

Covid-19 Health Operating Protocol

Proposals to companies - members of SETEYDA

Introduction:

The following health protocols were designed for the one-day or multi-day activities implemented by the companies - members of SETEYDA in the context of dealing with the pandemic and the spread of the Covid-19 disease caused by the new corona.

The details of the activities covered by this document are as follows:

Sea kayak / Lake-river canoe (one-day activity 2 - 9 hours)
Sea kayak (multi-day activity with overnight stay)
Snorkeling (mask & respirator)
SUP (one-day activity)
Rafting (one day activity)
Cycling (one day activity)
Hiking (one day activity)
Hiking (Multi-day activity with overnight stay)
Climbing / Scrambling (one-day activity)
Canyoning (one-day activity)
Team Building Activities - Archery etc (one day activity)
River Trekking (one-day activity)
Via Ferrata (one-day activity)
Jeep Tours (one-day or multi-day activity)
Speleology (one-day activity)
Cooking lesson / tasting (one-day activity)
Paragliding parachute
Adventure Park - Paintball

- ✓ ***These health protocols have been designed and will be followed as far as necessary (based on the instructions of EODY, the Ministry of Health and the WHO) in order for:***

The Association's companies to be able to continue to share with the public their deep love for nature and continue to share the benefits of engaging in outdoor leisure tourism activities.

Part 1: Measures applicable to all activities

General risk assessment

Compared to other leisure activities and tourist excursions, the activities offered by the Association's companies have a relatively low level of risk related to the spread of the new Covid-19:

- All activities take place outdoors or in nature
- The number of participants in the activities is small (sometimes very) usually 2 - 30 people, and can be adjusted downwards, either by private departures, or by multiple departures within a day, or by internal separation of a "group" into two or three parts.
- Keeping a distance of 2 meters can be guaranteed in most of the activities.
- If deemed necessary by the country's health authorities, we will be able to advise people with pre-existing diseases not to participate, as in order to make a reservation, someone completes a document stating any health problems and appropriate medication.
- We know our visitors / customers: As it became clear above, all the visitors of the companies complete a participation document. There, data such as their place of residence, telephone number, email, etc. are listed. These data, if deemed necessary, and only then since they are protected by the Personal Data Protection Authority, may be made available to the authorities for the method of tracking the straits contact of a confirmed case.
- Visitors often come to us "in groups" (e.g. schools, families). In this case, the distance protection measures can then be suspended in individual cases. For example, a family living together can sit in a boat without any problems without keeping the safe distance of 2 meters.
- Additional risk assessments for each activity are available in Part 2.

Basic principles

Adequate and appropriate measures must be provided for each of the following requirements. The employer and the director of each company are responsible for selecting and implementing these measures:

1. All people in the company should wash their hands regularly.
2. Employees and other persons must maintain a distance of 2 meters from each other.
3. Surfaces and objects must be disinfected regularly, especially if they are touched by many people.
4. Particularly vulnerable people need more care.
5. People with suspicious symptoms (fever and cough) should be removed immediately from the company and recommended self-isolation / seeking medical help.
6. Special remarks
7. Employees must be fully informed of the measures to be followed by the company.
8. Implement and monitor measures

1. Hand hygiene

All the people in the company should wash their hands regularly.

Measures:

- All employees should wash their hands regularly with soap and water or disinfect on the go. Especially after arriving at work, before and after handling visitor equipment, before and after breaks and after work.
- Have hand sanitizers spots available: Guests should be able to disinfect their hands with a hand sanitizer upon arrival. This applies both to the reception at the bases and to nature.
- Employees should cover wounds on their fingers or wear protective gloves.

2. Keeping safe distances

Employees and visitors should keep as much possible 2 meters distance from each other.

