



# Callaghan Country's Journeyman Lodge Winter 2021 / 22 Operations COVID-19 Guest Safety Plan

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*PLAN CREATED: November 15, 2020*

We understand that our guests have questions and concerns regarding the ongoing COVID-19 situation and its implications on the traditional Journeyman Lodge experience. To begin, we must point out, there is undeniably an 'Assumption of Risk' for guests wishing to pursue this adventure amidst a Global Pandemic. No matter how many precautions and measures are taken, we cannot guarantee with certainty that COVID-19 will not find its way into the lodge. Please deeply consider your personal level of vulnerability AND that of your co-vulnerability before any other deliberations.

Here at Callaghan Country, we have carefully modified all aspects of our operations to comply with active COVID-19 guidelines and regulations as set out by [Vancouver Coastal Health Authority](#) and our industry partners. As mandated by the Provincial Health Officer (PHO), **Proof of Vaccination is required of all guests to Journeyman Lodge** (due to the nature of our food service delivered with the lodge experience, we unavoidably qualify as a place where proof of vaccination is required for entry). The requirement is in place until June 30, 2022 and could be extended. Callaghan Country can attest that all frontline staff have provided proof of vaccination. Upon arrival at our facility, please be prepared to present your proof of vaccination alongside a valid government photo ID:

- British Columbia residents: [BC Vaccine Card](#) + valid government photo ID
- Canadians: [Federal Proof of Vaccination for travellers now available](#).+ valid government photo ID
- Outside of Canada: [Proof of vaccination uploaded to the ArriveCAN app](#) + passport. **\*New: Canada has introduced temporary border restrictions and measures to address the COVID-19 Omicron variant of concern.** View full entry requirements on the [Government of Canada's website](#).

We will also ask you to complete an 'Acknowledgement of Risk & Personal Health Declaration' as part of the check-in process. As outlined in the provincial [mask mandate order](#), masks are still required for everyone in many public indoor settings. For certainty, this includes Journeyman Lodge. A face shield is not a substitute for a mask as it has an opening below the mouth.

With the easing of restrictions regarding group table limits, we'll once again have our dining room set-up for communal dining (aka family style meals) so we can get back to the camaraderie and connection that our souls have been craving. We are also happy to accommodate guests with requests for a separate dining table who prefer to maintain their space from other parties; please let us know in advance. Our lodge dining room will function in the same format as all restaurants currently delivering food services in the VCM; masks required until seated, delicious meals served by masked staff.

COVID-19 is a known hazard and each individual needs to take accountability for their actions and make responsible choices. While pre trip self-isolating is not mandatory, it is strongly encouraged to ensure good health and reduce the chances of needing to cancel and forfeiting your adventure investment.

Responsibility for co-managing the spread of COVID-19 is shared with all participants including staff, volunteers, AND GUESTS. It is critical that everyone understand their personal roles and responsibilities in reducing the potential spread of the virus. Additionally, all participants must also understand that continued delivery of Callaghan Country's service is contingent on following all established protocols. As part of your registration as an incoming guest, we ask that you carefully review this document to prepare yourself for active participation in the practices and protocols of our Journeyman Lodge COVID-19 Safety plan.

Key Principles are used in the safety plan for every situation:

### Key Principles Going Forward

-  **STAY HOME if you are SICK**  
Stay away from others if you are feeling ill, isolate at home, do not go to work.
-  **PRATICE GOOD HYGIENE**  
Wash your hands often, avoid touching your face, cough/sneeze into your elbow or a tissue.
-  **MAKE SPACE between PEOPLE**  
Maintain a distance of at least 2 metres from others and replace close contact greetings like handshakes, hugs or high fives with waves and smiles.
-  **LEARN how to use PERSONAL PROTECTIVE EQUIPMENT as an ADDITIONAL control**  
Learn how to choose and use PPE correctly, know the limitations of PPE, and always have other controls in place.
-  **MODIFY the ENVIRONMENT**  
Make your environment safer for interacting with others by reducing common touch surfaces, using non-porous barriers, or by changing room design.
-  **INCREASE SANITATION**  
Disinfect common touch surfaces frequently using a chemical that will destroy the Coronavirus.
-  **MANAGE INFORMATION**  
Stay informed, follow public health advice, keep records, and make sure information you communicate is clear, accurate and easy to find.

In addition to VCH's promoted Key Principles, CCWA also emphasizes OUTDOOR OVER INDOOR as a Key Principle guiding this season's operations. A key strength of Callaghan Country's services is its expansive and serene outdoor environments; every effort to move interactions outside will be made to do so.

