

Nature Connection Guide
COVID-19 Guidelines Agreement

Nature Connection Guide is following the Vermont Department of Health [website](#) and the US Center for Disease Control [website](#) for current information. For today's updates on the situation in Vermont, click [HERE](#). We believe that forest bathing is a low risk activity that brings the reward of wellness.

Health Screening

For employee/volunteer/participant for Nature Connection Guide Forest Bathing walk. If the answer is "yes" to any of the these questions, the participant should not attend the event.

1. In the last 24 hours, have you experienced:

- Cough
- Shortness of breath or difficulty breathing

1a. In the last 24 hours have you experienced at least two of these symptoms:

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste/smell?

2. Have you traveled outside of the State of Vermont within the last 14 days?

3. Have you had contact with anyone that has COVID-19 within the last 14 days?

Protocols

Hand Washing/Personal Hygiene

· All participants must wash hands with soap and water for at least 20 seconds before departing for the event. Please bring your own hand sanitizer and avoid touching your face during the walk.

Travel

- If you are traveling from out of state, you must comply with Vermont Health Department guidelines. Click [HERE](#) to review up to date information.
- Please ride with people of your own social and family circle.

Physical Distancing and PPE

- All NCG staff, volunteers and participants must stay at minimum 6-10 ft apart throughout the walk.

Masks

- Please bring and use your own mask to the event and carry it with you at all times.
- Participants cannot attend the event without a mask. Cloth masks must be worn when you are 6ft or less in distance from another person AND while in group circles even if you are more than 6ft apart.

I have read and understand this policy and agree to follow the practices described.

Participant's name (print)

Participant's Signature

Date