



COVID -19

*Prevention measures
against infection and
action plan.*

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This document has been created following the regulations set by the authorities and the recommendations of:

ICTE (Spanish Tourist Quality Institute)

ANETA (Spanish Association for Active Tourism Business)

FEDME SECURITY COMITEE (Mountain Sports Spanish Federation)

AEGM (Spanish Association of Mountain Guides)

1 Introduction

The document is relevant to all participants of any activity organised by **EXPLORING SPAIN**. All customers wanting to book an activity must know its contents and accept it expressly.

All **EXPLORING SPAIN** employees and specially the mountain guides that lead an activity, will be responsible for the compliance of these measures and they have the right of expelling any participant that breach the rules.

2 General protection measures for all mountain activities

1. All participants must keep the security distance of at least two metres from each other. In the case that this is not possible, the use of a face mask will be obligatory.
2. The use of a face mask will be obligatory on public streets, open spaces and any other public space indoors, whenever is not possible to keep the interpersonal distance of two metres. (Orden SND/422/2020, 19th May).
3. It is recommended washing your hands with soap frequently, and if this is not possible, the use of hydroalcoholic gel.
4. It is recommended the use of any type of glasses whenever is possible.
5. It is recommended the use of a sun cap.
6. It is recommended to include disinfectants for fabrics and impermeable surfaces.
7. Wash your hands before and after the activity and whenever is possible during the activity, with soap, gel or disinfectant spray. Particularly, hands must be washed after any contact, before eating and drinking and before and after using the toilet.
8. Do not try to communicate while sneezing or coughing.
9. If you have to sneeze or cough, cover yourself with a handkerchief or your elbow.

10. Keep alert during the walks to adapt the pace and the breaks in respect of the group to keep the security distance at all times.
11. Avoid touching your mouth, nose and eyes with your hands.
12. Avoid taking any equipment to the mouth (biting the rope, holding a cord with the mouth...).
13. Have always at hand the face mask in case you have to share small spaces with other people (belays, lowering station...)
14. Do not share sun creams or lip balms.
15. Do not exchange food and drinks with the resto f the group.
16. Do not share cutlery, plates, glasses... and do not drink from the same bottle.
17. Follow the instructions of the guide at all times.

3 Development of the activity

1. It is mandatory that every customer and guide carry during the activity:
 - Protective equipment (face mask, gloves and disinfectant gel) and a ziptop bag for the used material.
 - Ziptop plastic bag for litter.
 - Sunglasses and/or transparent glasses.
 - Individual sun cream.
 - Individual food and drink.
 - Small bottle of hydroalcoholic gel and disinfectant spray.
 - According to the Order SND/422/2020, 19th May, as long as we are able to keep the security distance, it will not be obligatory the use of face masks during the development of the activity.

2. According to the Order SND/422/2020, 19th May, as long as we are able to keep the security distance, it will not be obligatory the use of face masks during the development of the activity.
3. Under adverse weather conditions like strong winds, indoors and whenever is not possible to keep the security distance, we will use the face masks.
4. We will avoid the exchange of objects with other participants from outside of our household, tools, bottles, water bottles or any cutlery.
5. The breaks will always be in open spaces outdoors where we can keep the security distance.
6. At the end of every journey, the participants must put the clothes into their backpack or a bag for this purpose. The boots or walking shoes should be also introduced in a closed bag. These bags must be clearly recognisable by the owner and should be marked, if necessary, for its identification.
7. The guide, properly protected, will provide help and assistance in difficult steps. Except from situations of imminent danger, participants should avoid any help to other participants when physical contact is necessary.

3.1 Walking and trekking

8. The security distance of two metres will be always kept, regardless of if we walk in line or parallel, depending on the type of terrain. If at any moment we cannot keep this distance, we will use a face mask.
9. Limit the conversations while we are moving.
10. Respect the distance with other groups we might meet along the path.

3.2 Climbing, ferratas, alpinism and ski touring

11. Promote the use of liquid chalk for climbing. In the case of powder chalk, we will avoid blowing the excess of chalk in our hands and/or holds.
12. Avoid holding any piece of equipment with the mouth.
13. Disinfectant the gloves every time they are used and leave it to dry in the sun at the end of the activity or during a long break.
14. Promote the use of hats or scarfs under the helmet.
15. Follow the rules for disinfection of equipment daily.
16. Wear glasses (sunglasses or transparent) during the activity.

17. Use a face masks, glasses and gloves during the abseils.

18. Limit the exchange or to pass equipment from hand to hand. The guide will be in charge of removing any equipment directly from the participants.

4 Participants with symptoms

1. Any person with a reservation that presents symptoms compatible with the Covid-19 must renounce to participate in the activity. If the payment has already be made in full, EXPLORING SPAIN will refund all costs except for those that the agency cannot recover, as long as a medical document certifies the impossibility to attend the activity due to symptoms related to Covid-19.
2. If the symptoms appear during the activity, the participant must be isolated and must go to a hospital as soon as possible. In any case, guides are authorised to dismiss from the activity any person that present symptoms and require evaluation from a doctor.
3. If the health services recommend the isolation of one or several participants, the extra cost from this isolation, hospitalisation or the early return, will be assumed by the affected participants.
4. The agency commits to refund the cost of any service that has not been enjoyed as long as the supplier agrees with the refund.
5. In the case of pandemic, travel insurances do not cover the cancelation of the reservation, the assistance during the trip or the health services needed in case of contracting Covid-19.

