

Kroka Expeditions ~ Summer 2020 Pre-Arrival Protocol

In order to maintain a safe and resilient community at Kroka, please document information below for your household during the 14 days leading up to your arrival at Kroka. This document will be reviewed as part of your child's health screening upon arrival at Kroka. Recognizing that definitions and guidelines vary state by state, we are outlining our own expectations below:

at home:

1. Wash your hands regularly with soap and water
2. Take and record your temperature on the chart daily
3. Commit to a daily health check-in with each member of the family
4. If knowingly exposed to the virus or if you experience any symptoms, consult your doctor for advice

when leaving home:

1. **Limit outside visits to essentials** and maintain safe distance from others when leaving home (for families working jobs outside the home, maintain workplace best practices to reduce exposure to the virus)
2. **Maintain 6ft minimum physical distance** from others in public settings
3. **Wear a mask in public** if unable to keep distance, such as in stores or crowded places
4. In your car, keep: **hand sanitizer** (to use when you return to car from public space/interaction) **a mask** (for use when entering stores and in crowded places) and **rubber gloves or paper towels** for pumping gas

if you are sick:

If a member of your household contracts COVID-19 within two weeks prior to your arrival, or experiences **two or more of the following symptoms** (cough, shortness of breath, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell) within 3 days of your arrival, **DO NOT COME TO KROKA!** We will be happy to work out an alternate program or a refund.

testing your child: you must take a COVID-19 test within 7 days of your arrival to Kroka. You must have test results back, and test negative, before you arrive at Kroka. We will conduct a second test upon your arrival.

Thank you for your help to keep the Kroka community safe and virus-free this summer!

