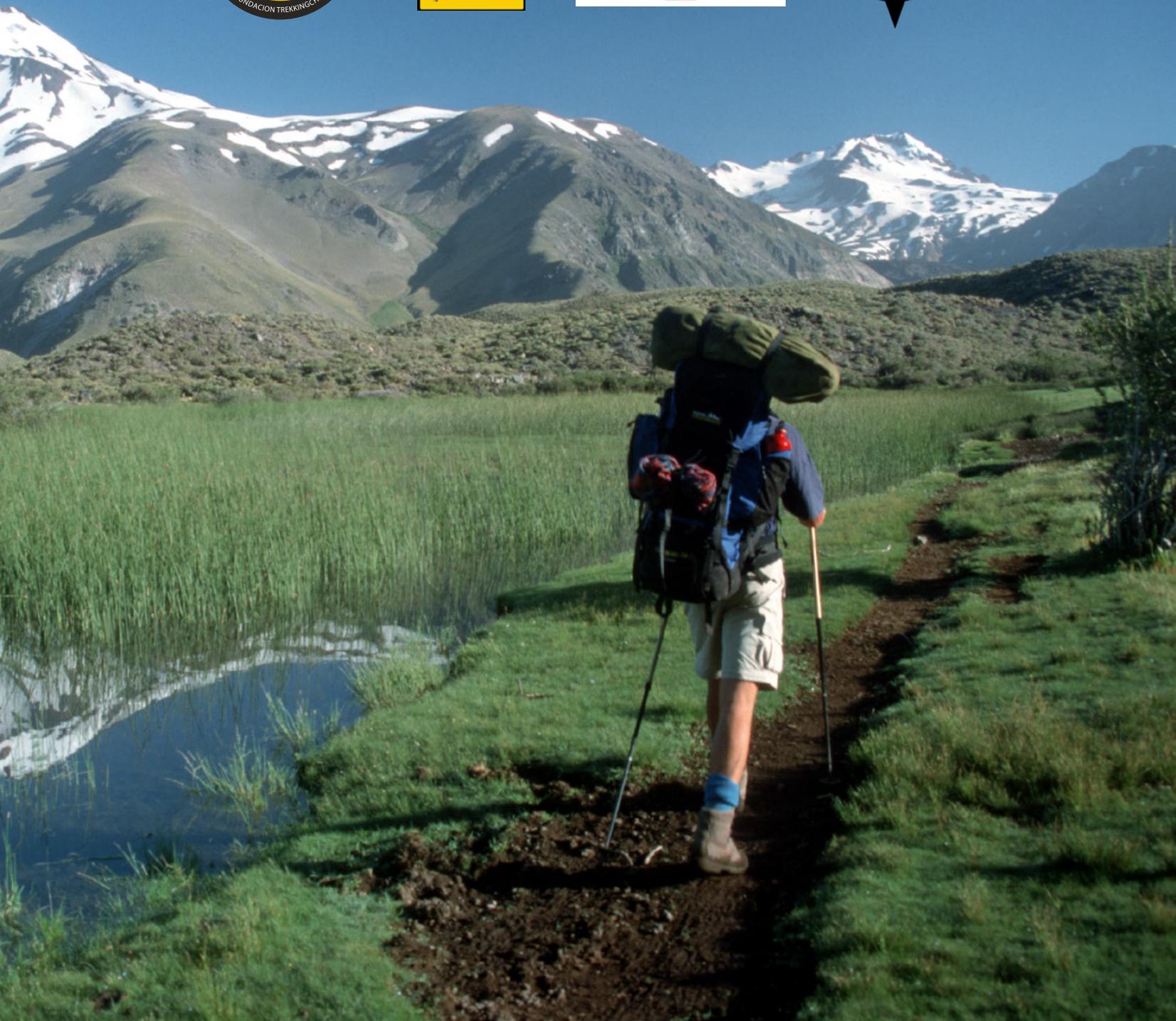


# Sanitary Recommendations for the Safe Practice of **TREKKING**



# Prior to departures

1

**Whenever possible, make reservations and pay for entrances to parks online.** When hiring an excursion, the Company must provide all the possible information by email prior to the start of the activity which must include the list of materials and equipment, together with the recommendations to prevent COVID-19.

2

**Clients who have experienced any symptoms compatible with COVID-19 over the last 14 days** must be informed that they will not be able to participate in the activity. Likewise, the guide will cancel the activity or be replaced by a colleague, should he/she experience any symptoms during the 14 days prior to the activity.

3

Remember that if you are going to travel to a wilderness area, **you must inform yourself and follow the MINSAL (Ministry of Health) protocols, in addition to the specific ones in force in the protected areas administered by CONAF** whose opening has been approved by the authorities.

