

# CTSS COVID-19 RESPONSE PLAN

---

We realize the seriousness of the COVID-19 Pandemic and are taking all the steps necessary to appropriately minimize the risk to our clients and staff. Hygiene and avoiding illness is always a priority on our programs but this is even more important now.

In order to protect you and minimize the spread of the disease, we are taking the following steps:

- **Face Coverings:** Please wear your buff or face mask (provided by CTSS to the team and staff members) at all times when in group settings
- **Social Distancing:** Maintaining 1.5m distance where possible
- **Copious use of Hand Sanitizer:** Provided by CTSS to the team and staff members.
- **Staged Mealtimes:** To ensure effective social distancing
- **Single Tenting:** Provided by CTSS to the team and staff members.
- **Hygienic Food Prep Techniques:** CTSS staff have been trained and briefed as to food prep (wearing gloves, face coverings, hand hygiene)
- **Use of Disinfectant Wipes in the kitchen and toilet:** Provided by CTSS to the team and staff members.
- **Contact Tracing Register:** Please provide your up to date contact details and contact details
- **Stick to our own group:** We ask you to stay within your group to minimize the spread and exposure to and from others.
- **Discussion at team briefing of where the greatest risk of contagion are:** Mealtimes, training, toilet, etc.
- **No sharing** of gear, food, water bottles, etc.
- **Alerting us if you or others you have been in contact with the virus, feel unwell or are showing symptoms (however mild):** Please alert us immediately. If you have had exposure, or are unwell prior to departure, please alert us so we can work with you to postpone your trip
- **Performing gear checks** and **training seminars outside** where possible.

We are committed to stopping the spread. Please help us to keep our teams and staff safe while facing this health challenge.

