

# CMH HELI SKIING'S COVID-19 TRIP PROTOCOLS

## CMH HELI SKIING TRIP PROTOCOLS

CMH follow [British Columbia's COVID-19 protocols](#) and procedures. Upon arrival at the lodge, you will find signage and further instructions to help guide you during your stay. In advance of your visit, please review the following carefully and let your CMH representative know if you have any questions or concerns.

The following requirements apply to all guests and staff while travelling with CMH – on our coaches and helicopters, in our lodges, and while out skiing and riding. Our protocols have been reviewed by medical experts and align with British Columbia's provincial regulations. As these health and safety regulations evolve, so will our protocols. **For the latest advice and information on what to expect while on your CMH Heli Skiing trip, please visit: <https://www.cmheli.com/coronavirus-protocols>**

## FOUR FUNDAMENTALS TO FOLLOW

There are four overarching protocols everyone is expected to follow while travelling and staying with CMH:

### 1. MASK ZONES

Masks are mandatory while travelling on the coach, around and on the helicopter, and while indoors. Masks may be removed while skiing, or while seated indoors to actively eat or drink. CMH will provide a surgical-grade mask or a custom-made Outdoor Research mask.

### 2. YOUR COHORT & PHYSICAL DISTANCING

Especially when indoors, stay 2 metres (6 feet) away from anyone who is not in your cohort. We recommend doing everything you can to keep your cohort small; it should only be the family or friends you've travelled to CMH with. While at CMH, your "cohort" is anyone with whom you've had close contact. Close contact means you've spent time with someone within 2 metres, without wearing a mask. Why does this matter? Because in the event someone in your cohort displays [key symptoms](#) of COVID-19, you may be required to isolate.

### 3. INCREASED PERSONAL HYGIENE

Remain dedicated to washing your hands often with soap and water. Avoid touching your face. When hand washing is not possible, please use the hand sanitizer provided.

### 4. DAILY SELF-HEALTH CHECK

All guests and staff must do a self-health check before exiting their rooms each morning. A complete checklist of questions will be posted in your room to ensure you are feeling healthy and not displaying COVID symptoms.

[What if someone gets sick?](#)

## CMH'S HEALTH & HYGIENE COMMITMENT

**Within four weeks of your trip start date, guests and staff members must review and agree to CMH's Health & Hygiene Commitment, which includes an acknowledgement that you are fully vaccinated against COVID-19. The commitment will be sent to you by email for signing prior to your trip. You can review the Health & Hygiene Commitment overleaf. Sign [here](#)**

SAMPLE TO REVIEW – PAGE 1 – DO NOT SIGN THIS COPY

**HEALTH & HYGIENE COMMITMENT**

**For the health and safety of our staff and guests, Canadian Mountain Holidays LP (“CMH”, “we”, “our”) requires that all CMH guests (“I”, “you”, “your”, “participant”) sign this Health and Hygiene Commitment prior to your arrival at CMH.**

**COMPLIANCE WITH CMH COVID-19 HEALTH AND SAFETY PROTOCOLS**

SARS-CoV-2 (COVID-19), which causes the disease known as COVID-19, is extremely contagious and is believed to spread mainly through person-to-person contact. CMH has developed a set of **protocols, rules, and mitigation measures** in order to comply with Provincial and Federal Health Regulations and to help stop the spread of COVID-19. These protocols are in place to reduce the likelihood of disease transmission on our trips and include the guidelines and directives detailed below (collectively, together with any additional protocols that CMH may implement, the “CMH COVID-19 Health and Safety Protocols”). As a condition of your participation in our trip(s), you must read, understand, and agree to comply with the CMH COVID-19 Health and Safety Protocols. Failure to comply with the CMH COVID-19 Health and Safety Protocols may result in declination of service and/or removal from the trip at your own expense.

**RISK OF EXPOSURE**

CMH cannot guarantee that you will not become infected with COVID-19 or another infectious disease during your trip or while at the lodge, even if CMH guests and staff are fully vaccinated against the virus and otherwise comply with the CMH COVID-19 Health and Safety Protocols. Any mid-trip expansion of your travel cohort may also increase the risk of exposure (see below under “During the Trip”).

**MANDATORY VACCINATION**

CMH requires full vaccination against COVID-19 of its guests in order to participate in a CMH trip. “Full vaccination” means a full dose of a vaccine for the COVID-19 virus, which has been approved by Health Canada on an interim or permanent basis. For guests who are international residents, you must provide proof of vaccination to Canada Border Services upon your entry into Canada. For details on Canada’s COVID-19 travel restrictions, COVID-19 testing requirements, quarantine requirements, and Canadian border restrictions, visit [Travel.gc.ca](https://travel.gc.ca). **For guests who are residents of Canada, you must provide CMH proof of vaccination issued by a provincial health authority via DocuSign prior to your arrival at CMH. Do not email vaccination records to CMH.**

