



COVID-19 Trail Building & Maintenance Rapid Response Plan and Operating Procedures

This document is in effect as of February 5, 2021 based on health guidelines in effect on that date, and will be updated as required to reflect current health guidelines.

1 OVERVIEW

The GDTA Trail Building and Maintenance Committee is committed to doing work in 2021. The ongoing COVID-19 pandemic, however, obligates our work be done under the guidelines of Alberta and BC health policies and in a manner that respects public expectations of conduct. This document outlines the GDTA’s strict expectations to keep trail work participants safe, and fulfil Alberta and BC Health Services requirement for a COVID-19 Rapid Response Plan.

These directions are in addition to the safety, environmental, operating instructions that the GDTA provides for trail building and maintenance trips. Where there is a conflict with these established instructions, the participant shall seek clarification from the Trip Manager.

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2 TRIP TYPES AND LIMITATIONS

This year, we are planning at least ten Modified Trail Building & Maintenance Trips with a maximum of 10 people per trip. Other organized groups may join our work crews to perform trail work but they will not be allowed to share our camp facilities. The total number of people in one work camp area may not exceed 10.

3 SAFETY CONSIDERATIONS

3.1 Right to refuse work

The right to refuse work, as written in our safety manual, will be honoured. If anyone feels unsafe or is not able to meet the special guidelines outlined in this COVID-19 policy, the Trip Manager or GDTA may 1) ask that person to not attend, 2) send the individual home, or 3) cancel the trip on short notice.

3.2 COVID-19 symptoms

All volunteers will be screened using the following questions before being accepted on a trail building trip. Question #1 should be used for daily screening during the trip.

| | | | |
|----|--|-----|----|
| 1. | In the past 10 days, have you experienced any of these symptoms (not related to a pre-existing illness or health condition)? | | |
| | • Fever (greater than 38.0 C) | YES | NO |
| | • Cough | YES | NO |
| | • Shortness of Breath / Difficulty Breathing | YES | NO |
| | • Sore throat | YES | NO |
| | • Runny nose | YES | NO |
| 2. | Have you, or anyone in your household travelled outside of Canada in the last 14 days? | YES | NO |
| 3. | Have you, or anyone in your household been in contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19? | YES | NO |
| 4. | Are you currently being investigated as a suspect case of COVID-19? | YES | NO |
| 5. | Have you tested positive for COVID-19 within the last 14 days? | YES | NO |

If a volunteer answers YES to any of these questions, the individual is legally required to isolate and will not be allowed to participate on a trip. While at camp, all volunteers are encouraged to observe for any of the symptoms listed above.

If, during a trip, you experience any of these symptoms which are not related to a pre-existing illness or health condition, or you see another volunteer with these symptoms, you must immediately notify the Trip Manager and a COVID-19 Self-Assessment Test (see Appendix A) must be completed by the affected individual. Based on the results of the Self-Assessment Test, if there is a possibility that a volunteer has COVID-19 symptoms, the Trip Manager must promptly follow the instructions in the Self-Assessment Test. The Trip Manager may decide that the trip must be shut down, and instruct all other volunteers to be prepared to quarantine for the suggested minimum of 14 days. If the trip is shut down, volunteers will take down camp and transport everything back to Calgary, while continuing to practice safe physical distancing the entire time.

Once back home, the Trip Coordinator will follow-up with the affected individual and obtain COVID-19 testing results from the affected individual if applicable. At home, all volunteers should continue to practice safe physical distancing, hygiene and Personal Protective Equipment (PPE) protocols to effectively reduce



the risk of spreading the virus should they have it. If the affected individual tests positive for COVID-19, all other volunteers on the trip will be notified by the Trip Coordinator and would be required to begin quarantine protocol. All individuals in volunteers' households would also have to quarantine for 14 days.

See Appendix B for more information on the difference between quarantine and isolation.

3.3 Emergency

The safety and well-being of first aid attendants and volunteers requiring first aid are essential so in an emergency situation requiring direct intervention, first aid attendants must put on PPE (masks, safety glasses and gloves) before administering first aid. Limit access to the patient and exposure to other during an emergency response. After treatment, sanitize all equipment, PPE and any exposed clothing, and wash your hands thoroughly.

Responders to an emergency (or possible emergency) identified by the COVID-19 Self-Assessment Test (Appendix A) should maintain safe physical distance at all times. Emergency decisions will be based on first aid principles, the Self-Assessment Test instructions and general common sense.

3.4 Safety Officer

The role will be extended to include responsibility for camp sanitation, including the assignment of cooking and cleaning schedules. The Safety Officer will oversee the implementation and administration of this document and will assist the Trip Manager in monitoring the adherence to these requirements at site. Upon arrival at site, the Safety Officer will review these requirements with camp participants and will be available to address questions or concerns.

