide the best material compatibility profile and good soil removal. Because liquid dish soaps are formulated to be used by hand, mild dish soap is a common choice.

- Use soft items to lightly scrub any high traffic zones and common touch points. Mitts, such as those typically used to wash a car, will be easier to manage at height and avoid drop.

- Areas cleaned with soap should be rinsed/sprayed with plain water after cleaning to avoid buildup and attraction of contaminants.

- Let the course component air dry. Application of heat or fans should be unnecessary.

- ADDITIONAL SAFETY NOTE: If you are taking buckets or other items that are not normally present up onto a course, be sure to secure them well and/or avoid having people walk underneath you. Not only will they avoid having an item potentially drop on them, they’ll also avoid getting wet from a drippy course. Also, a lot of bucket handles aren’t as strong as you think – fair warning!

- No studies have been released regarding the lifespan of SARS-COV-2 on zinc galvanized surfaces. Previous studies examining the lifespan of other viruses have shown that zinc surfaces may have mild antiviral activity, although notably less antiviral activity than copper

- Do NOT use sanitizers or other disinfectants on galvanized and zinc-plated metals.

If cleaning high traffic areas and high-touch points of your challenge course as described above is not possible, challenge course structures may be able to be used on a rotational basis following 72 hours of non-use.

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Due to shelter-in-place and other restrictions, many courses and vendors were unable to adhere to their usual staff training schedule. It remains critical that prior to utilizing/opening their course, operations ensure that they meet industry standards. Providing an annual training by a qualified person to those employees who have not received an annual training is a critical step to making sure that your staff are ready to take care of your participants on the course.

The following basic information is aimed at making the current COVID-19 training process easier, and limiting the time spent on site by the trainer. Less time and contact while on-site reduces the risk of infection to both your staff and our trainers, as well as helps to protect the next site that the trainer may be visiting.

Prior to your training:

- Your professional vendor should supply you with a policy document outlining company procedures on limiting the spread of COVID-19 through specific management of trainer travel, PPE usage, personal hygiene, and equipment sanitation.

- At least two (2) weeks before the training, provide your trainer with operational documentation regarding your site-specific policies and procedures. Be sure to also provide a copy of your organization’s COVID-19 policies that impact the use of the course, as those will naturally affect the contents of the training.

- Communicate with the assigned trainer to identify any specific site or jurisdictional requirements you are aware of at the time of scheduling/contracting. Vendors and trainers do their research in order to meet all requirements, however with continuous change in virtually every jurisdiction, vendors appreciate you sharing your expertise on your specific jurisdictional needs.

- Ensure the trainer has clear knowledge of the site and course location, as well as their lodging and provided amenities if they are staying on-site. Provide course location maps and reliable contact options to help prevent any unnecessary need for the trainer to wander around the facility. This is especially important for those sites with limited cell service.

- As usual, inform the trainer about the participating trainees, including any potential needs, prior to the trainer's arrival.

- Ensure there is a restroom and water station cleaned and ready for use by the trainer during their time on your facility. A private restroom is best, if possible. The trainer will be traveling to multiple sites, and by minimizing potential transmission to the trainer you are also helping to protect the next sites they visit.

- Ensure that any additional PPE, sanitation supplies, etc. that the trainer is expecting to be present are on-site and ready for use well before your trainer arrives. If the trainer is mandated by law to adhere to certain requirements, or it is against their company policy to work in certain conditions, they may not be able to continue your training.

- Prepare and provide a few outdoors, open-air classroom environments, including one appropriate to use in the rain. In the event that the training needs to be taken inside, depending on the vendor’s company policies, everyone may be required to wear masks. Continuous scientific studies have shown that risk of transmission significantly increases in an indoor environment\(^{21}\), and the CDC has determined that indoor activities are less safe than outdoor activities when considering the risk of coronavirus transmission\(^ {22}\).

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Considerations While On-Site:

Minimizing contact/respecting social distancing with the trainer while on site.