Measures:

- In general body contact to be avoided as much possible (avoid handshake/hugs & greet from afar)
- Office work
 - Encourage work from a distance (from home) where possible.
 - Otherwise, ensure sufficient distance between workplaces.
- Contact with visitors (a): reservations / reception
 - Prefer bookings online or by phone.
 - Offer cashless payment (credit card, contactless transactions or online payment)
 - If there is a queue at your base for payment or something else, place markings on the floor to keep a distance of 2 meters.
- Contact with visitors (b): Applies to all activities:
 - Generally pay attention to the distance of 2 meters between the visitor and the attendant (e.g. in briefing, establish it outdoors, and find a fun way of keeping the 2 meters in a circle with hands and the attendant in the center of the circle).
 - If necessary, specify the movement and accommodation zones: reception, equipment delivery, information, departure. (e.g. If the base space allows, post signs with a clear pose separation - e.g. here we declare that we came, here we deliver clothes, here we receive equipment, etc.) - Set an employee who will monitor the rotation between the poles and make sure to calculate the extra time it will take in the total time of the activity).
 - If you have a base with locker rooms, etc., think about what you can make on the outside of your base, such as a large screen, so that the space increases and is not only internal. You also encourage visitors to come to the base ready (i.e. do not need to change clothes,

- If indoor locker rooms are to be used, be sure to place floor markings on which a person can move (1.5 x 1.5 meters).
- Με About the delivery of the equipment: You suggest to configure the space in this way, whether you have a base or implement it in the countryside, so that you do not give them the equipment in hand, but take it alone (always with the guidance of a companion) - e.g. separation of lifeguards, etc. by size and announcement by the escort: X to get an SMALL.
- During the activity, if for the break the visitors take out their equipment you should make sure that they will not take someone else after the break (e.g. color separation of the paddles with insulating tape (blue-red / yellow / black-white / white-white). Regarding the delivery of the equipment at the end of the activity, make sure you have a storage area for it (box - container - cart) where visitors will place them immediately.
 - ***It would be good if this is possible, disinfect the equipment (detailed instructions below) in front of the visitors. If this is not possible, encourage visitors to disinfect themselves by disinfecting (with your own instructions) - e.g. handles - using gel (which you will have on site).***
- When transporting visitors to corporate vehicles: it is recommended to reduce the number of people riding in the vehicle by half (waiting for official instructions from the Ministry of Transport on it) / use of a mask by all occupants and urging the use of private vehicles. * 50% of the vehicle's occupancy can be increased if all individuals belong to the same family circle.
- If a distance of less than 2 meters is unavoidable (examples: checking life jackets or canyoning belts, ropes): Check (usually only a few seconds), do not talk, turn faces in different directions (escort looks at equipment and visitor the side). Where possible, it is recommended that the attendant wear a mask (e.g. at the base - in other buildings, etc.).

3. Cleaning

Regular cleaning of surfaces and objects after use is required, especially if they are touched by many people. Waste (garbage - especially sanitary - masks, etc.) should be disposed of carefully - and work clothes / equipment should be washed and disinfected daily.

Medical - Microbiological data:

According to research, the virus attaches and remains contagious much easier on smooth - metallic or plastic - surfaces (up to 7 days) than on any other type - wood, fabric, paper (1-2 days).

The good news is that the virus is easily inactivated by using the right material or high temperature.

The bibliography states the following (one material at a time is enough):

Alcohol with 62–71% ethanol (application to individuals & surfaces)

Aqueous solution of 0.5% hydrogen peroxide (Hydrogen Peroxide - "Oxygen") H₂O₂ (application only on surfaces)

Water solution 0.1% sodium hypochlorite (Subchloride Sodium - "Chlorine") NaOCl (for at least 1 ') (application only on surfaces) * Never mix with hot water because this makes it ineffective

Or plain soap (pH 5.5 to 8.5) & water, however with good scrubbing on surfaces for at least 20 seconds

(application to individuals & surfaces) *in materials: Polyamide, polyester and metal: the virus is inactivated if*

water at a temperature of 55 degrees Celsius is applied. Sources :[Here](#) , [here](#) , [here](#) & [here](#)

Measures:

- Indoor areas
 - Ventilation: ensure regular and adequate air exchange in workplaces (e.g. ventilate several times a day for about 10 minutes).
 - Regular cleaning of premises, especially toilets and locker rooms.
- Surfaces and objects
 - Regularly clean desktops, keyboards, phones, terminals with disinfectant spray (leave it to dry naturally).
 - Regularly clean door handles, railings (especially metal ones), coffee machines and other items, which are often touched by several people.
 - Clean equipment such as boats, helmets, oars, life jackets, belts regularly with appropriate cleaning equipment.