4

**Equipment cannot be shared between clients or between employees and clients**, if it has not been properly disinfected between one use and another (for example: helmets, poles, etc.).

5

It should be made clear that due to the current health emergency, **the emergency response services may be operating in a restricted manner**, so that treatment or a possible rescue may require more time than usual.

6

**Ensure the adequate protection of the participants**, facilitating washing hands with soap and water and, if this is not possible, the use of a disinfectant solution such as alcohol/bio handwash gel.

7

**Complete the kit** with an electronic and a mercury thermometer. In addition, we will add:

- A surgical mask
- An extra pair of gloves
- Alcohol Gel / Alcohol Disinfectant Wipes
- Sponges with soap
- a Ziploc garbage bag



**Client's declaration of informed consent** which must include the safety protocol for carrying out activities aimed at avoiding contagion by COVID-19 and the cancellation policies in the case of clients presenting symptoms con COVID-19 together with the measures to be taken.

## Annex 1: SWORN STATEMENT COVID-19

**This statement is a Covid-19 prevention measure, as legal action may be taken against anyone submitting false information.**

### Questionnaire

Tick the correct answer

Have you had a loss of smell or taste over the last 7 days?	<b>YES</b>	<b>NO</b>
Have you had a fever of 38°C or higher over the last 24 hours?	<b>YES</b>	<b>NO</b>
Do you have a cough?	<b>YES</b>	<b>NO</b>
Do you have a sore throat?	<b>YES</b>	<b>NO</b>
Do you have breathing difficulties?	<b>YES</b>	<b>NO</b>
Over the last 14 days, have you had close contact with a confirmed or suspected case of Covid-19?	<b>YES</b>	<b>NO</b>

**Initial temperature:** \_\_\_\_\_ **Final temperature:** \_\_\_\_\_

### Declaration that the information is accurate

<b>Name and surname</b>	<b>ID No. (RUT)</b>	<b>Place of accommodation</b>	<b>Signature</b>	<b>Date and Place</b>
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**Copy for the service provider** \_\_\_\_\_

# Should I use a face mask?

For those who have tried it, you will be aware that practicing sport while using a face mask is just as uncomfortable as running while trying to hold your breath.

## When should I use a face mask?

- The most important factor is to avoid crowds.
- In general, the use of face masks is recommended in shelters or closed spaces.
- In the initial and farewell briefing, keep a safe distance of 2 meters.
- During breaks if it is not possible to maintain the safety distance.
- In situations of close contact to avoid mountain hazards.

