



Participants Guidelines and Instructions

- **If any participant exhibits any signs/symptoms of Covid-19 infection they must not come on the expedition. If they are isolating at home for any reason, including family exhibiting symptoms, they must not come on the expedition.**
- **If any member of the participant's family with whom they live develops Covid-19 symptoms whilst the expedition is taking place then urgent contact must be made with Dave Ellis on 0771 409 4427. The expedition will then be terminated and all participants and staff sent home to isolate. It is the responsibility of the participant and their parent/guardian to arrange any transport home in such circumstances.**
- **If any Covid-19 signs/symptoms develop during the expedition then the participant must inform a Leader immediately. The expedition will then be terminated and all participants and staff sent home to isolate. It is the responsibility of the participant and their parent/guardian to arrange any transport home in such circumstances.**
- Participants should consider how they will travel to and from the expedition. If using public transport, they must follow current Government guidelines including the wearing of face coverings.
- Participants need to socially distance according to current Government guidelines between themselves, expedition staff and other members of the public both during the day and on campsites.
- Handwashing should be carried out on a regular basis when facilities are available. It is advised to carry hand sanitiser gel to use when running water is not available. Hands should be cleaned before all eating and before and after using any communal facilities such as toilets and showers. Drink bottles must not be shared.
- Each participant must be self contained with no sharing of equipment.
- Each individual will be given a stove and fuel. We will be using gel fuel on this expedition. There must be no sharing of stoves, especially pots, pans and handles. Each participant must bring their own cutlery, mug, matches/lighter and cooking utensils. Stoves will be carried by participants during the expedition.

Any questions not covered or to make contact during the expedition,

phone: Dave Ellis 0771 409 4427 or

email: dave@birminghamadventure.co.uk