- ✓ **Metal equipment:** Hiking cans, bicycles (a), carabiners, pulleys, locking devices, toy equipment, paddles (a), paintball and parachute equipment: *Disinfection is recommended in one of the ways mentioned above*
- ✓ **Plastic equipment:** rafting / canyoning helmets, oars (b), sea kayaks, canoe, bicycles (a), rafting boats, paintball equipment and paragliding: *Disinfection is recommended in one of the ways mentioned above*
- ✓ **Clothing:** Life vests, suits & neoprene shoes, hats, gloves: *Regular washing with antimicrobial substance & water - and strict rotation in use by guests is recommended (see below)*
- ✓ **Rope-related equipment:** climbing ropes, canyoning and adventure park ropes, bondrie belts, straps, lanyards: *Regular washing with soft soap & lukewarm water is recommended - and strict rotation in use by visitors (see below)*

Sources:

[Here](#) & [Here](#)

- ✓ *One way to disinfect ropes is as follows: 70% Isopropanol and 30% distilled water for 3 minutes at the top. However, the same company that proposes it emphasizes that the long-term effects of this disinfection on the equipment **have not been studied**. In any case, construction companies emphasize that any disinfection of such equipment with **chemicals should not be done more than 3 times in total on the ropes and never on Dyneema®, Spectra®, Dynex® or similar materials.***
- ✓ **Other equipment:** Climbing helmet (with non-plastic strap), cycling helmet (multi-material): *Disinfection is recommended in one of the ways mentioned above - in the parts of the equipment that are fabric, however, as the above cannot be applied It would be good to apply the strict rotation in the use by the visitors here as well (see below)*
- The best possible solution, to avoid disinfection (but not cleaning), is to use the equipment

of the visitors every 3 days (i.e. to have sufficient equipment - at least for some categories) so that you use 1/3 of the total every 3 days. This instruction in some categories of equipment can be difficult (e.g. due to the size of the life jackets and helmets) but in other types of equipment such as rafting boats and sea kayaks it is possible to number boats etc.

- Equipment related to food or snack: cups, glasses, dishes and utensils: rinse everything with soap and water after use.
- It is recommended to avoid the use of the buffet or family sharing way of eating. It is better to use individual food containers and ice cubes / cups. Pay close attention to keeping your distance between meals and even outdoors. Also pay attention to the delivery of containers and cups to guests. The above applies to the delivery of equipment. It is noted here that according to the medical data so far, the virus does not seem to be transmitted by swallowing food (article here) - However, to prepare food / picnics from the company, it is recommended to wash the vegetables with plenty of water and green soap & use disposable gloves and a mask from the attendants who prepare it.
- The **use of disposable plastic** utensils and packaged products (at least in part) is **not recommended**. It is better to pay more attention to hygiene than to look back at our commitments to supporting local products and reducing plastic waste.
- Waste
 - Regular emptying of trash cans (especially after hand washing).
 - Avoid contact with waste? Always use tools (broom, shovel, etc.); wear gloves when handling waste and dispose of it immediately after use.
- Work clothes and equipment
 - Employees: it would be good to have their personal equipment (neoprene suits, dry uniforms, helmet, etc.) or to use specific clothes & equipment each time.
 - Make sure no equipment is exchanged between participants during an activity (paddle, life buoy, etc.).
- Vehicles
 - All vehicles of the company must be ventilated and cleaned regularly - pay special attention to the handles and equipment of the driver (steering wheel, gears, etc.)

4. Vulnerable Groups

- Employees belonging to a risk group (age, pre-existing disease), it is best not to come into contact with too many people, and to be especially careful (even more than the ones mentioned here).
- Customers at increased risk should be discouraged from participating, based on the form of expression of interest.

