



COVID-19 Guidelines for Winter (December 2021)

The Covid-19 Pandemic has forced all of us to adjust how we function. We have implemented the following protocols for this winter, based on current guidelines. We will continue to monitor state and federal guidelines so safety protocols may change. We appreciate your flexibility and understanding to observe these protocols for the safety of yourself, other guests, and our staff.

Guests and Groups:

- **All individuals in the group must be free of any symptoms of illness** (including cough, fever or chills, headache or body aches, sore throat, new loss of taste or smell, shortness of breath or difficulty breathing, vomiting, or diarrhea) **three days prior to arrival and through the entirety of your stay.** The group leader is expected to monitor this daily. [See [cdc.gov](https://www.cdc.gov) for more information]
- Anyone that has tested positive for Covid within the last 14 days or is awaiting results of a Covid test due to possible exposure, is not permitted to attend.
- **Face masks are optional.** Guests are welcome to wear face masks but are not required to do so.
- We will try to keep each group separated from other groups when possible.

Guest Check-in:

Groups should follow their own state's guidelines for travel to/from Alpine.

- Check-in will take place at Alpine Lodge.
- Group leader will be asked to verify that everyone in his/her group is free of any symptoms of illness (including cough, fever or chills, headache or body aches, sore throat, new loss of taste or smell, shortness of breath or difficulty breathing, vomiting, or diarrhea) upon arrival and every morning during your visit.

Housing:

- We recommend putting only 3 – 4 persons in each lodge room to help promote distancing.
- Persons sleeping in bunks are encouraged to sleep "head to toe".

Meals:

- All staff and guests should wash or sanitize their hands before food is served.
- There will be no self-serve options.
- Each group will be asked to sit together in an assigned area of the dining room.

Facilities:

- Hand sanitizer will be available in multiple areas throughout our buildings.
- Cabins and lodge rooms are thoroughly cleaned after each group checks out.

Staff:

- Physical barriers have been installed where possible to separate employees from guests.
- Frequent hand washing throughout the day and access to hand sanitizer.

After your visit:

Please communicate with our Director of Retreats, Ruth Knicely (304-877-6427 x 633 or ruth.knicely@abc.edu) if anyone in your group develops symptoms of Covid, and/or tests positive for Covid within 14 days after your visit to Alpine.