



COVID-19 Guidelines - Winter (December 2020)

As you are aware, the Covid-19 Pandemic has forced all of us to adjust how we function. We are implementing the following protocols for this winter.

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, should not attend.
- **Please bring your own face masks** (we recommend at least one or two per day). We also have face coverings available for purchase in our gift shop.
- To further reduce potential risk of exposure, guests are encouraged to be outside as much as possible (see campus options).
- **The WV Governor has ordered that masks are to be worn at all times in all public buildings unless actively eating or drinking.** Please note that this includes meeting rooms, the dining hall, and the lobby of Alpine Lodge.
- We will make it a priority to keep each group separated from other groups as much as possible.

Guest Check-in:

Groups should follow their own state's guidelines when travelling to/from West Virginia.

- Check-in will take place at Alpine Lodge.
- We ask that only the group leader come to the front desk; the rest of the group should remain outside or in vehicles.
- 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.
- As we have availability, we will offer extra cabin space to promote distancing.

Meals:

- All guests should wash or sanitize their hands before food is served.
- There will be no self-serve options.
- When college is in session, meals for groups will be scheduled around student mealtimes to help protect the students.
- If the campus is experiencing a Covid outbreak, meals may not be available. (Groups will be notified prior to arrival.)

Campus “Free-time” Options (weather permitting):

- Sand Pit Volleyball
- Gaga Ball
- Outdoor Basketball
- Soccer Field
- Human Foosball
- Tennis Courts (bring your own equipment)
- Alpine Shelter (for group gatherings)

Alpine Staff:

- Daily symptom screening.
- Employees who interact with guests will wear masks.
- 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:

If you or anyone in your group develops symptoms of Covid, and/or tests positive for Covid within 14 days after your visit to Alpine, please communicate this information to our Director of Retreats, Ruth Knicely (304-877-6427 x 633 or ruth.knicely@abc.edu). Informing others is an act of kindness and care for their health. Some of our staff need to be extra careful because they have loved ones they must protect so they need to know ASAP if they have been exposed.

We are continuing 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.