



Idaho Trails Association | P.O. Box 165 | Boise, Idaho 83701
www.idahotrailsassociation.org

ITA Volunteer Health Questionnaire

3/4/21

Thank you for your interest in volunteering with Idaho Trails Association.

Take the test

Before you can volunteer with this work party, we must ask you a few questions concerning your possible exposure to the COVID-19 virus. Please pardon this intrusion, but it is necessary to help prevent the spread of this virus. *ITA encourages all our volunteers to be extra careful by avoiding large gatherings or other higher-risk situations for the two weeks prior to a trail trip as a means of protecting fellow crew members.* Thank you for your understanding.

1. In the last 14 days have you, someone living in your household, someone whom you have been in close or frequent contact with, or someone you are caring for been diagnosed with COVID-19 (Coronavirus) or had any contact with a confirmed case of COVID-19?
2. In the last 14 days, have you or someone you have been in close and frequent contact with, or someone you are caring for, returned from or made a travel connection through an area with high infection rates as defined by the state or CDC risk classification (ie, a "red" state or county)?
3. Do you currently have, or have you had within the last 24 hours, any cold or flu symptoms, including a fever greater than 100.4, shortness of breath, body aches and coughing)?
4. Do you have underlying health issues that might be detrimental if you are exposed to COVID-19?
5. Are you 65 or older, and have underlying medical issues that could increase your risk?

If you answered "No" to all questions, you will be allowed to participate under our COVID-19 procedures.

If you answered "Yes" to any of these questions

You could have been exposed to the Covid-19 virus or be at greater risk of serious symptoms if you contract Covid-19. Unless you meet the following exceptions, that means you may not participate in this trip. We would ask that you monitor your health and seek medical attention if any symptoms increase.

- If you answered yes to #2 because it is your place of residence, have you been taking proper precautions and following the state Covid-19 reopening guidelines? If "yes", you may participate.

- If you answered yes to #4, please seriously consider your risks and talk with your medical provider before committing to an ITA trip.
- If you answered “yes” to #5, but “no” to items #1-3 AND you can verify that you are in good health and have no underlying health issues, you may participate. ITA encourages you to get the COVID-19 vaccination to reduce your risk.

So you can go on the trip, what next?

Thank you for your support of ITA and being a part of this trip, here are the guidelines that need to be followed to provide a safe and healthy trip for everyone involved.

- You will be required to wear a face covering if social distancing cannot maintain a 10-foot spacing.
- When working in the field, it is your tool; do not share it. Sanitize it when you are done.
- Keep track of your personal stuff: gloves, hardhats, facemasks, and safety glasses. Do not share and sanitize often.
- Do not share water bottles!
- You will be required to wash your hands often.
- Treat everything like it is contaminated. Clean it often and thoroughly.
- Everyone will be required to maintain social distancing measures.

If exceptions to Social Distancing guidelines occur

There may be times when people will be in closer proximity than the recommendations stated above. When this happens, participants will be required to wear face coverings, safety glasses, long sleeve shirts, and gloves. All attempts must be made to block coughs, sneezes, or any other opportunity for transmission of droplets or body fluids.

Thank you for your patience and understanding during this process.

The ITA staff