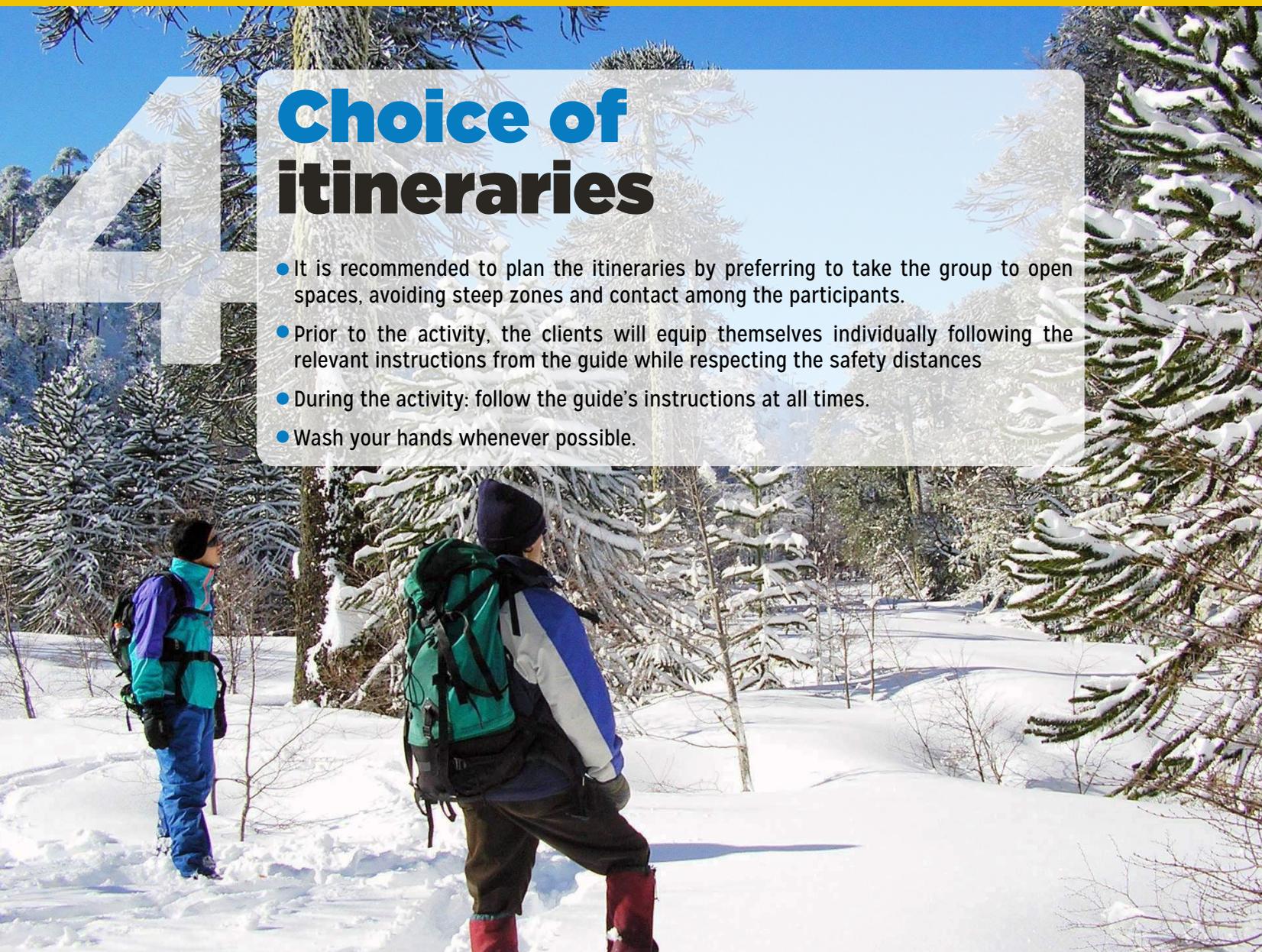


# 3



## Choice of itineraries

- It is recommended to plan the itineraries by preferring to take the group to open spaces, avoiding steep zones and contact among the participants.
- Prior to the activity, the clients will equip themselves individually following the relevant instructions from the guide while respecting the safety distances
- During the activity: follow the guide's instructions at all times.
- Wash your hands whenever possible.



# While being on the move

# 5

- **Maintain an interpersonal distance of 2 to 4 m**, depending on the conditions of the location.
- **Limit conversations** when on the move.
- Encourage the **use of sunglasses or transparent lenses**.
- **Control the pace and speed** of progress and inform the group prior to making stops to avoid forming groups.
- **Respect interpersonal distance** when passing other groups.
- **Maintain a level of effort** and avoid changes in pace.
- In zigzags and steep areas, **avoid stopping just above or below another person**.
- **In strong winds, use a face mask** and if the space permits, walk in single file.
- **Only approach other participants when strictly necessary and always use a face mask and disposable gloves**.

# 6

## During breaks

- **Maintain the interpersonal safety distance**, minimum 2 meters.
- Maintain physical distance, **use a face mask when talking or in windy conditions**. Wash hands with soap and water.
- Avoid unnecessary conversations, avoid communicating in a loud voice, coughing or sneezing.
- **Do not interchange equipment**, food, drink, sunscreen, among others.

# At the end of the activities

- Use a large open space to take off equipment and dirty clothes, keeping a distance from other.
- Place the dirty clothes in garbage bags and change into clean clothes.
- All masks and leftover food used during the excursion should be placed in sealed garbage bags and then thrown away in garbage cans, ideally in toxic waste collection sites.
- On arrival home, wash and disinfect the clothes used during the activity.
- All technical material should be adequately disinfected.



**Only with your collaboration and strict adherence to these sanitary measures can we return safely to trekking and connect with nature and outdoor life.**



# A bath of nature

# 8

- **DURING YOUR VISIT TO PROTECTED WILDERNESS AREAS WE INVITE YOU TO CONNECT MENTALLY AND EMOTIONALLY WITH NATURE IN ORDER TO IMPROVE YOUR HEALTH AND MIND.**
- **PREPARE YOURSELF:** breathe slowly, leave both your cell phone and worries behind.
- **ACTIVATE YOUR SENSES,** be conscious of where you are and stay calm, until you feel peace and harmony and that you are part of nature.
- **CONTEMPLATE THE NATURE SURROUNDING YOU,** choose a place which attracts you to stop and stay there to enjoy and feel the sensations on your skin, senses and spirit of the wonderful nature around you.

**Walk, but don't rush, activate your senses, live the here and now, contemplate, connect with yourself and feel the emotion.**

