

GreenstoneXP

Climbing/Team Building Activities with COVID-19 Guidelines:

Last Updated: 26 June 2020

DOCUMENT PURPOSE:

- To inform GREENSTONEXP of safe and healthy practices regarding risk of COVID-19 and their climbing and team building program.
- This document should be reviewed and updated every two weeks to stay current with recommended knowledge and practices. The date it was last updated will be posted in the top left corner of the first page of this document.

DOCUMENT DEFINITIONS:

“Public Social Interactions” is defined as an individual leaving their current residence and being in the same social setting as 1 or more individuals they were not previously self-quarantining with.

“Social Setting” is defined as any area, be it private residence or public place, where people are gathered together for any occasion. People may or may not be wearing masks and may or may not be maintaining 6 feet of distance between themselves and others.

“Social Distancing” is defined as using a mask or other cloth face covering to cover one’s mouth and nose while also maintaining a minimum of 6 feet of distance between themselves and others when gathered with people they do not share a residence with.

“CDC” refers to the Center of Disease Control and Prevention. This organization is charged with investigating origins of contagious diseases as well as control the spread of such diseases. This control is done through recommended regulations for the public and the development and administration of vaccines.

“COPE” refers to the Challenging Outdoor Personal Experience and consists of team building exercises, team trust exercises, individual challenges, individual opportunities for growth through the program’s activities with the supervision and guidance of a certified instructor.

“COVID-19” refers to the 2019 novel coronavirus. This is a mild to severe respiratory illness normally spread through respiratory droplets when someone coughs, sneezes, or spits. Can also be spread by contact with infectious material. Symptoms include loss of taste and smell, fever, cough, shortness of breath.

“Higher Risk” is defined as a person who statistically has a greater chance of contracting and becoming severely ill or dying from COVID-19. These people are older adults, young children, people of any age with serious underlying medical conditions.

“Cloth Face Covering” refers to a piece of material (can be medical grade or not) that covers an individual’s nose and mouth that fastens around the individual’s head and/or ears.

“Shared Objects” refers to any object outside of an individual’s residence that is used or touched by multiple people that the individual does not share a residence with.

“Low Risk Outdoor Arts and Entertainment” refers to any arts, higher education, or entertainment activity/facility/business that takes place outdoors. New York State has ruled this area of the economy to be part of Phase IV opening.

CDC Information:

The following information is taken directly from the Center of Disease Control (CDC) website (cdc.gov) and should be considered on an individual and company wide basis when making decisions regarding public social interactions (see *public social interactions* and *social setting* definitions).

Information to Consider per CDC:

- If an individual chooses to leave their residence and enter any social setting, there is no way to ensure zero risk of infection.
- The closer and longer the interaction is, the higher the risk there is for COVID-19 to spread.
- Interacting with more people increases risk.
- Being in a group with people who aren’t social distancing (see *social distancing* definition) increases risk.
- Engaging with new people (those who do not share a residence) also raises risk.
- Some people have the virus and do not have symptoms, but are still capable of transferring the virus.
- If you are higher risk

CDC Recommendations:

- Do not travel.
- If traveling is necessary, maintain a six-foot distance between yourself and others and wear a cloth face covering that covers your nose and mouth
- Wash your hands often, and avoid touching your face after touching shared objects.

- Avoid touching shared objects.

New York State (NYS) Guidelines:

- On June 29th, 2020 all summer day camps can open statewide.
- Educational and Recreational facilities are part of the Phase IV reopening plan
- Phase IV includes Low-Risk Outdoor Arts and Entertainment

New York State (NYS) Mandatory Phase IV Practices:

These are taken directly from the NYS Phase IV Industries website:

<https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/lowriskoutdoorartandentertainmentsummary.pdf>

- Limit workforce and patron/visitor presence to no more than 33% of the maximum occupancy for a particular area at any given time, inclusive of patrons/visitors, who must only be permitted entry into the institution if they wear an acceptable face covering, provided that they are over age 2 and able to medically tolerate one.
- Ensure limited indoor capacity to accommodate patrons/visitors who may need to enter/exit through indoor space to access the outdoor arts/ entertainment space, restroom(s), payment locations, or in an emergency, and allow such ingress/egress in a socially distant manner.
- Ensure a distance of at least 6 ft. is maintained among individuals, except for members of the same household or party, at all times, unless safety or the core activity requires a shorter distance (e.g. operating cash registers), in which case all individuals must wear face coverings.
- Ensure that employees wear face coverings any time they interact with patrons/visitors, and that all individuals, including employees and patrons/ visitors, wear face coverings any time they 're within 6 ft. of another person.
- For exhibits in a small area, calculate and enforce maximum occupancy limits and social distancing.
- Monitor/control flow of traffic into the site and exhibits to adhere to capacity requirements, and enhance employee/security presence to enforce limitations on gathering size, as necessary

- Only permit group tours for members of the same household or party and with a maximum capacity under social gathering requirements at the time, including employees and patrons/visitors.
- Close high-risk interactive exhibits (e.g. those requiring patrons/visitors to touch or wear objects).

COURSE SAFETY RECOMMENDATIONS TABLE:

This table includes the name of the course, a description of what the participants expected to do, the recommendation, and the explanation of the recommendation. Here is a definition of the recommendations:

Not safe at this time: Due to the social distancing guidelines, the activity is deemed not possible.

Safe with alterations: The activity can be done with less people on the course, additional PPE, and/or extra considerations/precautions taken by participants. Alterations may increase the time the team spends at the given course so everyone can experience it. It will not be the same experience as it would have been without alterations, but still doable.

Possible: This activity can be done with no alterations or restrictions as long as people remain conscious of maintaining 6 feet of distance and wearing a face covering.

*** See end of table notes

NAME COURSE:	DESCRIPTION:	RECOMMENDATION:	REASONING:
The Web	Participants must work together as a team to get everyone through a giant web hung between two trees	Safe with alterations	This activity is possible if all members of the group belong to the same household
Group Wall	Participants must work together as a team to get every member of their team over an	Not safe at this time. ***	This activity will require staff assistance/intervention to help the team be successful, which

	backwards into their team members arms.		group belong to the same household
Criss Cross Crossing	Participants must work together as a team to cross a section of cable shaped like an “X”	Safe with alterations	This activity is possible if all members of the group belong to the same household
Giant’s Finger	Participants must work together as a team to get a tire off of tall post and back on again.	Safe with alterations	This activity is possible if all members of the group belong to the same household

TABLE CONTINUED ON NEXT PAGE

COURSE SAFTEY RECOMMENDATIONS TABLE:

(CONTINUED)

Bouldering	Participants climb on the wall no farther than five feet up without a roped belay system, and are instead spotted by their team members.	Not safe at this time. ***	This activity will require intervention and close supervision from staff to maintain safety, which requires less than 6ft of distance.
Climbing/Rappelling (Tower and High Ropes Course)	Tower: Participants belay one another as one climbs up the wall and rappels down it. High Ropes Course: Participants belay one another as one traverses each element of the course	Not safe at this time. ***	Due to the nature of this activity requiring close supervision and (in the event of the zipline) direct and close interaction with staff, this activity would require staff and participants to be less than 6ft apart, and is not safe at this time.

*** In the event CDC guidelines change so that 6 feet of distance between people not belonging to the same household is no longer required, these activities will be possible with minimal alterations.