

Precautions for Adventurous Journey Activities under COVID-19

The pandemic of COVID-19 is still affecting Hong Kong. The Award Scheme suggests Operating Authorities, User Units and Adventurous Journey Instructors to perform and document their own risk assessment of COVID-19 infection in the conduct of Adventurous Journey activities and implement appropriate precautions. The Award Scheme suggests the following measures.

General Precautions

1. The training courses should be implemented in accordance with the “Prevention and Control of Disease Regulation”. The number of instructors and participants should not exceed the restriction under the Regulation.
2. Operating Authorities and User Units should collect Health Declaration Form from instructors and participants.

Precautions during Journey

1. Instructors and participants should beware of personal hygiene and use alcohol-based sanitizer frequently.
2. If possible, instructors and participants should prevent transmission of respiratory droplets by any means. Be careful to body condition if he/she chooses to wear mask.
3. Instructors and participants should measure body temperature every day before setting off. The journey has to be terminated if the body temperature is higher than 37.5°C.

Precautions for Wild Cooking

1. Instructors and participants should wash their hands before cooking or eating.
Stay away from fire when using alcohol-based sanitizer.
2. Instructors and participants should wear mask and maintain a suitable distance with others during cooking. Minimizing the number of participants to cook at the same time is also encouraged. Participants could prepare their meal with simple camping food individually.
3. Instructors and participants should prevent sharing food and maintain a suitable distance with others while having meals.

Precautions for Arranging Accommodation

1. If possible, Operating Authorities and User Units could arrange dormitories for instructors and participants during journeys.
2. If outdoor camping is arranged, the number of people sharing a tent should be minimized. It is suggested to arrange "2 people 1 tent" as far as possible.
3. Operating Authorities and User Units may consider arranging school halls for participants of all levels of Adventurous Journey Training Course to stay overnight or allowing them to go home and continue their journeys in the next day.

Other Precautions

1. Operating Authorities and User Units may assist participants to transport extra equipment (e.g. tent) caused by the above precautions. Participants still need to prepare their basic equipment for completing journeys.
2. The above suggestions applied to Journey journeys which are held **on or before 31 March 2023**. The Award Scheme will revise the above suggestions in response to the development of the epidemic. Please pay attention to further notice announced by the Award Scheme.