



COVID -19

# HEALTH AND SAFETY GUIDELINES

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GETTING BACK TO NATURE SAFELY

Safe  
travels

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## **WHAT IS IT?**

Coronaviruses (CoV) are a large family of viruses that cause a range of respiratory illnesses. Initial human infections of a new, or 'novel' coronavirus were first notified to the World Health Organization (WHO) in late December 2019 after a cluster of pneumonia cases emerged in Hubei Province, China. The disease caused by this novel coronavirus is named COVID-19. On 11 March 2020, the WHO declared the outbreak a pandemic.

## **WHAT IS THE RISK?**

Coronavirus (COVID-19) causes more severe disease than seasonal influenza. While many people globally have built up immunity to seasonal flu strains, coronavirus (COVID-19) is a new virus to which no one has immunity. That means more people are susceptible to infection, and some will suffer severe disease. Globally, about 3.4% of reported coronavirus (COVID-19) cases have died. By comparison, seasonal flu generally kills far fewer than 1% of those infected.

The most common symptoms COVID-19 are fever, breathing difficulties such as breathlessness, cough, sore throat, fatigue and tiredness. The virus is transmitted by airborne respiratory droplets. There are currently no known treatments against the virus.

Because of their lower immune systems, older people are more likely to get very sick with coronavirus (COVID-19).

Underlying illness make people more likely to become very sick with coronavirus (COVID-19), including those with diabetes, chronic lung disease, kidney failure and people with low or suppressed immune systems.



The following groups are considered 'at-risk':

- 70 years of age or older
- 60 years of age or older who have existing health conditions or comorbidities
- Indigenous Australians over the age of 50 who have existing health conditions or comorbidities
- People with compromised immune systems

COVID-19 is caused by a virus. Antibiotics do not work on viruses.

## **REDUCING YOUR RISK**

The most effective way to prevent infection of COVID-19, and other viral infections such as colds and flu – is by practising good personal hygiene:

- Wash your hands regularly with soap and water
- Avoid touching your mouth, eyes, or nose
- Cover your mouth and nose when coughing and sneezing, either with a tissue or by coughing or sneezing into your elbow. Dispose of used tissues into a bin and then wash your hands afterwards
- If you're unwell - stay home
- Keep 1.5 metres from other people wherever possible.

If anyone becomes unwell with a temperature above 37.5°C or respiratory symptoms they will not be able to participate.

Guests and Staff are encouraged to download the Nepal COVID-19 Surveillance App. The Nepal COVID-19 Surveillance App helps to identify and contact people who have been exposed to someone diagnosed with COVID-19, quickly stopping further spread of the virus in the community.



Please remember, at present there is no possibility for any of us to reduce the risk of COVID-19 to zero. As such, this is a shared responsibility and we're putting trust in you to do the right thing when asked, just as you are putting your trust in us.

## **PRE-TRIP**

A pre-departure questionnaire for participants to complete with specific COVID-19 questions around whether they have travelled overseas within the last 2 months, have complied with any quarantine requirements and disclosures if they have contracted and recovered from the virus or been in direct contact with any person/s who has been confirmed with coronavirus.

A response plan developed by a medical practitioner in the event that a participant presents with coronavirus like symptoms during a trip.

Criteria for exclusion from a trip will be outlined to all participants before they arrive so that everyone understands what will happen if someone presents with symptoms.

On arrival for the tour, everyone must comply with a mandatory temperature test.

Issuing all guests with a face mask for mandatory use while travelling in vehicles. There will generally be no requirement for these to be worn outdoors.

## **ILLNESS**

If a guest is showing symptoms, activation of the response plan provided by our medical advisor and immediate isolation from the group.

The symptoms to watch out for are:

- Fever
- Chills or sweats



- Cough
- Sore throat
- Shortness of breath
- Runny nose
- Loss of sense of smell
- In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered.

Liaise with local medical authorities and an adherence to their advice.

All people in the group will be advised of the possible COVID-19 case.

High levels of monitoring and reporting with possible removal from trip as required.

## **GROUP SIZE**

Keeping the group size to between 12-18 maximum, including the guide.

## **VEHICLE TRAVEL**

Utilisation of vehicles only where high controls over deep cleaning can be executed and logs of such activity recorded.

All participants, including guides must wear a face mask when travelling in vehicles.

Any participant presenting with virus symptoms may not travel in the vehicle at the same time as other non-symptomatic participants.



## **COOKING**

Stringent hand washing/sanitisation before, during and after, food preparation.