3.5 Safety Provisions

The 2-metre physical distancing rule will be applied and adhered to in all normal activities. Every volunteer will be expected to have their own masks. The GDTA will have a limited number of masks available for emergency use only. Masks are to be used in vehicles and when the 2-metre rule cannot be adhered to – cooking, inclement weather, sheltering issues, emergency, etc. Please be aware that proper sanitation of masks is difficult in a wilderness setting so a back-up is recommended.

To facilitate contact tracing, a Volunteer Inventory will be maintained, listing full names, addresses, phone numbers and dates/times of everyone that has been in camp. Use of personal information will be confidential and respect volunteers' privacy.

4 TRAVEL

The GDTA will not be organizing carpooling this year. Each volunteer shall be responsible for their travel to and from camp. Volunteers from the same family or social group who have had recent interactions may ride together.

When possible, the GDTA will arrange a convoy to travel to the trailhead together. The Trip Coordinator will have directions and instructions for each trip for volunteers to arrive at the trailhead or meeting place at designated times. If there is a situation where a ride in a vehicle is required by multiple people, such as a trip into town or in an emergency, masks will be worn by all individuals during the trip.

Directly after the trip, the driver will disinfect the vehicle – clean and wipe down all interior hard surfaces using spray bottle cleaner, disinfectant, and paper towels. Individuals must wear PPE (masks, safety glasses and impermeable gloves) when cleaning a vehicle.



An ATV may be used to shuttle volunteers' food and equipment; however, volunteers are expected to load and unload themselves and to wear a mask when doing so.

5 CAMP

5.1 Camp Layout

Tents are to be spaced out with a minimum distance of 5 metres between each tent area and shelter. This will allow people to move around more freely and keep the 2-metre distancing rule in effect.

5.2 Hand hygiene and respiratory etiquette

Hand hygiene is one of the most effective ways to prevent the spread of communicable diseases and infections. A handwashing station will be provided in camp. Hand sanitizer will be available when soap and water is not. Everyone should have their own hand sanitizer and biodegradable soap for personal handwashing.

Volunteers should wash/sanitize their hands regularly and avoid touching their face, particularly their eyes, nose and mouth. Always cover your cough and sneezes and then wash your hands. Hands must be washed/sanitized prior to putting on and after taking off PPE.

5.3 Cooking

Cooking and dining tents/areas will be designated at camp. A strict cooking and cleaning schedule for each camp will be enforced by the Safety Officer. The cooking tent will have maximum 3 people inside at a time. 2 metre physical distancing must be followed while inside the cooking or dining tents. If weather allows, doors and windows of cooking/dining tents should remain open during use. Each volunteer will be instructed and expected to clean and disinfect cooking and dining areas they are using immediately after use. Individuals must wear PPE (masks, safety glasses and impermeable gloves) when cleaning. A bleach solution (9:1 ratio of water to bleach), a professional grade cleaner, a professional grade disinfectant in spray bottles, hand sanitizer and paper towels will be supplied.

Each volunteer is required to have their own cooking gear, pots, pans, utensils, dish cleaning towels, etc. The GDTA will supply the two large stoves, a barbeque, and propane fuel for communal use. However, it is important to clean and disinfect the cooking area after each use. Volunteers should also bring a small backpacking type of stove and fuel for their personal use. There will be no communal sharing of food or beverages except between members of the same household.

5.4 Food Storage

An electric fence will be provided for food storage. Everyone will be expected to bring a hard-sided cooler or hard-sided dry food storage container. Each person's hard-sided storage containers will be labelled (please do this at home) and placed in separate designated areas of the fenced compound. Only one person at a time will be allowed into the fenced compound.

5.5 Latrine

A communal, weather-protected latrine will be available. It will be up to individuals to clean and sanitize before and after each use. Personal PPE must be worn when sanitizing the latrine. Cleaner, disinfectant, hand sanitizer and paper towels will be supplied, and everyone will be shown proper disinfecting procedure. If a volunteer feels more comfortable with their own latrine, this will be allowed. They must be prepared to dig their cat hole a minimum of 20 cm deep, 100 metres from the camp and 200 metres from water.



5.6 Water

A communal water station will be provided for both filtered drinking water and unfiltered cooking/washing water. Spray cleaner, disinfectant and paper towels will be supplied to clean and disinfect hard surfaces after each use.

5.7 Camp Fire

A campfire will be allowed, but the 2-metre distancing rule will apply and no communal sharing of snacks.

6 TRAIL WORK

6.1 Tools

Each job, as always, will be a personal choice. Each volunteer should carry all the tools they may use during the day and be prepared to clean and disinfect them before putting in the tool crib each night. A spray cleaner and disinfectant and paper towels will be available at the tool crib.

6.2 Trail Etiquette

Distancing rules will always be in effect. For example, when someone needs to pass another on the trail, they will be required first to have sufficient room to pass at no less than 2 metres and to let the other know they are passing.

