

## **COVID-19 MITIGATION: RECOMMENDATIONS TO OUR CEIBA CLIENTS**

**01/15/21**

Ceiba Adventures, Inc. has implemented strict guidelines to prevent the spread of the COVID-19 virus. Below are some recommendations for our clients going on river trips during the 2021 season

It is of the utmost importance that all participants on any river trip are implementing the same self-protocols prior to the river trip launching. Getting everyone on the same page with these pre-trip guidelines will only increase the possibility of everyone having a healthy trip.

Here are some things to think about.....

One week prior to the trip launching all trip participants should be diligently practicing social distancing. You should avoid traveling outside your communities and self-isolate as much as possible.

While any clients are on the Ceiba property, they are required to wear face coverings. When meeting & rigging gear at Lee's Ferry on the rig day, we are asking all Ceiba clientele to wear face coverings. Hand washing and use of hand sanitizer is requested as frequently as necessary.

While traveling to the put-in for the river trip, minimize your stops and travel with your own food & supplies as much as possible. This portion of your trip is the most precarious and worrisome. Have hand sanitizer readily available in your personal vehicle and use it regularly after touching anything outside the vehicle. Try to eliminate public restroom stops. Wash your hands frequently. While doing anything in public, you are required to wear a face covering. Your actions can affect everyone else's health on the trip.

Many trip leaders and coordinators are asking their trip participants to get a COVID-19 test prior to the trip launching. It is an option to consider.

When answering the questions below it is important to answer honestly.

In the prior 14 days, have you developed any of these conditions?

\*\*A new fever, or sense of a new fever of 100.4 or higher?

\*\*A new cough that you cannot attribute to another health condition?

\*\*New shortness of breath that you cannot attribute to another health condition?

\*\*A new sore throat that you cannot attribute to another health condition?

\*\*New muscle aches that you cannot attribute to another health condition, or caused by a specific activity (such as physical exercise)?

In the prior 14 days have you?

\*\*Traveled in an area identified as a COVID-19 hot spot?

\*\*Been in contact with anyone who is ill with symptoms resembling COVID-19, or been diagnosed with COVID-19?

We highly recommend that every trip participant put together their own personal COVID-19 Kit. This would include at least two masks each in zip locks, personal hand sanitizer, latex or nitrile gloves, clear glasses, and thermometer. These items may be useful at any time, but particularly if one of your participants exhibit COVID-19 symptoms while on the river.

**Travel/shuttle logistics for Private Grand Canyon launches:**

It is our current recommendation that all trip participants meet at Lee's Ferry in their own vehicles. This will allow your trip to remain intact in its' own healthy bubble. Our Ceiba consultant will meet you at Lees Ferry with the equipment that you have rented. The group then will proceed with the rigging and orientation for your trip. Ceiba will shuttle your vehicles to Flagstaff after you launch to store them in our secure facility.

**On River Practices:**

Handwash systems should always be set up immediately upon arriving at lunch, hiking locations and camp.

Everyone should wash their hands before unloading boats.

Always wash your hands before getting food off the boats, before preparing food, in between different kitchen tasks and cleaning up after each meal.

Disinfect all tables with a Clorox solution before and after each use.

Clean all dishes, pots/pans and cooking utensils before and after each usage.

Make sure your dish line is complete with a 4 bucket system including Hot soapy wash water and a cool Clorox disinfectant (50-100ppm) for the final rinse.

Clean your toilet set up when setting it up, breaking down and after each use.

Maintain flexibility in your daily schedule to attempt to avoid crowded attraction sites or hikes. Be prepared for close encounters by having a face covering handy. Visiting and coming into other trip's camps should be avoided.

When departing the trip and traveling home, continue these standard protocols to ensure your safe and healthy return.

The better we do on the river with safe and healthy practices, the more likely future permittees will be able to do the same. Our diligence and consideration will benefit all river travelers- present and future.

Clients and employees' health is important to us here at Ceiba, so thank you in advance for all the extra effort you put into making your trip as safe and healthy as possible.