5. Covid sufferers - 19 at work

Measures:

- Employees that are sick should not come to workplace (regardless of the source of the disease)
- Employees and visitors should leave the company's premises immediately and self-isolate if there are any signs or suspicions. If suspicious signs appear during a multi-day activity, the company should have drawn up an emergency plan (e.g. transporting the individual and his immediate surroundings - e.g. family - by boat (in the case of multi-day marine kayak activity) to the nearest reference hotel (to be announced per region) for the crew (if he is a foreigner) or transport in his vehicle or transport to a place from where he can return home or go to a health unit. If the above incident occurs during a multi-day hiking activity, it is recommended that an emergency plan be drawn up again (e.g. closer roads where the person and the narrow circle can be transported by company vehicle or ambulance). If the area is inaccessible, and there is only one attendant, the excursion should be stopped and the whole group should go to the delivery point. If there are 2+ escorts, the outcome of the situation is up to the company. In any case, the escort's pharmacy should now have additional masks for all customers & escorts X 2, thermometer, antiseptic wipes and gel and a list of necessary phones (EODY, Regional Referral Hospital, and Regional Referral Hotel). Completely optional, oximeter.

5. Special Remarks

- Reservation
 - The reservation must be made (electronically, by phone or in writing) in advance so that the company can control the maximum participation limit set by itself.
- Welcome/Departure
 - To be done in a sufficient space (distance of 2 meters between the people).
 - Outdoors
 - Take care to disinfect everyone's hands.
 - Even in casual conversation, we should now follow general health rules of conduct to avoid transmission.
 - Before leaving for the activity: Make sure that the personal details of all visitors, including the phone number, are available if necessary per sub-group (per driver, per boat).
 - Completion of the participation form should be done before the arrival of the visitors (sending by mail in advance or sending by link of a google docs form, or by pdf in the form of an electronic signature).
- Number of participants
 - Since group gatherings of more than 10 people are prohibited, all individuals (by activity or by companion — e.g. 2 sub-groups on the same path divided by 10 people keeping their distance) must be adjusted accordingly: no more than 10 people. We also suggest reducing the number of passengers on the vehicle as a rule with the participation of more than 1 or 2 people: each rafting boat from 6-8 people to be reduced to 4-5 where possible, unless guests are staying at the same family circle of contacts. We recommend the same for excursions with inflatable boats and jeep tours.
 - In case of adjustments by EODY regarding the maximum number of people for groups and / or events, the maximum number of participations can be updated accordingly.

6. Information

Informing employees and other stakeholders about guidelines and measures.

Measures:

- Information to customers
- Posting the protective measures at each entrance or vehicle.
- Suggest advance payment or contactless transactions.
- Ask guests not to participate in case of symptoms (**allow last -minute cancellations**)
- Where necessary, report all additional information (eg visitors wearing a swimsuit, or specific clothing in advance) on the site.
- Information for employees
- Informing highly vulnerable employees about their rights and protection measures in the company.
- Provision of information material (present form).

7. Implementation and monitoring of measures

Measures:

- A person in charge of monitoring and observing all these measures should be appointed.
- Employees should be instructed on hygiene measures, the protection of protective masks and the safe handling of customers, the indication of self-responsibility and the observance of personal protection.
- Encourage suggestions for improvement.
- Check and refill all sanitary ware regularly (soap collectors, disposable towels, disinfectants, protective masks where needed).

Part 2: Analysis per activity

SEA KAYAK KAI SUP

Risk assessment and special measures:

- Group size: **Normally**, up to 6 people per driver on boats of 1 or 2 people, in total group sizes usually 2-30 people.
- In the majority of the implementation period, the need to observe the 2 meters is covered.

