INTRODUCTION

This year will look and feel quite a bit different than previous volunteer years – but we are still looking forward to our volunteer trail work events and staying cautiously optimistic! We hope you understand that we must follow extra precautions to ensure the safety of our staff, volunteers, communities, and partners. With that in mind, we ask volunteers remain vigilant in following all Center for Disease Control guidelines and complying with regionally issued government orders. The purpose of this document is to provide CDTC volunteers with guidelines to ensure a productive, positive, and safe work environment while working with CDTC in the field.

VOLUNTEER RESPONSIBILITIES

Pre-Project

- Please familiarize yourself with the symptoms of COVID-19 and consider staying home from projects if you are in a high-risk population. Older adults (65+) and people who have severe underlying medical conditions like lung disease, moderate or severe asthma, serious heart conditions, severe obesity, diabetes, chronic kidney disease, liver disease, or are immunocompromised seem to be at high risk for developing more serious complications from COVID-19 illness. If you identify with a high-risk population, please reach out to Field Programs staff to discuss. We appreciate you understanding our concern for your health and others!

- Volunteers must stay up-to-date on regional, state, and national travel restrictions and public health guidelines associated with COVID-19 for each project location. Cross-country travel is discouraged, especially air travel.

- CDTC volunteers will be required to bring all their own food, snacks, and cook set (this includes stove, gas, pots, pans, utensils for overnight trips etc.) for the duration of the project. Try to buy your own food and supplies in your hometown to minimize exposure on the road. If you are unable to take on the additional cost of food for this project, CDTC may be able to provide Backpacker’s Pantry for some meals. Please reach out for more details on ways we can help.

- Carpooling is not recommended unless you are travelling with people from the same household. Again, limit your exposure by minimizing stops along travel routes. This includes supplies for the project (i.e. food, fuel, toiletries etc.) and personal needs (bathroom breaks, groceries, coffee etc.).

- One week before the beginning of the project CDTC will send out a COVID-19 Screening Survey that all volunteers will be asked to fill out before the project start date.

- CDTC Field Programs staff will be in regular communication with registered volunteers prior to the project start date and will let people know of a cancellation or postponement in advance. We are here to answer any questions and address any concerns you have.

During Project

CDTC staff will check volunteer temperatures throughout the project, including when you arrive at basecamp or the trailhead. If a temperature reads 100.4°F or more, the volunteer will be self-isolated in
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their tent (for overnight trips) or in their personal vehicle (for day trips) for further questioning by CDTC Field Instructors. If a volunteer begins to show symptoms of COVID-19 (these include, but are not limited to, fever, cough, and shortness of breath) they will be monitored until they can be taken out of the field or take themselves out of the field as soon as possible and seek medical care. This is especially the case if the individual is high-risk.

SOCIAL DISTANCING

- Volunteers must remain a minimum of 6’ apart from one another and the public at any given time. This includes basecamp and worksite. Face coverings must be worn when you are closer than 6’ or in a heavily trafficked area.
- Tents should be set up 20ft apart or more.
- At the worksite crews will be broken up into smaller groups of 4-6 people to reduce cramped working areas.

HYGEINE

CDTC staff will provide hand washing stations and provide bleach solution for cleaning. Volunteers are required to practice good hygiene during every project.

- Frequently washing hands with soapy water for at least 20 seconds or using an alcohol based hand sanitizer. This includes:
  o Before, during, and after preparing food
  o Before eating food
  o Before and after going to the bathroom
  o After nose blowing, coughing, or sneezing
  o Before and after field work and during breaks
  o After putting on, touching, or removing cloth face coverings
  o Before and after pumping gas
- Avoid touching your eyes, nose, and mouth with unwashed hands. Sneeze or cough into the crux of your elbow.
- Take extra steps to ensure self-sufficiency to avoid sharing snacks and water bottles, etc. Keep your food and mess kit separate from other crew members.

PERSONAL PROTECTIVE EQUIPMENT

- Volunteers are required to bring their own face coverings and work gloves (CDTC will distribute gloves to keep if the volunteer is unable to purchase a pair).
- Volunteers should not share work gloves, hardhats, or eye pro at any time and should keep the same PPE for the duration of the project. Disinfect these items at the end of each work day with an aerosol disinfectant spray or bleach solution (provided by CDTC).
- Non-sterile nitrile gloves can be worn under work gloves, when touching communal surfaces, and in public spaces like gas stations and public restrooms at volunteer’s discretion.
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- If working on a high-traffic section of trail, CDTC recommends that staff and volunteers cover their mouth and nose with a cotton face mask, buff, bandana, or similar face cover. CDC recommendations on face coverings can be found [HERE](#).

**TOOL USE**

- Volunteers should minimize sharing tools whenever possible. Each volunteer will receive a tool set that will be theirs for the duration of the project.
- If tool swapping is necessary, disinfect the tools beforehand.

**EXTRA SUPPLIES VOLUNTEERS SHOULD PACK FOR COVID-19 MITIGATION**

- Personal Hand Sanitizer
- Personal face covering (we recommend two or more for multi-day trips)
- Personal toilet paper and toiletries

**Post Project**

- If volunteers become ill following the project they should notify CDTC staff so we can communicate to other volunteers who may have been in close contact.

*This document has pulled some guidelines provided by the CDC, EPA, Rocky Mountain Field Institute, Volunteers for Outdoor Colorado, Appalachian Trail Conservancy, and Colorado Department of Health and the Environment.*