- There should be one (1) main point of contact with the trainer. While the trainer will be interacting with multiple people throughout the course of the training, minimizing contact wherever possible is beneficial to everyone.
- If the trainer is staying on-site, ensure that there is private lodging, including (if possible) a clean private restroom facility and water station that is kept solely for the trainer’s use throughout the length of their stay.
- Reduce the number of touch points for the trainer. Have the main contact or a designated person within the training group be responsible for locking and unlocking all gates, locks, or buildings as needed.
- Maintain a minimum distance from the trainer at all times, unless they dictate that the training situation requires closer proximity. This typically means at least six feet (6’).
- If wearing a mask is required by your jurisdiction or by an agreement between you and your training provider, please do so.

Minimizing previous contact with the course and equipment.

- Preferably, the course should not have been in use for the previous three (3) days prior to the training. This ensures that any surface of the course or equipment that the trainer may need to come into contact with is virus-free upon first contact. If a three (3) day window is not feasible, talk with your training company on how you can mitigate risks in other ways, such as cleaning and disinfecting paired with a shorter agreed upon rest period.
- Any periodic internal monitoring (internal inspections) by staff that take place within the three (3) day window prior to the training, should be strictly visual in nature.
- What if someone has inadvertently come into contact with the course or equipment within three (3) days/within the agreed upon rest period?
  - Notify your vendor that this has happened. They are responsible for managing the risk of their employees and need to be aware that this has occurred.
  - Depending on how much contact was made, they may simply request that anything that has had contact be appropriately cleaned prior to the trainer’s arrival. But give them a call.

Additionally, you should consider having a contingency plan in place in case of missed training time due to exposure to COVID-19, or in the event that someone is experiencing symptoms and needs to leave the training to be tested. This applies to both the trainees and the trainer(s).

Communication with your vendor is key to helping everyone manage the risk of contamination or infection as best as possible. The above items help everyone lower their risk while accomplishing one of the last critical steps for reopening.

“For the things we have to learn before we can do them, we learn by doing them.”

-Aristotle
APPENDIX A: EQUIPMENT MANUFACTURER CONTACT INFORMATION

Arcteryx  
https://www.arcteryx.com/  
1-866-458-2473

AustriAlpin, Inc.  
https://austrialpin.net/  
info@austrialpin.net

Beal  
https://www.beal-planet.com/

Black Diamond Equipment  
www.blackdiamondequipment.com/  
1-800-775-5552  
bdmo@bdel.com

Blue Water Ropes  
https://www.bluewaterropes.com/  
1-770-834-7515  
info@bluewaterropes.com

CAMP  
https://www.camp-usa.com/  
1-303 465-9429  
CLIMBING@CAMP-USA.COM

Climbing Technology  
https://www.climbingtechnology.com/  
+39 035 78 35 95  
vendite@aludesign.it

ClimbTech  
https://climbtech.com/  
1-512-308-6440  
info@climbtech.com

CMI Gear  
https://cmigearusa.com/  
1-800-247-5901

Cypher  
https://cypherclimbing.com/  
1-801-307-9306  
info@cypherclimbing.com

DMM  
https://dmmclimbing.com/  
+44 (0) 1286 872 222  
post@dmmwales.com

Edelrid  
https://www.edelrid.de/  
1-844 594-0201  
customerservice@edelrid.com

Edelweiss  
+33(0)474784474

Fixe  
https://www.fixeclimbing.com/  
+52 222 214 1200  
info@fixeclimbing.com

Fusion  
https://www.fusionclimb.com/  
1-909-393-9450  
order@fusionclimb.com

Headrush  
https://headrushtech.com/  
1-720-565-6885  
sales@headrushtech.com

Headwall Harnesses  
http://headwallharnesses.com/  
1-520-312-6217  
headwallharnesses@gmail.com

ISC  
https://www.iscwales.com/  
+44 (0) 1248 363 125  
sales@iscwales.com

Koala Equipment  
http://koala-equipment.com/  
+33-0-4-50-97-5019  
info@koala-equipment.com

Kong  
https://www.kong.it/  
+39 0341 630506  
info@kong.it
Liberty Mountain
https://www.libertymountain.com/
1-800.366.2666
sales@libertymountain.com

Maxim Ropes
https://www.maximropes.com/home/
1-508-678-8200
Maximropes@teufelberger.com

Misty Mountain
https://mistymountain.com/
1-828-963-6688
info@mistymountain.com

New England Ropes
https://www.neropes.com/
1-508-678-8200
neropes@teufelberger.com

Perfect Descent
https://www.perfectdescent.com/
1-303-953-0874
service@perfectdescent.com

Petzl
1-801-926-1500
info@petzl.com

PMI
https://pmirope.com/
1-706-764-1437
custserv@pmirope.com

Robertson Harness
https://robertsonharness.com/
1-970.682.4470
sales@robertsonharness.com

Rock Exotica
https://www.rockexotica.com/
1-801 728-0630
info@rockexotica.com

Singing Rock
https://www.singingrock.com/
+ 420 481 585 007
info@singingrock.cz

Skylotec
https://www.skylotec.com/
1-303-544-2120
coho@skylotec.de

SMC
https://smcgear.com/
1-800- 426-6251
customerservice@smcgear.com

Sterling Ropes
https://sterlingrope.com/
1-207-282-2550
shop@sterlingrope.com

Stubai
https://www.stubai-sports.com/
+43 5225 6960 0
office@stubai.com

Trango
https://trango.com/
1-303-530-3035!
info@trango.com

Wichard
https://www.wichardamerica.com/
1-401-683-5055
sales@wichardamerica.com

Wild Country
https://www.wildcountry.com/
1-303-444-446

Yates Gear
http://www.yatesgear.com/
1-530.222.4606
info@YatesGear.com

Yoke
www.yoke.net
+886-4-2350-8088
albee_chang@mail.yoke.net
APPENDIX B: LIST OF POTENTIAL POLICIES & PROCEDURES

The following is a list of Policies and Procedures that you may want to consider developing for your course. This list is not exhaustive, nor is it mandatory – just sparking ideas for systems that might work for you and your organization.

EMPLOYEE DAILY SELF CHECK POLICY & PROCEDURES
- A policy that addresses the expectation for employees to monitor their own health, and report that this monitoring has taken place. Each organization will need to decide what recordkeeping is appropriate for them. Please consult with your risk management team on whether this policy is appropriate for your organization, and how to handle employee health information. Organizations wishing to do an employee health check should consider whether it is better for employees to report health information regularly, or simply that the check was completed and ensure that any appropriate follow up happens.

PARTICIPANT PRE-USE SELF CHECK POLICY & PROCEDURES
- A policy that addresses the expectation for participants to monitor their own health, and report that this monitoring has taken place prior to participating in the program. Each organization will need to decide what recordkeeping is appropriate for them. Please consult with your risk management team on whether this policy is appropriate for your organization, and on how to handle participant health information. Organizations wishing to do a participant health check should consider whether it is better for participants to report health information, or simply that the check was completed and ensure that any appropriate follow up happens.

PROCEDURES FOR PARTICIPANT REFUSAL
- An action plan on how your organization will address a participant who refuses to follow policies or procedures. This should be a realistic plan that every employee is trained on, so that everyone in your organization is on the same page and acting in sync with their response. This could also include guidance to employees on how to discreetly notify supervisors that there is an issue and their presence is needed.

COVID-19 OPERATIONS POLICIES & PROCEDURES
- Any adjusted operations practices need to be recorded in written form in order to facilitate understanding and accountability. Operations may want to consider the formulation of a COVID-19 specific addendum to their LOPs, rather than rewriting their standard LOPs in their entirety.

COVID-19 EQUIPMENT CLEANING POLICIES AND PROCEDURES
- A document that specifies organizational policies regarding equipment cleaning. This could be broken down by type of equipment and provide clear instructions on the process of cleaning and drying equipment, as well as when it is considered fit for re-use.

COVID-19 COURSE CLEANING POLICIES AND PROCEDURES
- A document that specifies organizational policies regarding course cleaning. This could be broken down by type of surface, identify high traffic and high touch zones, and provide clear instructions on the process of cleaning, as well as when the course is considered fit for re-use.

CLEANING LOG
- A document to track what equipment and courses were cleaned according to policy, when, and by whom.
APPENDIX C: SAMPLE COURSE PROCEDURES ADDENDUM FOR COVID-19

[NAMES OF COURSE] – CLIMBING WALL
COVID-19 Procedures Addendum

These procedures are in addition to the standard Local Operating Procedures (LOPs) as outlined in the [NAME OF COURSE] challenge course manuals. These procedures include items that are specific to course operation during the COVID-19 pandemic.

GENERAL

MINIMUM STAFF: X
COURSE RATIOS: X staff to X participants
COURSE MAX CAPACITY: X participants

PHYSICAL DISTANCING PLAN

GROUND: Participants shall remain a minimum of X feet apart. Cones will mark where they circle up upon arrival. They will remain in that position through the duration of the introduction and equipment fitting. At demonstration time they will transition to a set of cones set up at least X’ apart near the climbing wall. Following the demonstration, they will be shown the marker that indicates an open route on the wall, and they will be told to line up next to a ground flag behind that marker, spaced at least X’ apart until it is their time to climb. After climbing, participants will go back to the demo cones in order to continue to coach and encourage fellow climbers. After all climbs have concluded, participants will return to cones at the intro circle, be instructed how to remove their harness if they have not already removed it, and counselors will help debrief the activity.

ON COURSE: Every other route will be opened for each group and will rotate between odd and even number routes. First group will climb routes #1 & #3, next group will climb routes #2 & #4.

COVID-SPECIFIC PPE & HYGIENE PROTOCOL ADDITIONS

HAND CLEANING: Participants and employees will wash their hands immediately prior to the program. Participants will have their hands sanitized prior to putting on gloves. Following final equipment check and prior to getting tied in to climb, staff will provide two pumps of hand sanitizer to participant and ensure they disinfect their hands well. Following taking off gloves and placing them in designated container, participants will immediately go to the portable sink to wash their hands.

GLOVES: Once the sanitizer is dried, staff will provide the participant with gloves to wear while climbing. After climbing, participant will remove gloves and place into the designated bucket filled with water and detergent.

MASKS: Employees will wear masks for the duration of the program. Employees speaking to the large group may remove their mask to talk, provided that they are a minimum of X’ away from any other person.

PROTOCOLS FOR STANDARD PPE

PARTICIPANT PPE FITTING: Each participant will have their own set of PPE, which will not be shared. Employees will verbally coach participants on how to fit gear on themselves. If participants need assistance, they will be helped by their counselor. Final checks will be visual and performed by the employees, requiring a pull-down check for the harness and head-shake test for the helmet.

PARTICIPANT PPE CLEANING: Following conclusion of their climb, participants will drop their harnesses into one designated bin, and their helmets into another. After the end of the program, the employees will don medical or cleaning gloves, fill the glove, helmet, and harness containers with water and X tablespoons of mild dish soap. They will wash, rinse, and dry each piece of gear according to the [NAME OF COURSE] COVID-19 Equipment Cleaning Policies & Procedures.
EMPLOYEE PPE: All employees will utilize one set of PPE per program (helmet, harness, belay gloves) and will not transfer equipment to another employee. Employee harnesses and helmets will be washed, rinsed, and dried according to [NAME OF COURSE] COVID-19 Equipment Cleaning Policies & Procedures prior to re-use by any person. If an employee prefers, rather than washing/sanitizing their hands multiple times, they may wear nitrile (non-latex) gloves underneath their belay gloves to reduce likelihood of viral transmission to themselves. All gloves must either be disposed of or washed at the conclusion of each program, including belay gloves.

SANITATION FOR ADDITIONAL EQUIPMENT

ROPES: All ropes are to be washed, rinsed, and dried according to the [NAME OF COURSE] COVID-19 Equipment Cleaning Policies & Procedures before being used with another group.