### **This Safety Plan activates 14 days Prior to your Trip**

PLEASE do your best to minimize contact and exposure outside of your immediate social bubble for the 14 days to your trip

**Mandatory Cancellation. Stay home if in the last 10 days leading up to your Journeyman Lodge check-in day you have;**

- [Tested positive for COVID-19.](#)

### **Within 12 hours of check-in**

- Complete and follow the requirements of the [BC COVID-19 Self-Assessment](#).
- Minimize contact / limit exposure to high traffic facilities along your travel route
- All guests are required to bring along a mask and hand sanitizer to have on hand at all times of their adventure.
- Ski Callaghan Day tickets for cross country skiing and snowshoeing will be available for purchase online and at the gate. We strongly encourage guests to purchase online in advance to help ease wait times upon entry, particularly on busier days such as weekends and holidays.

### **Arrival**

- Signage will be posted warning guests that they cannot enter the site if they are experiencing any COVID-19 symptoms.
- Guests will be required to **bring and wear a mask** from the time they approach the check-in building. As outlined in the provincial [mask mandate order](#), masks are required for everyone in many public indoor settings
- Be sure to **wear a mask** whenever physical distancing cannot be maintained. This includes outdoor areas where people may be transitioning (including parking lots) and checking-in at the Alexander Falls Touring Centre. Wearing a mask, including a [non-medical mask or face covering](#) (i.e. made with at least two layers of tightly woven fabric, [constructed](#) to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) can help protect others around you. Physical distancing is strongly recommended.
- Upon arrival at our facility, please be prepared to present your proof of vaccination alongside a valid government photo ID:
  - British Columbia residents: [BC Vaccine Card](#) + valid government photo ID
  - Canadians: [Federal Proof of Vaccination for travellers](#) + valid government photo ID
  - Outside of Canada: [Proof of vaccination uploaded to the ArriveCAN app](#) + passport.
- All guests will be required to complete a 'COVID-19 Acknowledgement of Risk & Personal Health Declaration' (provided below) as well as the [paper version of our waiver of liability](#) so as to be witnessed in the presence of a Callaghan Country staff member, during the check-in process of your adventure.
- You will be required to declare your ski/household pods (limited to 6-person maximum) and require that you not mingle with other pods. As
- An orientation/briefing on the lodge specific COVID management plan to be conducted at the beginning of the trip.

### **Lodge Life**

- Guests will be required **wear a mask** in any of the shared or common areas inside lodge. Masks may only be removed if inside your private accommodation (Nook, Room, or Suite) with the door closed, or when formally seated for your indoor dining experience.
- We ask you to respect personal space. Be mindful of your distance between other parties and Callaghan Country staff. Maintaining a 2-metre distance is still best practice at this time.
- All Callaghan Country team members and guests must complete a daily symptom check to confirm the absence of symptoms (BC self-assessment tool). Guests will be required to immediately bring any symptoms to the attention of staff members.

- Common areas will be clearly marked with occupancy limits and visible cues to help guests maintain physical distance.
- On return from outdoor pursuits, guests will still be encouraged to stay in their accommodations rather than traditionally congregate in common areas.
- Contact with another individual's personal items poses risk of indirect transfer of the virus. All gear and personal items are to be kept in designated locations to reduce risk of incidental contact by staff and other guests.
- Guests are requested to bring their own books and games.
- Meal services may be scheduled and will follow strict social distancing with limited capacity at each pre-assigned table setting. All meals will be either pre-packaged to-go, or individually plated and served by staff wearing masks.
- The sauna will return to operational this winter. Please use the sauna at your own risk and with whom you choose.

### Cleaning

- Community hygiene, cleaning, and disinfection protocols will be posted throughout all facilities.
- Staff will remain vigilant in their routine cleaning and disinfection practices and protocols to prevent and control the introduction, transmission, and spread of communicable illness/disease at our facility.
- Authorized disinfectants will be provided in all shared shower and toilet facilities. Both staff and guests are encouraged to sanitize before and after every use of these facilities.
- Accommodations will be fully cleaned and sanitized after departing guests have checked out/before arriving guests check in.
- Increased frequency of cleaning and disinfection on high-touch surfaces such as, but not limited to, desks, railings, doorknobs, windows, light switches, tabletops, chairs, and washroom facilities.

### Staff & Guest responsibilities and conduct

- Stay home if you are sick or have been exposed, routine daily health declaration.
- Physical distancing by keeping two meters (six feet) away from one another is still best practice. Respect people's boundaries and ask for consent before you get close.
- Bring a mask or face covering and be sure to **wear a mask** in all public indoor spaces and whenever physical distancing cannot be maintained. This includes busy times on the trailheads and any outdoor areas where people may congregate. Wearing a mask, including a [non-medical mask or face covering](#) (i.e. made with at least two layers of tightly woven fabric, [constructed](#) to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) can help protect others around you.
- Wash hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer if soap and water are not available.
- Avoid physical contact when greeting (safe greetings include a wave, a nod, or a bow).
- Avoid touching eyes, nose, or mouth with unwashed hands.
- When coughing and sneezing, cover mouth and nose with flexed elbow or tissue – throw the tissue away immediately and wash hands.
- Do not share food, drinks, utensils, etc.
- Take care of our collective mental well-being by checking in on each other and practicing self-care and compassion. We are in this together. "Spread fun - not COVID-19." - Dr. Bonnie Henry, Provincial Health Officer

### Recreating

- Care should be taken to avoid following too closely behind one another when snowshoeing and skiing. Observe [increased physical distancing guideline](#) to avoid the chance of acquiring droplets that may have become entrained in the wake or slipstream behind a fellow hiker
- Because wind can carry droplets, you can reduce the chances of viral spread during windy conditions by increasing your physical distancing or by donning masks.
- Passing Others on Trails Narrow trails present contact and distancing challenges for people trying to pass one another. Where possible, communicate with the approaching person or group and decide on who will move

safely off the trail until the others have gone by. If it is unsafe to keep a two-meter spread, move as far as is safely possible and ensure the passing party moves by quickly and with no physical contact.