<i>Phase</i>	<i>Keeping 2 meters distance?</i>	<i>Protective measures</i>
Transportation to and from the sea / lake / river	Depending on the means of transport (reference was made above)	<ul style="list-style-type: none"> ● Suggest the use of private cars or rented rent a car as much as possible. ● If you provide transportation as a company, protection means are listed above. ● Inform the visitors if they use MMM (e.g. bus) to come to you that the protective mask is mandatory. ● Make sure that the kayak / SUP activity starts at a point that is relatively easily accessible by car (visitors) and that there is a similar parking space. If the program you are implementing does not meet these requirements, it is advisable to convert it (at least for now).
Preparation and Briefing	Possible	<ul style="list-style-type: none"> ● Selection of easy entry and exit with enough space. ● Placement of boats at a distance of at least 2 meters.
In the sea or in the lake or in the river	Usually visitors are on boats every 2 or individually. If they are every 2, they do not look (back - back) and very often they open up in the same circle (e.g. couples). The only exceptions are the process of controlling personal equipment and the process of rescue.	<ul style="list-style-type: none"> ● Equipment inspection and rescue: The attendant looks down, the visitor to the side, no conversation during the few seconds of contact. ● It is a good idea for the escort to avoid incentive to align, or if it is necessary for security reasons, let the zigzags be done, i.e. the boats should touch each other, but the visitors should not be next to each other.
Overnight stays for multi-day activities	Possible	<ul style="list-style-type: none"> ● Overnight stays either in hotels or with the appropriate distance in camping, as well as the necessary hygiene in toilets, showers, food and drink.

Remarks:

- In multi-day activities the cleaning of the equipment should be done at the end of the day. Pay special attention to the following: each visitor should maintain the equipment given to him until the end of the action (clothing, paddle, kayak, etc.).
- Regarding snorkeling which is usually provided as an activity together with the kayak / SUP trip, it is recommended to disinfect the mask and the tube in front of the visitor on the spot or to encourage the visitor to bring his own equipment.

HIKING

Risk assessment and special measures:

- Group size: **Normally**, up to 10 people per companion, total group sizes are usually 2-30 people.
- In the majority of the implementation period, the need to observe the 2 meters is covered.

<i>Phase</i>	<i>Keeping 2 meters distance?</i>	<i>Protective measures</i>
Transfer to and from the start of the activity	Depending on the means of transport (reference was made above)	<ul style="list-style-type: none"> ● Suggest the use of private cars or rented rent a car as much as possible. ● If you provide transportation as a company, protection means are listed above. ● Inform the visitors if they use public transport (e.g. bus) to come to you that the protective mask is mandatory. ● Make sure the start of the activity is relatively easily accessible by car (visitors) and that there is a corresponding parking space. If the program you are implementing does not meet these requirements, it is advisable to convert it (at least for now).
Preparation and Briefing	Possible	<ul style="list-style-type: none"> ● Select start with enough space (meadow etc.).
On the path	Almost always possible.	<ul style="list-style-type: none"> ● Make sure that the safety distances are observed on the path (at least 1, 5 meters where possible) ● To move on the path one after the other and in groups in relation to their close family circle. ● In difficult passages to follow the rule: The attendant looks down, the visitor to the side, no conversation during the few seconds of contact. ● In the stops, the guide should always choose (where possible) places with a lot of space for the dispersal of individuals.
Overnight stays for multi-day activities	Possible	<ul style="list-style-type: none"> ● Overnight stays either in hotels or with the appropriate distance in camping, as well as the necessary hygiene in toilets, showers, food and drink.

RIVER TREKKING

Risk assessment and special measures:

- Group size: **Normally**, up to 10 people per companion, total group sizes are usually 2-30 people.
- In the majority of the implementation period, the need to observe the 2 meters is covered.