All food will either be served by catering staff or individually wrapped to avoid contact with serving utensils.

Guides to prepare and serve all food. Guests not to touch group utensils.

Buffet style meals will be temporarily unavailable, and a revised menu will be available.

Disposable cups will be used for tea and coffee with single serve sugar sachets available.

Coffee machines will be cleaned regularly and hand sanitiser available beside the machine and milk dispensers.

No drinking glasses or crockery will be available for use and disposable cups will be supplied.

Participants are never to assist with cooking.

Participants use the same camp utensils throughout the entire trip. Camp utensils such as cups and cutlery will be provided to each participant before the trip and must only be used by that participant throughout the trip.

All surfaces to be wiped down twice daily with disinfectant products.

## **CAMPING**

All participants who are not travelling as a couple to be issued their own tent for camping expeditions. All tents will be thoroughly cleaned and disinfected between use.



## **ACCOMMODATION**

Our rooms are usually Twin share (Double or Dormitory in some instances) with an upgrade to a Single option where possible. All rooms will be thoroughly cleaned between use, and all high contact, communal areas cleaned and disinfected where possible.

## **ACTIVITIES**

Maintain social distancing procedures when walking on trails. Disinfectant wipes provided for guests to wipe down their own equipment before and after use.

## **TOILETS**

It is preferred that any guests staying onsite use the toilet in their accommodation room where applicable.

Toilets to be deep cleaned every day.

No group toilet paper will be provided. Each participant must use their own toilet paper.

## **GUIDES & STAFF**

Vigilant monitoring of staff health, guides who have shown symptoms will not be leading trips.

Guides will be trained in our COVID-19 response plan that has been developed by our medical advisor in the event that a participant presents with coronavirus like symptoms during a trip.

All guests will be reminded of hygiene practices with signage present in common areas and in accommodation rooms.





## FURTHER INFORMATION

If you need more information, you can contact Himalayan Exploration via:

- Kumar Lama, [info@himalayanexploration.com](mailto:info@himalayanexploration.com)

## USEFUL REFERENCES

The resources used in development of this plan are listed below:

1. Coronavirus Disease (COVID-19) Outbreak. World Health Organisation.  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
2. Government of Nepal,  
Ministry of Health and Population  
National Health Education Information and Communication Centre  
<https://nheicc.gov.np/2020/06/05/infographics-on-food-safety-covid-19/>
3. Nepal Tourism Board  
COVID-19 Safety & Hygiene Protocol for Tourism Industry (20th Sept 2020)  
<https://trade.welcomenepal.com/downloads-cat/safety-hygiene-protocol/>
4. Adventure Travel Trade Association  
<https://www.adventuretravelnews.com/covid-19-guide-for-the-adventure-travel-industry>

# APPENDIX

Incident	Potential Danger/Harm Level	Group Guide	Operations Manager	Additional Action(s)	If positive COVID-19 Test
<p>Guest exhibits <b>some</b> COVID-19 symptoms with no known risk of exposure</p>	<p>Low</p>	<ul style="list-style-type: none"> <li>* Contact medical authorities for advice and direction</li> <li>* Assist the guest to access medical care if required (e.g. Dr, hospital)</li> <li>* Contact Operations Manager to log incident</li> <li>* Take all measures available to prevent the spread and protect the remainder of the group</li> </ul>	<ul style="list-style-type: none"> <li>* Liaise with Group Guide and authorities if further action required</li> <li>* Advise General Manager of incident</li> </ul>	<ul style="list-style-type: none"> <li>* Facilitate Covid-19 testing (if advised)</li> <li>* Self Isolation (if advised)</li> <li>* Quarantine (if advised)</li> <li>* Risk assessment of exposure to other guests or partners</li> </ul>	<ul style="list-style-type: none"> <li>* Local Health Authorities informed</li> <li>* Guests, partners and staff informed</li> <li>* Sanitation plan enacted in cooperation with impacted partners (accommodation, transportation, venues)</li> </ul>
<p>Guest exhibits <b>severe</b> COVID-19 symptoms with no known risk of exposure</p>	<p>Medium</p>	<ul style="list-style-type: none"> <li>* Contact Operations Manager to log incident &amp; assist them and the guest to access emergency medical care (e.g., Dr, hospital)</li> <li>* Take all measures available to prevent the spread and protect the remainder of the group (including mandatory wearing of face masks)</li> </ul>	<ul style="list-style-type: none"> <li>* Liaise with Group Guide and authorities if further action required</li> <li>* Advise General Manager of incident</li> </ul>	<ul style="list-style-type: none"> <li>* Facilitate Covid-19 testing (if advised)</li> <li>* Self Isolation (if advised)</li> <li>* Quarantine (if advised)</li> <li>* Risk assessment of exposure to other guests or partners</li> </ul>	<ul style="list-style-type: none"> <li>* Local Health Authorities informed</li> <li>* Guests, partners and staff informed</li> <li>* Sanitation plan enacted in cooperation with impacted partners (accommodation, transportation, venues)</li> </ul>