BELAY DEVICES: All belay devices are to be washed, rinsed, and dried according to the [NAME OF COURSE] COVID-19 Equipment Cleaning Policies & Procedures before being used with another group.

SANITATION FOR THE COURSE

Prior to another group utilizing the Climbing Wall, either:

1) High-touch points for the course and area will be sanitized

OR

2) A 72 hour / 3-day period of non-use must occur for the routes used.
## [NAME OF COURSE] COVID-19 Cleaning Log

Record the date and time of cleaning, specify what was cleaned, and initial boxes in a way that clearly indicates who performed the cleaning. All cleaning must follow the [NAME OF COURSE] COVID-19 Cleaning Policies & Procedures.

<table>
<thead>
<tr>
<th>DATE &amp; TIME</th>
<th>Element Name</th>
<th>Harnesses</th>
<th>Helmets</th>
<th>Gloves</th>
<th>Ropes</th>
<th>Lanyards</th>
<th>Belay Devices</th>
<th>Ladders &amp; Locks</th>
<th>Shed &amp; Shed Door</th>
<th>Course</th>
<th>NOTES</th>
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APPENDIX E: SAMPLE EMPLOYEE DAILY SELF CHECK POLICY & PROCEDURES

[NAME OF COURSE]
EMPLOYEE DAILY SELF-CHECK POLICY & PROCEDURES

Each day prior to commencing work, each employee on the course shall:

1. Have their temperature checked or check their own temperature with a no contact thermometer provided at the course
   1. Acceptable temperatures are BELOW 100.3 degrees

2. Do a daily self-screening for symptoms of COVID-19
   a. Symptoms include fever, cough, shortness of breath, sore throat, runny nose, body aches, loss of or reduced sense of smell, nausea, vomiting, chills or fatigue.

Performing a self-check at home is also acceptable, as long as the employee reports that the check has been completed. A reference sheet and log for checks shall be present at the course.

If the employee has no symptoms, they will log that they have completed their self-check.

In the event that there are one or more symptoms present, the employee shall immediately report their symptoms to a supervisor, who will work with the employee and other qualified parties to determine whether the employee should remain at work that day.

In recognition that the symptoms of COVID-19 are many and varied, the presence of one or two minor symptoms may not result in an employee being removed from work (EX: runny nose could be seasonal allergies).

In the event that any one of the following symptoms is present, the employee shall not work that day:
   • Fever
   • Repetitive cough
   • Shortness of breath
   • Vomiting
   • Chills
   • Fatigue

If the employee is presenting multiple symptoms suddenly, or if symptoms persist beyond one day, the employee [shall/may] get tested for COVID-19. If any employee gets tested, results shall be received prior to the employee returning to work. In the event that testing is not available, or if the employee prefers not to be tested, the employee [shall/may] participate in a period of isolation for 14 days prior to returning to work.

NOTE: Per the FFCRA Act, employees who are waiting for results of a test or who are quarantining as described above shall be provided with paid sick leave. Please refer to the USDoL FFCRA Act poster distributed 1 April 2020 via email, and also posted in the main office.
It is the policy of [NAME OF COURSE] that employees perform a self-check for symptoms of COVID-19 prior to commencing their duties for the day.

Please do a self-assessment of the following symptoms:

- Temperature above 100.3°F
- Chills
- Cough
- Achy body/muscle pain
- Shortness of breath
- Fatigue
- Nausea
- Loss of smell
- Vomiting
- Sore throat

Once your daily self-check has been completed, please indicate so in the log below:

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<thead>
<tr>
<th>Name</th>
<th>SUN 7 Jun</th>
<th>MON 8 Jun</th>
<th>TUE 9 Jun</th>
<th>WED 10 Jun</th>
<th>THU 11 Jun</th>
<th>FRI 12 Jun</th>
<th>SAT 13 Jun</th>
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Please notify your supervisor privately if you are displaying any symptoms or have any concerns.