

2021 Summer Covid-19 Guidelines for Participants

NEHSA is excited to be able to offer summer programming this year and in order to do so safely, we need your help and compliance to the policies outlined here for the upcoming season. At NEHSA, safety is always our first priority and these policies are put in place with everyone's safety in mind and are designed to minimize potential spread of COVID-19 during participation in our program. We appreciate your understanding and continued adaptability as we navigate the changes we may see throughout this season. These policies and guidelines reflect Mount Sunapee & Vail Resort Guidelines, State of NH COVID-19 Guidelines, and recommendations by the CDC.

General Guidelines:

- All NEHSA guidelines are written so that safety is prioritized during participation.
- Proper masks are to be worn by anyone who is unvaccinated during on land activities when social distancing is not possible. Individuals who are vaccinated will not need to wear masks when on land. Masks are required by everyone (regardless of vaccination status) during sustained close contact instances such as participant transfers in and out of equipment. For on water activities, masks are to be removed once in boats in order to reduce risks of drowning and suffocation.
 - Proper masks include surgical paper masks, N95 masks, and solid cloth masks (no mesh or lace)
 - Neck gators and bandanas do not qualify as masks by themselves. Please wear one of the above options under a neck gator or bandana to qualify.
- Social distancing should take place as much as possible before, during, and after programs.
- Please stay home if anyone in your home, or anyone with whom you have been in close contact with, is experiencing any COVID-19 symptoms, has received a positive diagnosis, is awaiting test results, or is in quarantine due to possible exposure.
 - Symptoms include: Fever (100.4 F or higher), chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.
- NEHSA will be utilizing email communications more often than in seasons past, please be sure to open emails from us in a timely manner as they will include important information regarding screening, cancellations, and program updates.

Vaccination Status

- Upon initial sign up, we will ask if you are fully vaccinated (14 days out from full inoculation of Moderna, Pfizer, or Janssen vaccines). If you chose not to disclose this information, you will need to follow the protocols for unvaccinated participants.
- NEHSA utilizes this information for planning related to out of state travel and exposure protocol, as states have different guidelines.
- **NEHSA does not require vaccination for participation, except for those that are unable to wear masks during the required instances (transfers, sustained close contact, etc).**
- NEHSA staff cannot inform anyone of the vaccine status of any participants (staff, volunteers, athletes, caregivers, etc) if asked without written consent. Individuals are allowed to disclose their own vaccination status to others if they would like to but are not required to do so.

Summer Programs

- NEHSA will be offering 2 summer programs this year. We will resume our watersports program with kayaking and paddle boarding. We will also introduce our new hiking program.
- Watersports will begin the week of June 20th and will continue as temperatures allow into September. Hiking begins after our kickoff event in July and will continue throughout the year with seasonal schedule updates.

2021 Summer Covid-19 Guidelines for Participants

- Individual Kayak, Tandem Kayak, and Paddle-Boarding lessons will be available. Hiking will be accessible to all participants through use of new TrailRider equipment!
- Watersports sessions and hikes are offered based on the summer programming calendar.
 - Watersport sessions are scheduled for specific times with our community partners and individuals can schedule half day lessons that begin at 10:00 AM and 1:00 PM on our posted kayak dates.
 - Hiking sessions are scheduled as one hike and times are outlined in the summer programming calendar.
 - Watersport sessions are \$30 per half day session.
 - A seasonal hiking pass can be purchased for \$20 for the summer season and gains the athlete and 1 caregiver access to all hiking opportunities as space allows.
 - Financial assistance may be available if the cost of programming may be a barrier to your participation. Please reach out to us directly for more information.
- The number of participants and volunteers will be limited for each session to ensure social distancing opportunities in adherence to state and federal recommendations.
- Programs will be as hands off as possible. We understand that in certain situations, such as transfers and close proximity equipment usage, instructors and athletes may need to be in close proximity. During those times, all participants will be required to wear proper face coverings. All individuals should hand use sanitizer before and after these close contact instances if possible.
- If an athlete cannot wear a mask, they may still participate in programming if they are fully vaccinated and can provide documentation.
 - If an athlete is unable to wear a mask and is not fully vaccinated, they will be unable to participate in our Summer programs until they are fully vaccinated, able to wear a mask, or restrictions are reduced further for unvaccinated individuals.
 - At this time, the CDC recommends unvaccinated individuals still wear masks during outside programs where individuals from different households interact in close contact.
- Mask wearing may be required by both vaccinated and unvaccinated participants during on-land activities when social distancing isn't possible and during close contact instances such as transfers.
 - Athletes who have not provided vaccination documentation and continue to take off their masks at inappropriate times will be given 3 reminders to keep masks on and if they are unable to do so with those prompts, the lesson will need to end for the safety of the athlete and volunteers.
- We will do our best to safely provide opportunities during programs for mask breaks if needed.