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Incident	Potential Danger/Harm Level	Group Guide	Operations Manager	Additional Action(s)	If positive COVID-19 Test
<p>Guest(s) who may have been exposed to COVID-19 and has no symptoms (e.g., on a flight or vehicle into the state or country)</p>	<p>Medium</p>	<ul style="list-style-type: none"> <li>* Discuss recent travel history with the affected guest(s)</li> <li>* Contact Operations Manager to log incident &amp; advise of guest(s) recent travel history</li> <li>* Contact medical authorities for advice and direction</li> <li>* Take all measures available to prevent the spread and protect the remainder of the group (including mandatory wearing of face masks)</li> </ul>	<ul style="list-style-type: none"> <li>* Review guest(s) recent travel history to understand the likely chances of exposure</li> <li>* Advise General Manager of incident</li> </ul>	<ul style="list-style-type: none"> <li>* Facilitate Covid-19 testing (if advised)</li> <li>* Self Isolation (if advised)</li> <li>* Quarantine (if advised)</li> <li>* Risk assessment of exposure to other guests or partners</li> </ul>	<ul style="list-style-type: none"> <li>* Local Health Authorities informed</li> <li>* Guests, partners and staff informed</li> <li>* Sanitation plan enacted in cooperation with impacted partners (accommodation, transportation, venues)</li> </ul>
<p>Guest(s) who may have been exposed to COVID-19 and have symptoms (e.g., on a flight or into the state or country)</p>	<p>Medium</p>	<ul style="list-style-type: none"> <li>* Discuss recent travel history with the affected guest(s)</li> <li>* Contact Operations Manager to log incident &amp; advise of guest(s) recent travel history</li> <li>* Take all measures available to prevent the spread and protect the remainder of the group (including mandatory wearing of face masks)</li> </ul>	<ul style="list-style-type: none"> <li>* Review guest(s) recent travel history to understand the likely chances of exposure</li> <li>* Contact medical authorities for advice and direction to assist Group Guide</li> <li>* Advise General Manager of incident</li> </ul>	<ul style="list-style-type: none"> <li>* Facilitate Covid-19 testing (if advised)</li> <li>* Self Isolation (if advised)</li> <li>* Quarantine (if advised)</li> <li>* Risk assessment of exposure to other guests or partners</li> </ul>	<ul style="list-style-type: none"> <li>* Local Health Authorities informed</li> <li>* Guests, partners and staff informed</li> <li>* Sanitation plan enacted in cooperation with impacted partners (accommodation, transportation, venues)</li> </ul>

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Incident	Potential Danger/Harm Level	Group Guide	Operations Manager	Additional Action(s)	If positive COVID-19 Test
<p>Guest(s) with a <b>confirmed</b> case of COVID-19</p>	<p>High</p>	<ul style="list-style-type: none"> <li>* Raise with Operations Manager immediately</li> <li>* Assist the guest in accessing medical care in conjunction with the Operations Manager</li> <li>* Isolate the guest immediately and await further instructions from health authorities and the operations manager</li> <li>* Ask all other guests to self isolate as you await further advice</li> </ul>	<ul style="list-style-type: none"> <li>* Contact medical authorities for advice and direction to assist Group Guide in finding suitable medical care</li> <li>COVID-19 suspected cases</li> <li>* Advise General Manager of incident</li> </ul>	<ul style="list-style-type: none"> <li>* Follow all local health authorities advice and action</li> <li>* All staff, guests and partners to be advised of the risk of exposure by us and/or local health authorities</li> </ul>	<ul style="list-style-type: none"> <li>* Local Health Authorities informed</li> <li>* Guests, partners and staff informed</li> <li>* Sanitation plan enacted in cooperation with impacted partners (accommodation, transportation, venues)</li> </ul>

**Important Emergency Contact Numbers**

Nepal Police: 100  
Nepal Tourism Board: