

OneLife Adventure Covid-19 Guidance for Guests on non UK expeditions

Before the expedition

- Please do not join this expedition if you, any people with you or people you have been in contact with in the last 7 days, are showing any symptoms of Covid 19 infection – high temperature, new and persistent cough or loss of taste/smell. Please contact us and we will arrange a full refund for you.

During the expedition

- No vehicle should contain people from more than 1 household or support bubble.
- All people from different households should maintain social distancing. This is particularly important when people are outside their vehicles. Stay at least 2m away from each other.
- Some people are more sensitive to social distancing than others, please respect others views and sensitivities. This is especially important when shopping or interacting with local inhabitants.
- Practice good hand hygiene and use hand sanitizer gel before and after using shared facilities on camp sites or after interacting with local inhabitants (shopping, etc).
- Remember to bring a supply of masks with you and wear one when required. We will advise you on local requirements.
- When socialising around the fire then please observe 2m social distancing.
- Maintaining social distancing will be impractical if you need help with a break down, recovery or first aid. If these situations occur then OneLife staff will take the lead, please follow their instructions.
- If you do help someone else or need help yourself, keep at least 2m away from other people. Where that is impossible, then everyone should wear face masks and take other preventative measures (working back-to-back or side-to-side reduces the risk of virus transmission compared with face-to-face).

After the expedition

- If you show any symptoms within 7 days after the expedition, then please inform the OneLife Adventure office. In this event, we will advise all other guests of this and suggest further action to take. Please follow UK Government guidelines regarding testing and voluntary isolation.