**I AFFIRM THAT I AM OR WILL BE FULLY VACCINATED AGAINST COVID-19 WITH A VACCINE APPROVED BY HEALTH CANADA AT LEAST FOURTEEN (14) DAYS PRIOR TO MY ARRIVAL AT CMH; I FURTHER AGREE TO CARRY OFFICIAL PROOF OF VACCINATION ISSUED BY A PUBLIC HEALTH AUTHORITY OR PHARMACY WITH ME THROUGHOUT MY ENTIRE CMH TRIP AND TO SHOW IT TO A CMH REPRESENTATIVE UPON REQUEST.**

Initial: \_\_\_\_\_

**BEFORE YOUR TRIP**

Health Canada and the CDC have published guidelines for limiting the spread of COVID-19. For the safety of our guests and employees, we request that you follow these guidelines during the 14 days before arriving at CMH:

- o Frequent hand washing and avoiding touching your face with unwashed hands
- o Follow the applicable health protocols in your region of residence
- o Monitoring your health and watching for symptoms, including daily temperature checks

We strongly recommend that you get tested for COVID-19 within three days prior to your arrival at CMH. If you test positive, please contact us to discuss your options. CMH reserves the right to revise these guidelines at any time prior to or during your CMH trip.

Initial: \_\_\_\_\_

**SAMPLE TO REVIEW – PAGE 2 – DO NOT SIGN THIS COPY**

#### PRE-TRIP QUESTIONNAIRE

If you answer “yes” to any of the following questions at any time before boarding a CMH vehicle (whether it’s the bus transporting you to the helipad, or the helicopter at the helipad if you self-drive), please contact us to discuss your options.

1. I am currently displaying one or more of the following symptoms, and those symptoms are new and not allergy, chronic or pre-existing condition related issues:
  - Fever greater than 37.6°C (99.7°F)
  - Persistent or new cough
  - Sore throat
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Nausea or vomiting
  - Diarrhea
  - Headache
  - Congestion or runny nose
  - Loss of taste or smell
2. In the past 14 days:
  - I have knowingly come in close contact with someone who has a probable or confirmed case of COVID-19
  - I have tested positive for COVID-19 or am waiting for the results of a COVID-19 test.

#### TRANSPORTATION TO AND FROM THE LODGE

Vehicle transport at the beginning, during, and at the end of a CMH trip represents enclosed spaces that may contribute to disease transmission between occupants. CMH may limit occupancy of the available seats and require that a cloth or surgical mask be worn at all time for the duration of time in any vehicle.

#### DURING THE TRIP

We require that staff and guests commit to following all CMH COVID-19 Health and Safety Protocols to limit the spread of COVID-19 and any other infectious disease while travelling with CMH. These currently include:

- Keeping your travel cohort (i.e., people who are part of your household or with whom you travel) small and do not change its composition during your trip;
- Whenever possible, maintaining a physical distance of at least 2 metres (6 feet) from people who are not part of your travel cohort;
- Monitoring your health daily and watching for symptoms (see above), as well as sanitizing hands
- Should you or any member of your travel cohort develop symptoms:
  - Immediately report the onset of symptoms to a CMH staff member; and
  - Immediately follow all directions that is provided by the BC health authorities, which could include isolation in your roomIn such circumstances, CMH will assess the next steps, including the need for isolation and possible transportation and testing;
- A properly worn cloth or surgical mask will be required at all times during transportation (whether helicopter, bus or any CMH vehicle) and in outdoor situations where physical distancing is not possible, such as the heli-huddle;
- In the lodge, always wear your mask except when in your room or when actively consuming food and/or beverages;
- Parents are responsible for ensuring their children adhere to physical distancing and all other mitigation procedures while on the trip.

#### AFTER THE TRIP

Please let CMH know if you or a member of your travel cohort tests positive for or exhibits symptoms of COVID-19 within 14 days of leaving the lodge so that we can quickly inform our staff and other guests.

SAMPLE TO REVIEW – PAGE 3 – DO NOT SIGN THIS COPY

I have read this Health & Hygiene Commitment in its entirety and agree to adhere to the CMH COVID-19 Health and Safety Protocols and the terms contained herein. I understand and agree that by signing this Health & Hygiene Commitment on behalf of any person other than myself, I am representing and warranting that I am legally authorized to sign as either the parent or legal guardian of that person and/or child, or that I have been given the express authority and permission from that other person to accept the terms and conditions of this Health & Hygiene Commitment on each of their behalf.


**Date Signed:** 11/16/2021

**Participant Name:**   
*(Full legal name as shown on your passport)*


**Name of Minor:**   
*(Full legal name – only required if completing on behalf of a minor under the age of 19 years old)*


**Participant Date of Birth:**

**Email:**

**Participant Signature:** 

For guests who are residents of Canada, please upload proof of vaccination issued by a provincial health authority here. If you are travelling with a minor, ensure proof of vaccination is uploaded for both the Participant & Minor:

 Optional  
**Proof of Vaccination – ADULT**

 Optional  
**Proof of Vaccination - MINOR**