

FIRST DESCENTS MEDICAL VOLUNTEERS



HERO RECHARGE: A nationwide series of outdoor adventure programs for healthcare professionals.

MEDICAL VOLUNTEER INFORMATION

Medical volunteers serve a critical role at First Descents programs. Medical Volunteers are responsible for conducting on-site COVID-19 screenings, implementing program control measures, and monitoring the health and wellbeing of the group. In the event of a suspected or confirmed illness, Medical Volunteers will also play a role in response efforts. We are so grateful to our community of volunteers that make these programs possible.

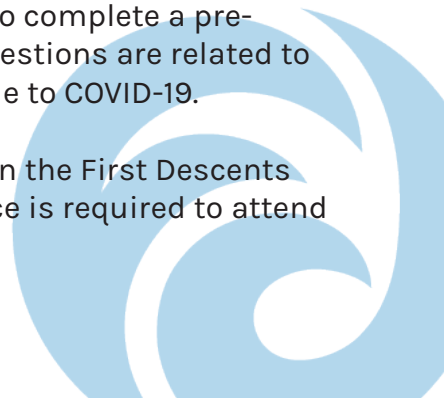
PRE-PROGRAM REQUIREMENTS

Pre-Program Health Agreement (PPHA) - All Parties, including Staff, Participants, Volunteers, Partners, and Visitors will be asked to complete First Descents' PPHA in order to attend the program. The PPHA ensures that everyone arrives at a program healthy and understands the importance of practicing program control measures (e.g. social distancing, masking, etc.) throughout the duration of a program.

Background Check - All volunteers will be asked to complete and pass a background check.

Pre-Program COVID-19 Screening - The Medical Volunteer will be asked to complete a pre-program COVID-19 screening to ensure they arrive at a program healthy. Questions are related to recent international travel, exposure to COVID-19, and any symptoms unique to COVID-19.

Waiver - All Participants, Staff, and Volunteers are required to read and sign the First Descents Waiver before arriving at the program. Note that individual health insurance is required to attend an FD program.



ROLES AND RESPONSIBILITIES

Pre-Program - Medical Volunteers will be provided medical information for Participants prior to the program. They are responsible for reviewing this information before the program and participating in any pre-program screening calls or planning calls, as necessary.

Arrival - Medical Volunteers will be asked to arrive at a program early to set up a COVID-19 screening station and to screen everyone as they arrive. Medical Volunteers will screen for COVID-19 exposure and symptoms using FD's on-site COVID-19 screening form. All the necessary screening supplies will be provided by FD. See below for more details.

Program Control Measures - Medical Volunteers must comply with and practice program control measures at all times unless otherwise instructed. Note: Not all program control measures (e.g. masking) are possible on all outdoor activities. The Medical Volunteer should communicate with FD Staff and Partners to make adjustments as necessary.

Documentation - Medical Volunteers will utilize FD's on-site COVID-19 screening form upon the initial arrival of individuals. They will also be asked to conduct daily medical observations of Participants for any overnight program.

Health Monitoring and Supplies - Medical Volunteers will be responsible for the first aid kit and medical supplies provided by First Descents at the program, and deliver any remaining materials to the Lead Staff upon program completion. Medical Volunteers may be asked to receive FD's medical supplies before the program.

How to conduct a COVID-19 screening

1. Communicate with FD's Staff and Partners prior to the program to coordinate any logistical and administrative program elements.
2. Arrive early (the location will be determined in consultation with the FD Staff and Partners prior to the program) and prepare the screening station and materials; follow protocol for how to conduct a facility health screening.
3. As participants arrive, make sure they are wearing a mask, practicing social distancing and completing the screening before socializing and other activities.
4. Ensure there isn't a long line forming and stagger individuals; social distancing and using tape to mark the floor may help depending on the location.
5. Conduct a temperature check using an infrared thermometer on all individuals.
6. Ask all parties FD's COVID-19 screening questions related to exposure and COVID-19 symptoms in the past 14 days. Record all answers on the paperwork provided.
7. Remind Participants of program control measures including but not limited to masking and social distancing throughout the program.
8. Monitor and document daily medical observations (for overnight programs only).

Equipment to utilize

All of the following equipment will be provided to volunteers by First Descents.

- Infrared thermometers
- Bleach wipes (to clean thermometer bodies and work surfaces)
- Hand sanitizer
- Disposable medical gloves
- Batteries (several for thermometers)
- Hard copies of FD's On-Site COVID-19 Screening Form
- First aid kit
- Extra masks
- Face shield (just in case)
- Trash bags

