

# OSAT COVID-19 GUIDELINES

Revised February 4, 2022

Due to the evolving COVID-19 situation, OSAT implemented and updated these guidelines for all club Events. The club endeavors to interpret professional guidance and apply it to all club Events. The guidance encourages all members to adhere to public health recommendations and keep events safe to reduce the impact on the emergency response and healthcare infrastructure as well as honoring our guiding principles. This guidance will be refined as we become aware of updated guidelines from the authorities and input from members.

**All club Events should operate according to the [King County guidelines and requirements](#) and OSAT CLUB EVENT LIMITATIONS listed below. OSAT encourages everyone to evaluate their personal risk profile prior to attending an in-person Event, and to make conservative decisions that protect the health and safety of our community.**

## DEFINITIONS:

- “Event” refers to any event posted on the OSAT.org website calendar
- “Leader” refers to the person who posted an Event on the calendar, or otherwise the person(s) designated on the Event notice or subsequently as the Leader of the Event. The Leader could be a “Trip Leader” as identified by the Activities Committee, Event leaders identified by the GCC or ICC classes, or anyone else posting an indoor or outdoor recreational or social Event on the OSAT online calendar.

## OSAT CLUB EVENT LIMITATIONS

During the COVID-19 pandemic emergency:

- All OSAT Events will be led by Leaders who are fully aware of and adhere to the OSAT COVID-19 Addendum to the Code of Conduct and these Guidelines.
- OSAT Events will comply with current Washington State and King County COVID-19 guidance and restrictions.
- Participants in Events must be vaccinated and wear masks in accordance with requirements set by the Event Leaders, which at a minimum must meet the requirements of state and local authorities.
- Leaders may establish whether guests and children are allowed at Events, subject to the same or additional requirements as established for members.
- First aid support participants for Events (i.e. WFA or equivalent) may hold certification that has expired within last two years unless unexpired certification is required by the Leader. (Note: GCC requires full certification for WFA support.)
- Carpools are discouraged for OSAT activities during the COVID-19 pandemic.

## GUIDING PRINCIPLES UPON WHICH THESE GUIDELINES ARE ESTABLISHED

- **Health & Safety:** Our top priority is the health and safety of the OSAT community. As a part of the broader community, our response to the COVID-19 outbreak will also support the overall well-being of people in western Washington.
- **Compliance & Coordination:** We will fully comply with public health orders/guidance and coordinate with public land managers and partner organizations on outdoor recreation policies and procedures if necessary. We will provide OSAT members specific guidance and tools to ensure our Events promote safe and responsible outdoor recreation.
- **Decision-Making & Communications:** We commit to being decisive, communicating frequently and transparently, and providing actionable guidance and change management support for our members.
- **Community Support:** We will show compassion and support for individuals and communities most impacted, and our Events will reflect our club's values of conservation, stewardship, and 12-Step principles.
- **Club and AA Group Relationship:** In compliance with the club tradition that OSAT-affiliated AA groups are separate from the club, the AA groups establish their own operational guidance. Nevertheless, the Club operates in respect of the traditions and principles of AA.

## IF YOU HAVE CONFIRMED COVID-19 OR ARE WORRIED THAT YOU MAY HAVE COVID-19, please follow this protocol:

1. Review the latest [King County Public Health](#), [Washington State Department of Health](#), and/or local health department recommendations and follow their guidance.
2. If you have tested positive for COVID-19 and participated in an OSAT in-person Event [2 days prior to initial symptoms](#), you must notify the OSAT Event Leader so they can take action to protect you and our members.
3. Our goal is to support you, protect your privacy, and reduce the risk to our community. It will be helpful for us to know things like when you started feeling sick, when you tested positive, and what OSAT Events you participated in. It will also help us to know if you have any specific concerns we can help address.

Leaders will be responsible to notify all participants from the rosters of those Events that they may have been exposed to COVID-19, and that they should take appropriate precautions.

## IF YOU HAVE CLOSE CONTACT\* WITH SOMEONE WHO TESTS POSITIVE FOR COVID-19 please follow this protocol:

\* "Close contact" is defined as within 6 feet for a total of 15 minutes or more.

1. Review the latest [CDC Public Health Guidance for Community-Related Exposure](#) and follow their guidance.
2. If you participated in an OSAT in-person Event during the exposure period, contact the Leader of that Event and let them know that other participants may have been exposed, and they should follow the [CDC's recommendations regarding-quarantine and isolation](#).

3. Note: The CDC' definition of "exposure" is irrespective of whether the person with COVID-19 or the contact was wearing a mask or whether exposure was indoors or outdoors.

### **GUIDANCE FOR EVENT LEADERS IF SOMEONE DEVELOPS COVID-19 SYMPTOMS DURING AN EVENT**

As an Event Leader, it's important to protect everyone on your trip as best you can, while also showing compassion for the participant who is sick. Try not to jump to conclusions - there are other illnesses (like the flu and common cold) that may have similar symptoms as COVID-19 in some individuals. With this knowledge, please do the following:

- End the trip as quickly as possible and return home safely. Unless the sick participant is incapacitated, this is NOT a medical emergency. Please avoid adding risk to your situation.
- Support the sick participant as best you can, just as you would in any situation where a participant wasn't feeling well.
- All participants should wear masks, and avoid unnecessary close contact. This can help the rest of the group support the sick participant and ease anxieties about contracting an illness.
- Before departing, ask all participants (not just the sick person!) to notify the Event Leader if they test positive for COVID-19. Remind participants that there are other illnesses that may present similar symptoms to COVID-19, and that they should follow the precautions recommended by King County Public Health. Assure them that the Leader will notify them if they learn that someone who was on the activity tested positive for COVID-19.
- After the trip, [file an incident report](#) with the OSAT Safety Committee and the BOTS so they are aware of the situation and can monitor and provide information regarding the situation and actions taken.

### **GUIDANCE FOR EVENT LEADERS IF YOU LEARN THAT SOMEONE AT YOUR EVENT HAS TESTED POSITIVE FOR COVID-19**

First, confirm that they tested positive for COVID-19 (rather than thinking they *probably* have it). Find out if the person participated in any other OSAT in-person recently. Pass this information to the Safety Committee and the BOTS, anonymously if the sick person desires. This is important so we can offer support to them and to other participants who may have had contact with them. Direct outreach from the OSAT BOTS and Safety Committee can help prevent rumors and hysteria, and protect the participant so that they can focus on getting better.

The Event Leader, Safety Committee, and BOTS should immediately establish and execute a plan to contact other participants at the event or any other OSAT Event which may have resulted in exposure. The plan should include notifying participants that they may have been exposed to COVID-19 on their trip, and that they should take extra precautions per CDC or King County guidance. The sooner this information is provided directly to participants, the more we can protect them and the rest of the community.