



Hello Sierra Rescue Student!

First of all, thank you for your support and flexibility during this challenging time. This is a time when we all need to be resilient and open to change. While we will do our best to provide your scheduled training, it may be cancelled at any time due to changing County, State, Federal, or CDC guidelines <https://www.cdc.gov/coronavirus/2019-ncov/index.html>, or other COVID-19 related reasons. With the current situation in flux, we want you to know that our rescheduling policy is 100% flexible. If you choose not to attend your scheduled training, we will reschedule you at no charge.

The following policy for responsible practices includes a great deal of personal responsibility on your part; it is dependent on you being healthy, safe, and not a vector for COVID-19.

Here is what we ask:

BEFORE YOUR COURSE:

That you have been maintaining social distancing, wearing proper personal protection including masks, washing your hands and keeping surfaces disinfected.

That you are not prematurely leaving a quarantine or 14-day shelter in place to attend the course, and you have no known or obvious exposure to someone with COVID-19.

That you are healthy, do not have any flu-like symptoms, a fever of over 100, or any signs of decreasing O2 saturation levels. If you are at all sick, please DO NOT attend the course. We will reschedule you, no questions asked! If you attend sick, you will be asked to leave. As always, you should not be attending a course if you feel sick or physically unable to do so for any reason.

DURING THE COURSE:

Maintain social distancing protocols. We will have a low instructor to student ratio to facilitate social distancing. The entire course will be taught outside.

Wear appropriate PPE for the duration of the course; including gloves, face mask and glasses when appropriate. ***You will need to bring your own face mask.***

Hand sanitize and wash your hands frequently. We will provide hand wash stations and hand sanitizer. You should **bring your own small bottle of hand sanitizer** to keep with you at all times.

If you must sneeze, do it into a tissue if at all possible and dispose of the tissue. Your most important goal will be to not distribute any respiratory droplets to others.

Self-monitor during the course. Please **bring a thermometer and take your temperature every day**. Your Instructor will have a pulse oximeter to measure your O2 saturation levels.

Please take personal responsibility for helping to keep gear disinfected, and be sure to take care of your own clothes, river equipment, camping gear, group gear, etc. It will help insure all gear is kept disinfected if everyone cleans before and after use.

About Our Course Locations:

All of our courses are taught 100% OUTSIDE. Please **come prepared for the weather**, and bring appropriate **food and water** for the day.

During your “off hours” on multi-day courses:

We will be relying on you to maintain safe practices before and after your course days, to follow all recommended practices for social distancing, PPE, and to conduct proper disinfecting on your “off time”.

Please let us know if you have any questions or concerns, or if you need, or choose, to reschedule. We are in a dynamic and evolving situation and we all need to be vigorous about containing the spread of the virus. We are continually monitoring Local, State, Federal, CDC and WHO recommendations.

Thank you so much for training with us! We look forward to seeing you soon!

All the best,

Julie and Abi

I acknowledge that I have read the above document and understand my responsibilities.

Your Name

Your Signature and Date