Program Scheduling

- We ask that you schedule your program session with us as far in advance as possible as we will have limited spots and will fill up quickly.
 - Program reservations will open on June 1st
- Please be mindful of the travel requirements of our program venues. NEHSA will be following state travel guidance and therefore may have additional screening requirements before participation. See state requirements below:
 - [New Hampshire](#)
 - [Massachusetts](#)
 - [Vermont](#)
 - [Rhode Island](#)

2021 Summer Covid-19 Guidelines for Participants

Screening

- All athletes, caregivers, family members, volunteers, and staff who may be involved during programming will be screened prior to their involvement. Any individual who has not been screened may not participate until they have been screened.
- Screening questions will focus on the following:
 - Symptoms
 - Exposure
 - International/Cruise Ship Travel
 - Updated Vaccination Status
- The day before participating, we will email you a link to the screening acknowledgement on our website. We ask that you answer these questions and sign your acknowledgement before you arrive. This will streamline the day-of check in process.
- The morning of, please take your temperature. If you have a temperature above 100.4 F please inform us and you will not be able to participate that day. We will work with you to reschedule.
- If you wake up in the morning on a day you are due to participate and are experiencing any COVID-19 symptoms (see those listed above), please stay home and call the NEHSA Office before 9:00 AM if possible.
- Upon arrival to the programming site, a volunteer or staff member will take your temperature. If you haven't answered the screening questions, we will ask them at that time.

Watersports Safety

- PPE will be in use to various capacities depending on risk of exposure. We ask that you utilize this properly for your safety as well as the safety of others. Failure to do so will result in the inability to continue your experience with us until precautions are lifted. Limited amounts of surgical masks, rec specs, and face shields are available from NEHSA, if you have your own, please bring it.
 - All unvaccinated participants on land are to wear proper face coverings. During transfers and close contact equipment adjustments, volunteers are to wear proper eye protection (Rec Specs or Face Shield) and all participants involved in the transfer will wear masks regardless of vaccine status.
 - All participants are to remove masks once on water. This is to reduce risk of drowning or suffocation during water-based activity. NEHSA suggests bringing a zip-lock bag to keep your mask dry while on the water.
- Please do not gather with others at the venue before or after the paddle. During the paddle, caregivers are encouraged to socially distance outside or remain in their vehicles.

Hiking Safety

- PPE will be in use to various capacities depending on risk of exposure. We ask that you utilize this properly for your safety as well as the safety of others. Failure to do so will result in the inability to continue your experience with us until precautions are lifted. Limited amounts of surgical masks, rec specs, and face shields are available from NEHSA, if you have your own, please bring it.
 - All participants are to wear proper face coverings when social distancing is not possible. During transfers and close contact equipment usage, volunteers are to wear proper eye protection (Rec Specs or Face Shield).
 - Volunteers and participants may remove face covering when properly socially distanced along the trail. When grouping up, masks up!
 - Unvaccinated athletes utilizing the TrailRiders are to remain masked up during the hike due to sustained close proximity. If an individual who needs to utilize the TrailRider is fully vaccinated and can provide

2021 Summer Covid-19 Guidelines for Participants

documentation, they will not need to mask up during the hike. Additional protective measures may be adopted for the safety of individuals utilizing this piece of equipment.

Special Events

- Please note there may be special day events that may adapt these guidelines or adapt the guidelines of other agencies. The purpose of the guidelines in place will always be to protect everyone involved in the event.

Positive Case/Exposure Protocol

- In the event of a COVID positive case and potential exposure to the program, NEHSA will cease all in person operations until all affected parties are contacted.
 - In order to resume programming, NEHSA Staff will be tested and cleared or staff who had no risk of exposure will be involved in programming in the interim.
 - Athletes and volunteers who are contacted in the case of potential exposure will need to wait 10 days from the potential exposure and provide a negative test result prior to returning to programming.
- We ask that you inform us promptly if you or someone in your household or with whom you have had close contact with tests positive, and you participated with us when that person may have been able to transmit the virus to you. We will do our best to maintain confidentiality, while contacting involved parties to ensure everyone's safety.
- If you or someone in your household or with whom you have had close contact with tests positive, there will be a mandatory 10 day waiting period before you can return to participation with NEHSA. We will also ask that you provide a negative test result before returning for participation with NEHSA.