5 Information provided by the guide

1. During the activity, the guide will provide explanations in open spaces where the security distance of two metres can be kept.

6 Additional equipment that the guide will have in the first aid kit

- Thermometer.
- 1 face mask FFp2
- 3 surgical face masks.
- 3 pairs of latex gloves.
- Hydroalcoholic gel and disinfectant for the equipment.

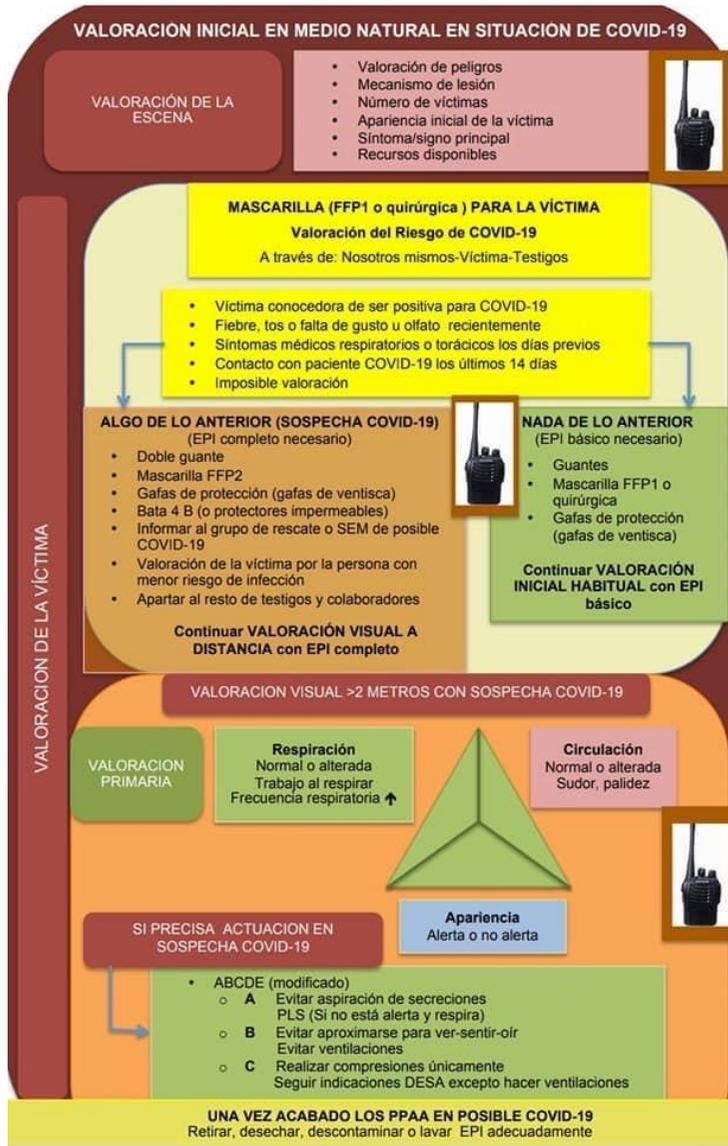
7 Accommodation

1. Avoid the crowds when arriving at the accommodation and in the communal areas.
2. Follow the rules indicated by the accommodation that will be explained to us at our arrival.
3. For the mountain huts it will be obligatory to bring our own sleeping bag as there will be no blankets or pillows.
4. It is possible that showers are not permitted in the huts, so we recommend to bring wipes and some soap for personal hygiene.
5. Inside of the accommodation it is obligatory to wear face masks.
6. It is advisable to keep all clothes and shoes used in the activity in a separated place of the room, and if possible, in a well-ventilated place.

8 Protocol in case of an accident (guide action plan)

At the risk of contracting COVID-19 against an accident or health emergency occurring during our activities as mountain guides and considering the peculiarities of the abrupt environment in which we perform these activities, we have redacted the following decalogue with the specific measures to be implemented and that are supplementary to the usual preventive measures for this type of emergencies.

1. To keep the rest of the group and anyone passing by, at a safe distance.
2. To avoid getting close or touching the injured before putting on the protection equipment: two pairs of gloves, face masks and eyes protection (glasses, sunglasses or goggles).



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VALORACIÓN DE LA ESCENA

Mientras nos acercamos nos haremos preguntas como ¿qué hacer?, ¿puedo contactar con servicios de rescate o emergencias? ¿quién es el líder? ¿asignación de responsabilidades? ¿cómo llegar hasta víctima con seguridad?

