

## Mountain Challenge and COVID-19

**It's easy to be overwhelmed with uncertainty right now. There is so much we don't understand, but we CAN focus on what we DO understand.**

- **The natural environment, including a combination of sunlight, temperature fluctuations, and humidity, kills the virus.** Studies suggest that the respiratory droplets (which carry the virus) can remain in the air for up to 3 hours, but that's in a sterile lab environment, which is not the same as a dynamic outdoor environment. Researchers suggest that sunlight, differing temperatures and humidity levels, and other variables make the environment more unstable for the virus and probably kill it more quickly.
- **Time kills the virus.** Researchers are saying that just because the virus can still be detected on a surface (after several hours or a few days, depending on the surface) does not necessarily mean the virus is still alive or particularly potent. The amount of the virus on a surface degrades exponentially over time, starting immediately. On the surfaces on which it is known to persist the longest (stainless steel and some hard plastics), its half-life is somewhere between 13 and 16 hours, meaning that only half the original amount of virus is left on the surface after 13-16 hours.
- **The risk of becoming infected from a contaminated surface is much less than the risk of becoming infected by each other.** Human to human transmission is responsible for the vast majority of the confirmed cases of COVID-19. Maintaining a proper social distance of six feet from one another and wearing face masks are the best ways to avoid becoming infected.

We got our information from the following sources, and we encourage you to check them out for more information:

- The Centers for Disease Control and Prevention: <https://www.cdc.gov/>
- The World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Johns Hopkins University: <https://hub.jhu.edu/2020/03/20/sars-cov-2-survive-on-surfaces/>
  - Study, published by Johns Hopkins researchers: [https://www.journalofhospitalinfection.com/article/S0195-6701\(20\)30046-3/fulltext](https://www.journalofhospitalinfection.com/article/S0195-6701(20)30046-3/fulltext)
- National Institutes of Health: <https://www.nih.gov/health-information/coronavirus>

### **What WE will do before you come play with us:**

- Disinfect surfaces (with FDA and EPA-approved disinfectants that protect you and the equipment) before / in between use
  - Helmets
  - Carabiners
  - Boats
  - Paddles
  - PFDs
  - Yoga mats
  - Any other equipment used
- Wash hands before activity

- Patrol and enforce six feet requirement between participants (and between staff and participants)
- Maintain all other routine health and safety measures
- Frequent handwashing during activity as applicable and practical (use of hand sanitizer when soap and water are unavailable)
- Disinfect after each activity
  - For surfaces we cannot disinfect manually, we will let stand for 24-72 hours
    - Tower, harnesses, yoga deck will only be used once every three days
- Rotate use of equipment so that no equipment is used by different users or on back-to-back days

**What YOU will do before coming to play with us\*:**

- Wash hands thoroughly
- Self-report a temperature reading taken today (and/or we'll take your temperature)
- Inform us if in the last 3 weeks:
  - Have at any point tested positive for COVID-19
  - Know that you HAVE BEEN or have a HIGH LIKELIHOOD of being exposed to COVID-19
  - Have had ANY symptoms that could be related to COVID-19, including:
    - Fever
    - Cough or trouble breathing
    - Fatigue or achiness
    - Loss of smell/taste
  - Have been practicing appropriate social distancing as recommended by the CDC
- Maintain six feet of distance between yourself and other participants and staff members
- Follow all staff instructions
- Wash hands thoroughly after activity

**Help us help you stay safe. Let's be safe together.**

**Got it! I'm in.**

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**Participant (parent/guardian if minor)** **date**

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**Staff** **date**