



CALLAGHAN COUNTRY
Routes of wilderness

Callaghan Country's Journeyman Lodge Winter 2020 / 21 Operations COVID-19 Guest Safety Plan

LAST UPDATED: January 12, 2021

PREVIOUSLY UPDATED: December 10, 2020

PREVIOUSLY UPDATED: November 18, 2020

PLAN CREATED: November 15, 2020

We understand that our guests have questions and concerns regarding the current 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. Upon arrival at our facility we will ask you to declare your ski/household pods (limited to 6-person maximum) and require that you not mingle with other pods. As outlined in the provincial [mask mandate order](#), masks are 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.

During these times, there is no longer a 'shared' experience inside Journeyman Lodge; rather the focus will shift to intimate solitude in the privacy of your own accommodation...unplugging to reconnect. Bring a good book! The spectacular wilderness of the high-altitude Solitude valley, just outside Journeyman's doors, will be your day host and perhaps deliver a much-needed respite during these strange times. 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, and household seating arrangements limited to 6-person maximum allowing 2m between other dining parties. We'll return to story swapping après vibes on the other side of this pandemic!

Callaghan Country has been accepting Journeyman Lodge reservations at a reduced occupancy limit of 50%. At this time, we are restricting reservations to only local guests that have not traveled outside of Canada or traveled by airline, within 14 days of their trip date. We ask all guests to seriously consider minimizing their contacts in the 14 days prior to the trip as well. COVID-19 is a known hazard and each individual needs to take accountability for their actions and make responsible choices. While pre trip quarantining will not be 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



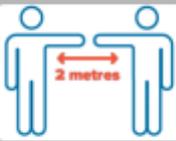
STAY HOME if you are SICK

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 14 days leading up to your Journeyman Lodge check-in day you have;

- Been feeling unwell / experiencing any [symptoms of COVID-19](#)
- tested positive for COVID-19.
- are a close contact of a person who tested positive for COVID-19.
- traveled outside of Canada.
- travelled by airline.

A trip cancellation is not mandatory if in the last 14 days leading up to your Journeyman Lodge check-in day you have;

- experienced COVID symptoms; however, are symptom free at the time of check-in and provide a negative COVID test to Callaghan Country in advance of arrival.

Within 12 hours of check-in

- Complete and follow the recommendations 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 may be scheduled to present themselves at our staging area at particular times.
- Guests will be required to **bring and wear a mask** from the time they approach the check-in building. As outlined in the [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 paramount.
- 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.
- An in-depth orientation/briefing on the lodge-specific COVID management plan must be conducted at the beginning of the trip.

Lodge Life

- Only guests from the same household or pod will be allowed to share a lodge suite, room, or nook.
- 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 stick to your own ski/household pods and not mingle with other pods.

- All Callaghan Country team members and guests must complete a daily symptom check and review the daily safety brief 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 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 will need to bring their own books and games; the lodge will not be lending out shared items such as these.
- 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 not be in operation this winter.

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 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.
- Cleaning supplies will be provided in accommodations so that guests can keep their private area clean and sanitized.
- Within their respective accommodations, guests will be supplied with a linen or plastic bag to place their dirty linens in, and a plastic bag for their other waste.
- Guests are requested to twist laundry and waste bags shut and leave them outside their door for collection at the end of their stay.
- 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 paramount. 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** 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 guidelines](#) 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 as our healthcare system becomes more overwhelmed, 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: _____

Declaration of ski/household pod members in my party (limited to 6-person maximum): _____

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 2020-21 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 for 14 days. **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:** _____

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: _____