CUÁNDO INFORMAR

- Alertar del accidente tan pronto sea posible
- Si existe sospecha de COVID-19
- Si existen alteraciones en la valoración visual o valoración primaria
- Una vez finalizada la valoración inicial

PROPORCIONAR LA SIGUIENTE INFORMACIÓN

- Localización
- Número de víctimas
- Su nombre y el de la víctima
- Datos subjetivos
- Datos objetivos
- Valoración primaria
- Plan pensado (auto-socorro, rescate, etc)
- Condiciones locales (meteorología, orografía)
- Datos para próximos contactos

FACILITAR UNA MASCARILLA (FFP1 O QUIRÚRGICA) A LA VÍCTIMA TAN PRONTO SEA POSIBLE

SI NO EXISTE SOSPECHA DE COVID-19

Continuar con la valoración inicial habitual siempre con EPI básico

SI EXISTE SOSPECHA DE COVID-19

- Avisar y realizar la valoración a distancia siempre con EPI completo
- Si triángulo de valoración **alterado**, la víctima precisará actuación en la valoración primaria, actuar siguiendo las modificaciones indicadas e informar
- Si triángulo de valoración **normal** no precisará actuación en la valoración primaria. Valorar riesgo beneficio de aplicar los PPAA o esperar a los SEM/SAR

UNA VEZ ACABADOS LOS PPAA EN POSIBLE COVID-19

- Retirar adecuadamente el EPI.
- Desechar guantes y mascarilla en contenedor adecuado.
- Descontaminar o lavar el material utilizado según recomendación

PLS= Posición lateral de seguridad
 PPAA= Primeros Auxilios
 SEM/SAR= Servicios de Emergencia Médica/Servicios de Rescate



Actualizaciones en QR

Universitat de Girona
 Càtedra de Medicina
 de Montanya i del Medi
 Natural i Simulació Clínica

Sociedad Española de Medicina
 y Auxilio en Montaña

CUEMUM

MUMMI

FEDME
 Comité de Seguridad

3. The first step will be to put a face mask on the injured regardless of the level of consciousness.
4. To check if the victim is breathing, it is recommended to it visually (see if the chest or back moves when breathing or see if the face mask moves with the breath)
5. If the victim is not breathing and a CPR must be done: we will inform as soon as possible and we will only perform the chest compressions, without the ventilations. If we are at a hut with resuscitator masks and AED we will use it but we must sure that the resuscitator mask has a filter between the mask and the exhalation valve. (Use of the AED following the autonomic legislation).
6. If we are injured, we will treat our wounds and we will cover them, and if the wounds are a consequence of the accident and we have to attend to other people, we will cover them quickly to protect ourselves and to be able to assist other as soon as possible.
7. Once we have finished, we will introduce all used disposables in two plastic bags and we will throw it away into the appropriate container. We must disinfect the reusable equipment.
8. We will wash our hands, if possible, before, during and after the intervention.

9 General cleaning measures of the common equipment for the activities (if necessary)

	CLEANNING METHOD	QUARENTEEN TIME
FABRICS	Clean with soap and water at a maximum of 65°C.	72H
HARD MATERIAL	Clean with wipes Lysol or Clorox. Leave it to dry for 10 minutes. Clean it with a wet cloth. Dry it with a clean towel.	72h

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Customer's equipment:

1. Customers must bring their own equipment and not share it with other people.
2. In the case that this is not possible, they must provide the required information regarding sizes and the needed equipment so we can have it ready.
3. We will give the equipment individually, in an open space or in turns in a shop keeping the security distance and wearing face masks.

10 Contact

Exploring Spain - Muntania Outdoors, S.L. CICMA: 2608

+34 629 379 894 info@exploring-spain.com www.exploring-spain.com

c/ Las Cruces Nº 1, portal 2, 2º C, 28491 Navacerrada (España).

11 DECLARATION OF CONFORMITY

Mr/Ms/Miss. with ID:....., of legal age and residency in

I DECLARE:

- To have been informed of the characteristics of the activity to be carried out. Specially the measures taken to prevent the risk of contracting COVID-19, and therefore I know the physical, technical and psychological requirements that I must fulfil for its realization.
- To be at the adequate physical and psychological conditions for the realization of the activity and to not suffer from any illness or condition that could limit the development of the activity and specially to not have any of the Covid symptoms (1). (2)
- To understand and to assume the existence of diverse dangers during the development of the activity and that I freely assume the risks involved in it that have been explained to me by the guide.
- To know that the activity to be carried out may suffer modifications and/or cancelations in relation to the weather conditions, state of the terrain, as well as the physical or psychical conditions of the participants.
- To assume my obligation to follow the guide instructions and to respect at all time the natural environment and the rest of components of the activity.
- That I provide the individual equipment that has been requested and that it has been supervised by this organisation. Also, I admit to have been instructed in the techniques and equipment required for the development of the activity.
- To have been informed that the activity will be led by (nombre responsable de la actividad) and that has the qualification of (titulación correspondiente), legally demanded for the realisation of the activity. Also, I have been informed that the activity has the correspondent casualty and liability insurance.

(1) The customer will not be able to participate in the activity if he/she had any symptoms compatible with COVID-19 in the last 14 days.

(2) To recommend the realisation of activities to people that belongs to an at-risk group (people with cardiovascular, high blood pressure, chronic pulmonal illness, diabetes, cancer, immunocompromised and pregnancy).