



A Summary of Liquid Footprints' Covid19 Processes and Procedures

Activity: Mountain Guiding

Face masks, hand sanitizer and protective gloves

- Prior to the day of the activity Liquid Footprints will communicate with the participants to confirm that they may bring their own face mask, hand sanitizer and protective gloves if they wish.
- Face masks, hand sanitizer and protective gloves will be provided by Liquid Footprints free of charge for participants if they wish.

Prior to the activity day

- A summary of Liquid Footprints Covid19 processes and procedures will be provided to the lead contact upon booking confirmation.
- Liquid Footprints will also send out the activity declaration form to the group contact that will ask detailed medical questions including whether they as individuals or anyone in their household have had Covid19 symptoms in the last 14 days.
- If they declare they have shown symptoms or have been in contact, they will not be allowed to participate in said activity.
- Prior to equipment being loaded the instructor will clean their hands with hand sanitizer.

Travel and Transport for the activity

- Liquid Footprints will make every effort to ensure that all activities refrain from any shared transport eg activities will be planned so that the guiding trip returns to where it started instead of finishing at a different location thus ensuring that there is no need for shuttles.
- Where transport is required the driver will wear a face mask and there will be the maximum of six participants in the minibus.
- Participants will be required to sit in the back two rows of the minibus and hand sanitizer will be made available upon getting in and out of the bus.
- The windows of the bus will be opened to allow a steady flow of air through the bus.
- No eating or drinking will be allowed in the bus at any time.
- All passengers will be required to wear a face mask unless they have a medical or behaviour condition that that excuses them from this.
- If Liquid Footprints' minibus is used for transporting participants, then after the activity the bus will be cleaned using anti-bacterial wipes and spray and the floor of the bus will be mopped using disinfectant floor cleaner.

Handwashing facilities and procedures

- Liquid Footprints will provide anti-bacterial hand sanitizer throughout the activity.

Meet points

- Meeting point for activities shall be arranged so that the instructor can maintain the current guidelines for social distancing from the participants.



- This may mean that the meeting place may not be where the activity will take place and participants and instructor may have to walk to the start of the activity.

Welcome Brief on the day

- The welcome brief given by the instructor shall be done in an open area adhering to current social distancing requirements.
- To maintain social distancing the location of the welcome brief may not be at the start of the walk and the instructor and the group may need to walk to the start of the walk.

Once on the hill

- During the day, the instructor will maintain social distancing with the participants.
- If spotting is required, the instructor will guide the group on how to do it for each other but will be on hand if required.
- If the instructor is working 1:1 and spotting is required, the instructor will do this whilst wearing a face mask or buff.
- The instructor and participants will not be required to wear face masks or protective gloves during the day, but they can do so if they wish.

First Aid and Emergencies

- If possible, any first aid treatment shall be administered by the individual in question or by the group to the individual under the guidance of the instructor.
- If the instructor has to administer first aid directly then this will be done wearing a face mask and protective gloves. However, this cannot be guaranteed and a dynamic risk assessment and the level of risk to life will determine whether the instructor has time to don said items.
- Any emergency or rescue situation will be handled by Scottish Mountain Rescue and Liquid Footprints will be guided by them as to what and do given the situation.

Post activity equipment management

- All equipment that has not been used by participants will be returned to the active equipment area.
- All equipment that has been used that can be wiped down with anti-bacterial wipes will be left to dry naturally.
- All equipment that cannot be wiped down with anti-bacterial wipes and allowed to dry for 72 hours between group use.

Response to a client/instructor confirming a positive Covid19 case post activity

- Liquid Footprints will contact any other groups that the instructor may have worked with since said group and inform that they may be at risk due to their contact with the instructor.
- The instructor will self-isolate for a minimum of fourteen days and so will their family.
- The instructor will also apply to be tested.
- All activities booked in for the next fourteen days will be cancelled and full refunds offered.
- All equipment will be cleaned and wherever possible sterilised with special attention given to those items that were used by the group in question. Equipment will then be quarantined for a minimum of 72 hours.