- Proceed with caution. Keep in mind that with pandemic pressures on our healthcare system, it's important to reduce potential accidents that would add to the stress on first responders and medical professionals. As much as possible, stick to activities and areas that are within your comfort zone and take it easy.

## **Managing COVID-19 Symptoms & Signs**

### COVID-19 Symptoms

- The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and the common cold. Commonly these are fever / chills, cough, sneezing, sore throat, and shortness of breath. Additional symptoms may include muscle aches, fatigue, headache, loss of appetite, runny nose, nausea and vomiting, diarrhea, loss of sense of smell or taste. Almost everybody that has COVID has fever and cough (new or worsening). Shortness of breath and chest pain can be signs of severe illness.
- People infected with COVID-19 may experience little or no symptoms, with illness ranging from mild to severe, but still be a carrier
- Some people are more vulnerable to developing severe illness or complications from COVID-19, including older people and those with chronic health conditions
- The typical incubation period is 5-6 days.

What if someone shows symptoms of COVID-19?

Staff or guests who are determined they may have signs or symptoms of COVID-19 based on the [BC COVID-19 Self-Assessment Tool](#) will:

- Immediately report to the designated COVID-19 coordinator (specified lodge host)
- Follow the self-assessment tool pathway
- The affected person should proceed directly to self-isolation in their accommodation (sole occupancy). Callaghan Country will promptly make arrangements for a safe evacuation.
- If the symptoms are severe such as shortness of breath (e.g. struggling to breathe or speak in single words) or chest pain, immediate evacuations will be activated.

What if a staff member tests positive for COVID-19?

- Any staff who tests positive will not be able to return to active duty until they are free of the COVID-19 virus as deemed by an appropriate health care provider
- Any team members who work closely with the infected team member and has received contact from VCH will follow directives as issued by the health authority

# Journeyman Lodge Guest COVID-19 Acknowledgement of Risk & Personal Health Declaration

Full Legal Name:

Trip dates:

I verify the information I have provided on this form is truthful and accurate.

1. I understand the novel coronavirus causes the disease known as COVID-19 and that it is currently a pandemic. I understand the novel coronavirus has a long incubation period during which carriers of the virus *may not show symptoms* and still be contagious. For this reason, it is recommended to stay home and avoid close contact with other people when at all possible. **Initials:** \_\_\_\_\_

2. I understand the federal and provincial governments have asked individuals to maintain social distancing of at least 2 Metres (6 feet) and I recognize it may not be possible to maintain this distance at all times in a backcountry lodge. **Initials:** \_\_\_\_\_

3. I agree to the strict compliance of PPE, physical distancing, and hygiene practices and protocols outlined in Callaghan Country's Journeyman Lodge Winter 202122 Operations COVID-19 Guest Safety Plan. **Initials:** \_\_\_\_\_

4. I understand that due to the visits of other guests, the characteristics of the novel coronavirus and the characteristics of novel coronavirus spread that I possibly have an elevated risk of contracting AND SPREADING the novel coronavirus simply by being in a backcountry lodge with other people during my trip. **Initials:** \_\_\_\_\_

5. I confirm that I have completed the [BC COVID-19 Self-Assessment Tool](#) in the past 12 hours and am acting in accordance with the instructions provided. **Initials:** \_\_\_\_\_

6. I confirm that this is not currently a period where I am required to self-isolate. **Initials:** \_\_\_\_\_

7. I confirm that I am not waiting for the results from a test for COVID-19. **Initials:** \_\_\_\_\_

8. I agree that if I develop symptoms of COVID-19 (based on the [BC COVID-19 Self-Assessment Tool](#)) during my trip and they do not resolve, get worse, or deemed a risk to others by Journeyman Lodge staff, I will be evacuated from the lodge at my own expense. **Initials:** \_\_\_\_\_

9. I have provided my [Proof of Vaccination](#) to Callaghan Country's check-in representative.

Guest's Printed Name: \_\_\_\_\_ Guest's Signature: \_\_\_\_\_

Witness's Printed Name: \_\_\_\_\_ Witness's Signature: \_\_\_\_\_

Signature of Parent or Guardian if guest is under age 19: \_\_\_\_\_

Date: \_\_\_\_\_ POV verified by: \_\_\_\_\_