

Covid-19 Guidance for Members on Tours

- **Remember if you are not a clinician and if in doubt about a clinical issue then it is best to access local health advice.**

Before the tour

- Remember according to UK guidance:
 - If you display any of the symptoms of COVID-19 in the 10 days (or more if still fever or unwell) leading up to your trip,
 - If you are asymptomatic but testing positive for COVID-19 in the 10 days leading up to your trip,
 - If you are in 10 days isolation as a COVID-19 contact,you should not travel or participate in the tour. These circumstances should be discussed with the Tour leader.
- Familiarise yourself with latest travel guidance, national COVID-19 health guidance and mountain tourism guidance for the country you will be touring in.

During the Tour

- Members should follow local guidance on preventing COVID-19 transmission (social distancing, hand hygiene, mask wearing) and any mountain tourism specific guidance e.g. in huts. Consideration might be given to downloading country specific COVID apps.
- Clearly, social distancing is just one part of overall group safety and would be overridden by other mountain safety considerations e.g. the need for a group to rewarm in a group shelter, etc
- Members should remain attentive to COVID-19 symptoms and self-declare to the group if symptomatic.
- In the event of a group member displaying the symptoms of Covid-19 the tour leader should:
 - As far as is practicable, require the individual, to isolate themselves in their room with arrangements for separate meals and toilet facilities if possible.
 - Immediately notify the accommodation provider of the individual(s) isolating in accordance with local regulations
 - Contact the local health authorities for further advice on testing and isolation for the individual and the group.
 - If a group member tests positive for COVID-19 they are likely to need to get treatment locally and stay there until isolation requirement completed. If you are required to quarantine or self-isolate by local authorities, you should expect to do so in the country.
 - Whilst in isolation, a return home within a country should only be undertaken with local public health agreement, as it would require private transport without stop overs. Public transport should not be used, nor should further new contact be allowed.
 - Restrict the further movement of the group until advice received from the local health authorities. All members must be prepared to comply with measures at your destination to manage a localised outbreak.
 - Additional accommodation or other costs as a result of self-isolating will be at the member's expense.

- Record details of when the individual(s) appeared unwell and of all subsequent actions
- If a group participant is contacted by NHS Test & Trace or the NHS Covid-19 App during the tour the leader should:
- Require the individual to isolate themselves as much as is practicable and ask them to contact local health service re testing.
 - Immediately notify the accommodation provider of the individual(s) isolating
 - Officially, group members of the COVID-19 contact need not themselves isolate unless the contact tests positive, but obviously caution should be exercised until the contact has clarified their position by testing.

After the Tour

- Tour members who subsequently develop COVID-19 or test positive within 48 hours of completing the tour should inform the leader and the rest of the group.