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## Pre-Program Health Agreement

First Descents (FD) Participants, Staff, and Volunteers should adhere to FD's health principles and application requirements in order to attend a program. It is everyone's personal responsibility to review these guidelines and adhere to them in order to ensure the safety and health of everyone at a program.

### General Principles

- Complete all paperwork and screenings in a timely and honest manner. FD will be screening Participants for COVID-19 exposure, symptoms and international travel leading up to a program, upon arrival at a program, and each subsequent program day. If someone reports exposure to COVID-19, symptoms, or international travel (within 14 days of their program), they will be ineligible to participate. FD will work to find another program for you at a better time.
- Arrive at a program healthy. Eat well, rest, and hydrate in advance of the program.
- Do not come if you're feeling unwell or sick, including showing [symptoms of COVID-19](#) or other illness. Arriving at a program like this will impact the entire group and will likely result in the program being terminated.
- Inform the Programs Team of any changes to your health condition leading up to a program
- Eat well and hydrate in advance of the program.
- For Single-Day and Multi-Day programs, everyone will be asked to transport themselves in their personal vehicles to and from the activity site. Carpooling will be discouraged in order to support social distancing unless a program activity requires it.
- Fatigue plays a part in both injuries and illnesses and a FD program is a very busy and exciting experience! Be sure to get enough rest leading up to a program so you can enjoy the program and stay healthy and safe.
- If you require special accommodations (e.g. gear, dietary restrictions, sleeping needs, allergies, etc.) please inform the Programs Team well in advance of the program start date.
- Check the weather before you pack and bring what you will need, including clothes and shoes appropriate for outdoor activities, as well as spending time as a group relaxing, and enjoying meals (if you're attending an overnight program). FD's Packing List for your specific program activity will be emailed to you.
- Please bring at least two (2) face masks and hand sanitizer with you.
- All Participants will be required to report exposure to COVID-19 and/or symptoms and check in with a Programs Team member 1-3 days prior to their program. Exposure is defined as:
  - Been in close contact (within 6 feet for at least 15 minutes) with someone who tested positive for or was suspected to have COVID-19 without use of personal protective equipment (defined as minimum surgical mask or N95, eye protection [face shield or goggles] and gloves)
  - Lives with someone who tested positive for or was suspected to have COVID-19

- The CDC encourages anyone who has traveled internationally to stay home, monitor their health and practice social distancing for 14 days after returning from travel. As a result, please do not attend a program within 14 days of international travel.

#### At-Program Principles

- Come prepared to complete a [COVID-19 screening](#) at the beginning of the program, including a temperature check, and exposure and symptom screening led by FD staff or a volunteer. Everyone must complete the screening to be admitted to the program and must undergo a screening each subsequent program day. Anyone that reports COVID-19 exposure, symptoms and international travel (within 14 days of a program) at the on-site screening will be ineligible to attend and must return home.
- Adhere to FD's [program control measures](#) at all times, including:
  - Hand Hygiene
  - Respiratory Etiquette
  - Face Covering and Use of Masks
  - Cleaning and Disinfection
  - Social Distancing
  - Follow Transportation Protocol (e.g. use personal vehicle for Single-Day programs)
- Please turn your cell phones off and leave them in your cars and/or rooms. Cell phones often collect germs and can spread illness. Additionally, FD programs are tech-free. This is a once-in-a-lifetime opportunity for you to unplug and connect in a meaningful way with yourself and others.
- Please come alone. Do not bring your family, friends and/or beloved pets unless you have been instructed otherwise by the Programs Team.
- Do not share personal belongings, including drinks, shared food utensils and containers, hair brushes, pillows, toothbrushes, etc.
- For overnight programs, if sharing sleeping space, sleep head-to-toe rather than nose-to-nose – in bunks, tents and so forth. Go for the greatest distance between sleeping heads. During the COVID-19 pandemic, distance between the heads of any two people should be a minimum of 6 feet apart.
- Do not leave the program at any time. If you leave the program, you will not be readmitted.
- If you notice a change in your health, please report to a FD Staff member immediately. You may be asked to isolate from the group until your symptoms can be verified.
- Communicate any questions, questions or observations to FD Staff directly.
- In the event of a suspected communicable disease case, medical advice will be sought and communicable disease prevention protocols implemented.

#### FD's Application Process

In light of COVID-19 and in order to keep everyone safe and healthy, FD's program application process may include:



3001 Brighton Blvd  
Suite 623  
Denver, CO 80216  
[www.FirstDescents.org](http://www.FirstDescents.org)

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1. A general medical application including FD policies, biographical information, medical history, screening for [high risk factors as outlined by the CDC](#), and exposure to COVID-19, etc.
2. A Physician's Authorization for individuals with any high-risk factors, as outlined by CDC.
3. Follow up emails to screen for illness and exposure to COVID-19.
4. On-site screening for COVID-19 symptoms, exposure, and a temperature check. This is a CDC recommendation for any outdoor programs.
5. Additionally, Lead Staff and/or Medical Volunteer will be conducting daily COVID-19 symptom tracking each program day. For overnight programs, the FD team will conduct daily medical observations related to COVID-19 symptoms.

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person. First Descents has put in place preventative measures to reduce the spread of COVID-19; however, First Descents cannot guarantee that you will not become infected with COVID-19. Further, participation in a First Descents program could increase your risk of contracting COVID-19.

All program participants and volunteers will be required to sign First Descents' Release of Liability and Waiver of Legal Rights ahead of each program in order to be allowed admittance. Note: The COVID-19 pandemic is constantly changing and FD may need to make changes to the application process as new information becomes available. If FD makes changes to the application or requirements you will be notified.