

ABTC Covid-19 Risk Management Policy (December 2021)

Covid-19 Protection Framework protocols for ABTC trips

The Auckland Baptist Tramping Club expects anyone taking part in a Club activity during Red or Orange levels **to be fully vaccinated** and may be required to show their Vaccine Passport.

- At social events or indoor activities your vaccine certificate will be scanned and a QR code for the NZ COVID Tracer App will be provided for you to scan.
- Tramp registration notices and pre-departure briefings will include a reminder about the vaccination expectation
- Face masks are encouraged, especially when indoors, in congested locations or at a driver's request in shared transport.
- Appropriate social distancing will be expected during Club activities, both outdoors and indoors.
- The Club will follow DoC requirements - all people aged 12 years three months and over to be fully vaccinated to use DOC accommodation; Face masks are recommended and required if 1m distance can't be maintained; Take your own cleaning and hygiene products; Record keeping and contact tracing are also required - use QR codes where available to scan in or use intentions books at huts to enable contact tracing.
- ABTC leaders for overnight or extended tramps will liaise with participants about the use of huts or tents depending on the size, layout, ventilation and capacity of the huts on the tramp.
- A 'Guideline for managing trampers with suspected symptoms' is on the *MEMBERS ONLY* page.

ABTC wishes to set an example of thoughtful compliance with all Covid-19 Health and Safety guidelines not only to maintain safe conditions for Club Members but also to be considerate of all other people using shared facilities thus ensuring activities take place in a safe and enjoyable way.

Guidelines Regarding Managing A Situation where someone has Covid like Symptoms and Precautions to take on Overnight Tramps

(includes advice from Healthline and DOC)

General Info: As all our tramps are double vaccinated, we are considered a low-risk group. It is important that if you are feeling unwell before the tramp, even 'flu like' you discuss it with the leader, try to isolate from others and consider having a test. Call Healthline 0800 358 5453 if unsure of whether to proceed.

Regarding huts: Be tolerant of other groups at the huts and also keep safe with 1 metre spacing where necessary. Face coverings inside huts and keeping to bubbles is encouraged.

When making meals if the hut is crowded consider cooking outside or on the veranda and consider eating outside.

Note - non vaccinated people are still allowed on the DOC estate and they can camp but are not supposed to be in the huts.

Sleeping arrangements: - It would be good to have a reasonable air flow at night, that is - open all the windows if at all possible. Also when sleeping avoid sleeping head to head with people (apart from your spouse), so to maximise the space between your head & another person's head - sleep with head of one person against the feet of another. Also possible to sleep on the floor or veranda if necessary.

Precautionary Suggestions: On the plane (to Summer Tramps) it would be good to have your hand sanitiser with you to use before having a drink or anything to eat. On the trail it is also advised to carry your hand sanitiser.

Should someone start showing symptoms public health authorities will decide who the close contacts are and what further steps they need to take. **If you start to develop Covid like symptoms, please disclose that as soon as possible** - this is the time when a person is most infectious to others. The tramp leader needs to be informed and a hut warden.

The symptomatic person will need to be masked at all times and self-isolate as much as possible as a precaution. The practicalities of isolating mean it may be best to only have one person volunteer or be nominated to be their contact person (this should not be the tramp leader as they will have enough other responsibilities).

The Contact Person would assist as follows:

- to keep in communication with the person isolating
- Take meals to them
- Keep track of them when tramping
- Assist in any other way that may be helpful in maintaining isolation and their health.

Some people can get very unwell with Covid quickly so do monitor the situation and use the PLB to evacuate a person if they are deteriorating and causing concern.

List of Covid Symptoms: Please see separate sheet for a list of and **take the list with you on your tramp.**

Awaiting test Results:

- If someone should show Covid symptoms while away on our trip they would need to be tested ASAP. Call Health line for free on 0800 358 5453 to find out where they can get tested.
- If a person gets symptoms on a tramp use a separate tea towel, wash dishes separately, wear a mask if in close proximity with others. Remember it may not be Covid so be kind.
- Sneeze and cough into your elbow.
- Sleep in a separate area
- On return from tramp call the local doctor or health line and check if you should get tested.
- If health authorities tell you to self-isolate, do so immediately. If you are waiting for test results you will also need to self-isolate. Do not socialize.
- The main groups can carry on as normal with their tramps while the person awaits the results (in town).
- All self-monitor for any symptoms (see *Covid Symptoms* below). Keep on maintaining good hygiene as we are all doing with hand washing, and masks in enclosed spaces.

A tramper returns a Positive test:

- If the test comes back positive the Public/Primary Health Unit swings into action to decide who is considered a close contact and what the next steps are such as testing / self-isolating for them and anybody else.
- The Public Health Unit is responsible to make sure the person/people have somewhere adequate to isolate (as we are away from home, staying in a holiday park it is not straight forward but this is part of their responsibility). They will advise on what measures need to be taken.

Covid Symptoms / Info for Tramp Leaders and Participants

Tramp Leaders should print off a copy of these to carry on the tramp be familiar with the contents.

COVID-19 symptoms:

Symptoms can include one or more of the following:

- a new or worsening cough
- sneezing and runny nose
- a fever
- temporary loss of smell or altered sense of taste
- sore throat

Less common symptoms may include:

- diarrhoea
- headache
- muscle pain or body aches
- nausea
- vomiting
- malaise — a general feeling of discomfort, illness or unease
- chest pain
- abdominal pain
- joint pain
- confusion or irritability.

These less common symptoms almost always occur with one or more of the common symptoms.

These symptoms do not necessarily mean you have COVID-19. The symptoms are like other illnesses that are much more common, such as colds and flu.

If you have any of these symptoms, contact Healthline [0800 358 5453](tel:08003585453)

Time for symptoms to appear

Symptoms tend to arise around 2 to 5 days after a person is infected, but symptoms can take up to 14 days to show. A person with COVID-19 can pass it on to others from up to 2 days before showing symptoms.

If you have any symptoms please talk to the leader on your tramp

While you have symptoms

- Do not socialize without a mask.
- Call Healthline and check if you should get tested.
- Wash your hands often.
- Sneeze and cough into your elbow.
- Keep a 2 metre distance from people you do not know
- If health authorities tell you to self-isolate, do so immediately. If you are waiting for test results you will also need to self-isolate.

How COVID-19 spreads

COVID-19 is usually spread from person to person. When an infected person breathes, speaks, coughs, sneezes or sings, they may spread particles containing the virus. These particles range in size. Larger and heavier particles — droplets — quickly fall to the ground or other surfaces within seconds or minutes. Smaller particles — aerosols — can remain airborne for minutes to hours. Spread of the virus by aerosols appears to be more important than previously thought.

The risk of airborne transmission becomes higher:

- in enclosed spaces that do not have good airflow
- in crowded places with many people nearby
- in close-contact settings, such as close-range conversations, singing, or shouting.

The risk is considered very low outside when tramping and if people are widely spread.