

# ADVENTURE EXPLORATION HEALTH INFORMATION

*Our number one priority is the safety and comfort of our guests and team.*

## GENERAL PROPERTY INFORMATION

We are committed to risk management practices; and the health and wellbeing of our participants, and staff is our priority. AE staff has a long history of operating in environments with risks. These risks are essential to achieving our educational objectives. At times, participants will be in close physical proximity to one another and/or instructors. There is potential of illnesses on course. Communicable and other infectious diseases from insects, animals, or people such as diarrhea, flu-like or respiratory illness, and other debilitating or life-threatening conditions including COVID-19 and other diseases caused by coronaviruses may occur. The remote locations of our expedition courses are often away from medical facilities. Communication and transportation can be difficult and evacuations and medical care may be significantly delayed. The physical contact required in our experiences is an inherent part of safety and when providing first aid. Decisions made by the instructors, and participants will be based on a variety of perceptions and evaluations, which by their nature are imprecise and subject to errors in judgment.

Experiences taking place in a wilderness setting will have a guide certified as a Wilderness First Responder.

Before your trip, please fill out the liability waiver form and provide your insurance information and emergency contact that will not be present during your experience. If emergency medical assistance is needed participants will be transported to the closest emergency room.

## PREEXISTING MEDICAL CONDITIONS

If you have any preexisting medical condition to include but not limited to heart disease, abnormal blood pressure, asthma, diabetes, severe allergic reactions, frequent dislocations, recent surgeries, hip/knee replacements, and/or pregnancy please contact our Concierge team prior to your experience.

## ALLERGIES & MEDICATIONS

If you have a prescribed epi pen, inhaler or any other emergency medications please have them with you for your experience. In addition, please let your guide know where they are at the beginning of your trip in case of an emergency.

## DINNING

We are always diligent in maintaining health and sanitation codes.

If an open flame is being used an emergency plan for extinction will be in place prior to the start.

Please be aware the consuming raw or undercooked meats, poultry, shellfish, or eggs increase your risk of foodborne illness.

If you have any food related allergies, please contact the Concierge team upon booking.

## COVID-19

To reduce the risk of COVID-19 exposure and to help prevent the spread of the virus, you may not receive or services if:

- You have tested positive for the COVID-19 virus within the last five days.
- You are experiencing COVID-19 symptoms.
- You have had any recent exposure to the COVID-19 virus and are not fully vaccinated.

## MASK USAGE

To ensure the health and safety of our guests and team members, we continue to monitor guidance for mask wearing and additional precautions from the CDC and other governmental agencies. During a stay on property, wearing a face mask is optional for guests and team members, based on their own protection through vaccine or wearing a mask.

*Please contact the Concierge team if you have any questions.*

*All procedures and adapted programming are subject to change based on guidance from the CDC and applicable governmental authorities.*

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