



**PREVENTIVE MEASURES AGAINST SARV COV2 or COVID-19.**

The signatory participant (or the legal representative), certify that they are going to carry out the adventure, ecotourism or educational activity (indicated on the form). With the company Aventúrate Sierra de las Nieves, with active tourism registration number AT / MA00106.

For which you should know and assume the following measures and guidelines for action in order to prevent any type of contagion against Covid19 or similar.

	<b>Actions taken by Company: Aventúrate Sierra de las Nieves</b>	<b>Measures to be taken by clients / user activities</b>
<b>Measures Prior to Carrying out The activity</b>	<ul style="list-style-type: none"> <li>* Acquisition of suitable and approved cleaning products, virulicides and disinfectants and to inform the guides and components of the Aventúrate Sierra de las Nieves team, the Cleaning and Disinfection protocol, of materials, equipment, vehicles ... which must be strictly followed by all workers.</li> <li>* Registration and payment by electronic means (preferably).</li> <li>* Forwarding of activity sheet and confirmation email with the activity data and reminder of the most relevant measures to adopt. (according to activity) It will include information on the risks and protocols regarding the COVID-19 (necessary PPE, protocols to follow before, during and after activation, action in case of infection ...).</li> <li>* Preparation of material, spaces, placement of hydroalcoholic gels, acquisition of PPE for workers.</li> </ul>	<ul style="list-style-type: none"> <li>-Booking and electronic payment of the activity</li> <li>-Accept the information protocol</li> <li>-Adopt the necessary measures in matters of hygiene and for travel.</li> <li>-Keep your own water bottle marked with your initials</li> </ul> <p>(In this sense, it would be highly recommended that you use, if has its own material for the activity: wetsuit, helmet, harness ...)</p> <ul style="list-style-type: none"> <li>-Only natural groups will be accepted until further communication</li> <li>-We recommend, take a temperature before leave the home.</li> <li>-If you have any of the symptoms related to COVID-19 or is in the process of quarantine not leaving home.</li> </ul>



### During the activity

- \* We will explain and remember the protocols to follow and the both safety and health measures to comply during the activity.
- \* If there is a transport transfer of the company, they will continue at all times the instructions of the Ministry of Health and of the General Directorate of Traffic (or homologous organizations).
- \* During the activity and whenever possible it will be kept the minimum social distance of 2m and avoiding touching mucous membranes ...).
- \* Each participant will bring their own mask that will be used in the initial presentation and explanation, and if possible during the activity (depending on the type of activity and limitations)
- \* The distribution of material (if applicable) will be done by the guide with mask, and / or screen, it will be carried out in an orderly manner, maintaining safety distances between users.
- \* The guide will use mask and / or screen whenever possible to give explanations and will face the direction of the wind, especially if it is impossible to use the aforementioned Epi's to avoid transmitting drops to the participants.
- \* If the monitor / guide observes any symptom related to the covid19 in any participant, and has not been communicated previously, it will indicate that you should go home and contact 112. In order to protect the group.

- Each participant will be responsible for their material.
- Do not share material, creams, drinks, or food ...
- Each participant, will bring their own mask that will be used in the initial presentation and explanation, and if possible during the activity (depending on the type of activity and limitations)
- In case you cannot use a mask and do not keep the distances, you should avoid talking to the guide or companions or in your defect, speak without looking straight ahead and covering your mouth with your arm



**When the Activity ends**

- \* Receipt of the material, each participant will introduce their material into the containers enabled for it under the supervision of the monitor
- \* The monitor in charge of collecting material (according to activity) must be provided with the necessary PPE, at least mask and will have hydroalcohol to disinfect when finished.
- \* Cleaning with hydro alcohol from the hands of all users
- \* Cleaning and disinfection of both the material and facilities used

- Do not share towels or any personal hygiene item.
  - Each user will deposit their material in the assigned area.
  - Wash hands and face with soap and water or hydroalcohol solution
- When you get home:  
Wash hands.  
Cleaning and disinfection of the material and clothing used.  
Recommended, take the temperature again.

When carrying out an activity with us, we have a commitment to all our users in order to guarantee their health as well as their safety, for this reason you also acquire that commitment and you promise to inform us if you detect symptoms of coronavirus or diagnose it within a period up to 15 days after having carried out the activity.

**What happens if users or monitors have Covid19 symptoms within 15 days of activity? .**

Company: Aventúrate Sierra de las Nieves	Clients or user activities
<ul style="list-style-type: none"> <li>* The company will take preventive measures for intensive disinfection of facilities and materials</li> <li>* Will be responsible for warning and quarantining monitors and staff who would have been in contact with the user or monitor with Covid 19 symptoms.</li> <li>* Prepare the list and contacts of clients who have been in contact with The possible case of Covid19 waiting for your confirmation to notify you.</li> </ul>	<ul style="list-style-type: none"> <li>-The user must call 112, and communicate their situation</li> <li>-The user will communicate the situation to the company so that proceed to take the appropriate measures according to the protocol of action, and in order to prevent an outbreak of the disease.</li> </ul>
If after testing the Covid 19- <b>IT IS NEGATIVE.</b>	
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If after testing the Covid 19- <b>IS POSITIVE.</b>	
<ul style="list-style-type: none"> <li>* Notify all users and staff in contact with the positive for inform them and communicate how to proceed and intensify disinfection tasks</li> </ul>	<ul style="list-style-type: none"> <li>-The patient with covid19 will inform the company</li> <li>-The clients, once notified, will follow the indicated protocols by the Health authorities, previously informed</li> </ul>

If the client does not comply with any of the points, even when the personnel in charge indicate it as a reminder and warning, they may.