6.3 Tailgate Talks, Manuals and Feedback Forms

All volunteers will be given access to electronic manuals and forms and encouraged to download them onto their smartphones before trips. A designated note-taker other than the Trip Manager will fill out each day's form electronically or hardcopy and ask for a show of hands after the tailgater and record, without circulating the form. The note-taker will then be required to submit electronically or print a hard copy and send it to the GDTA Safety Coordinator. All volunteer feedback will be via an online survey this year. It is especially important when you get a survey from the GDTA that it is filled out and sent back ASAP.



7 APPENDIX A: COVID-19 SELF-ASSESSMENT TEST

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

1. Are you experiencing any of the following?

- severe difficulty breathing (e.g., struggling for each breath, speaking in single words)
- severe chest pain
- having a very hard time waking up
- feeling confused
- lost consciousness

EMERGENCY – If YES to any of these symptoms, call 911 immediately or go directly to the nearest emergency department.

2. Are you experiencing any of the following?

- Mild to moderate shortness of breath at rest
- inability to lie down because of difficulty breathing
- chronic health conditions that you are having difficulty managing because of difficult breathing

POSSIBLE EMERGENCY – If YES to any of these symptoms, please contact your family doctor or call 811 to speak with a nurse.

3. Do you have any of the following?

- fever
- new onset of cough or worsening of chronic cough
- new or worsening shortness of breath or difficulty breathing
- sore throat
- loss of sense of smell or taste

NON-EMERGENCY – If YES to any of these symptoms, you should immediately self-isolate. In Alberta, you are legally required to self-isolate. You are recommended to be tested for COVID-19. If you do not get tested, you must isolate for 10 days from the onset of symptoms and until symptoms have resolved (whichever is latest). If your symptoms worsen, call 811.

4. Do you have any of the following?

- chills
- stuffy or runny nose
- headache
- feeling unwell, body aches
- severe fatigue or exhaustion
- nausea or vomiting
- diarrhea
- unexplained loss of appetite
- conjunctivitis (pink eye)

NON-EMERGENCY – If YES to any of these symptoms, it is strongly advised that you isolate at home and minimize contact with others until you are feeling better. You are recommended to be tested for COVID-19. If your symptoms worsen, call 811.



8 APPENDIX B: INFORMATION ON QUARANTINE AND ISOLATION

One of the first critical steps to preventing further transmission of disease is the implementation of quarantine and isolation procedures. It is important to understand the difference and the mandatory requirements for each.

When someone is exposed to a contagious disease, they may not always get sick. If they do become sick, there will be a period of time between being exposed and becoming sick. It can take up to 14 days for people to start experiencing COVID-19 symptoms (e.g., fever, cough, shortness of breath/difficulty breathing, sore throat or runny nose).

Quarantine and isolation refer to separating and restricting people from contact with all others to prevent transmission.

| QUARANTINE | ISOLATION |
|--|--|
| Done when people are not yet sick, but have been exposed. | Done when people are sick, to keep them from infecting others. |
| The quarantine period for COVID-19 is 14 days. <ul style="list-style-type: none"> This is because it can take up to 14 days for an individual to develop symptoms | The isolation period for COVID-19 is 10 days or until symptoms resolve, whichever is longer. |

Alberta and BC Health Orders describe situations where individuals are required or recommended to quarantine or isolate – See [Alberta Health Order](#) and [BC Health Order](#) for full details and exemptions:

- Individuals are legally required to be in quarantine for 14 days either:
 - Immediately upon return from travel outside of Canada, or
 - If they are a close contact of a person who tested positive for COVID-19.
- If they are diagnosed with COVID-19, individuals are legally required to be in isolation for 10 days, or until symptoms resolve, whichever takes longer.
- In Alberta, individuals are legally required to be in isolation for 10 days, or until symptoms resolve, whichever takes longer, if they develop a fever, cough, new or worsening shortness of breath/difficulty breathing, runny nose, or sore throat not related to a pre-existing illness or health condition or a known exposure to COVID-19.
- In BC, individuals are recommended to be in isolation for 10 days, or until symptoms resolve, whichever takes longer, if they develop a fever, cough, difficulty breathing, loss of sense of smell or taste, or sore throat not related to a pre-existing illness or health condition or to a known exposure to COVID-19.
- Note the following requirements for quarantine and isolation:
 - Remain at home, wear a mask, and stay 2 metres distant from others in your household at all times;
 - Do not attend work, school, social events or any other public gatherings;
 - Do not take public transportation;
 - No visitors.
- Persons in isolation are not required to remain in isolation if they test negative for COVID-19 and have no known exposure to COVID-19. However, they must not return to work until symptoms have resolved. Returning while still ill may result in others being infected with their illness (e.g. cold or flu) and forcing those persons to isolate.
- If persons in quarantine begin to experience symptoms (e.g. cough, fever, shortness of breath/difficulty breathing, or sore throat) not related to a pre-existing illness or health condition or to a known exposure to COVID-19, they must enter isolation for a period of 10 additional days from the start of their symptoms, or until symptoms resolve, whichever is longer. However, in no case shall the total stay in quarantine/isolation be less than 14 days.