<i>Phase</i>	<i>Keeping 2 meters distance?</i>	<i>Protective measures</i>
Transportation to and from the river	Depending on the means of transport (reference above)	<ul style="list-style-type: none"> • Suggest the use of private vehicles or leased rent a car as far as possible. If you provide the transfer as a company, protection scans are listed above. • Let guests know if they use public transport (e.g. bus) to come to you that the protective mask is mandatory. • Make sure that the start of it is relatively easily accessible with IX (of the visitors) and that there is a similar parking area. • If the program you are implementing does not meet these requirements, it is advisable to convert it (for now at least).
Preparation and Briefing	Possible.	<ul style="list-style-type: none"> • Easy entry and exit to the river with plenty of space.
On the river	Almost always achievable.	<ul style="list-style-type: none"> • Ensure that the path observes the safety distances (at least 1.5 meters where possible) • To move in the path behind each other and in groups in relation to their narrow eco-circle. • In difficult passages to observe the rule: The guide looks down, the visitor on the side, no conversation during the few seconds of contact. • In the stops, always choose the attendant (where possible) places with a lot of space for the dispersal of the individuals.

RAFTING (and excursions with Zodiacs)

Risk assessment and specific measures:

- Group size: Normally, up to 8 people per driver, total group sizes usually 5 -100 people.
- The majority of the implementation period is covered by the need to comply with the 2 measures.

<i>Phase</i>	<i>Keeping 2 meters of distance?</i>	<i>Protective measures</i>
Transportation to and from the river	Depending on the means of transport (reference was made above).	<ul style="list-style-type: none"> • Suggest the use of private vehicles or leased rent a car as far as possible. If you provide the transfer as a company, protection scans are listed above. • Let guests know if they use public transport (e.g. bus) to come to you that the protective mask is mandatory. • Make sure that rafting can start in a relatively easily accessible area with cars (of visitors) and that there is a similar parking space. • If the program you are implementing does not meet these requirements, it is advisable to convert it (for now at least). So, you need to transfer them to the starting point (once i.e. transport and not 2). Let us know that due to transport conditions the process takes longer than normal.
Preparation and Briefing	Possible.	<ul style="list-style-type: none"> • Easy entry and exit to the river with plenty of space.
On the river	<p>Almost possible: Make sure people who are in the same family environment are together as much as possible per boat otherwise as much distance between people on a boat as possible.</p> <p>Exception: When checking the life jacket or rescue</p>	<ul style="list-style-type: none"> • Equipment control and rescue: The guide looks down, the visitor on the side, no conversation during the few seconds of contact. • On high-speed boat: set with marking strips on the seats that guests can sit in order to keep the distance of 2 meters.

CANYONING

Risk assessment and specific measures:

- Group size: Normally, up to 4 people per driver, total group sizes usually 2-10 people.
- For the majority of the duration of implementation, the need to comply with the 2 measures is.

<i>Phase</i>	<i>Keeping 2 meters of distance?</i>	<i>Protective measures</i>
Transfer to and from the farc	Depending on the means of transport (reference was made above).	<ul style="list-style-type: none"> • Suggest the use of private vehicles or leased rent a car as far as possible. • If you provide the transfer as a company, protection scans are listed above. • Let guests know if they use public transport (e.g. bus) to come to you that the protective mask is mandatory. • Make sure that canyoning activity can be started in a relatively easily accessible area with IX (visitors) and that there is a similar parking space. If the program you are implementing does not meet these requirements, it is advisable to convert it (for now at least). So, you need to transfer them to the starting point (once i.e. transport and not 2). Let us know that due to transport conditions the process takes longer than normal.
Preparation and Briefing	Possible.	<ul style="list-style-type: none"> • Easy entry and exit to the gorge with plenty of space.
In the gorge	In non-narrow canyons it is almost always possible. Exception: When checking the tether equipment.	<ul style="list-style-type: none"> • Control, ropes: The guide looks down, the visitor on the side, no conversation during the few seconds of contact. • Avoid canyons with narrow passages, which would cause very close contacts (unless the participants are a group, e.g. family anyway.)

CLIMBING – RAPPEL – VIA FERRATA – SCRAMBLING

Risk assessment and specific measures:

- Group size: Normally, up to 6 people per driver, total group sizes usually 2-20 people.
- For the majority of the duration of implementation, the need to comply with the 2 measures is.

<i>Phase</i>	<i>Keeping 2 meters of distance?</i>	<i>Protective measures</i>
Transportation, Bus	Depending on the means of transport (reference was made above).	<ul style="list-style-type: none"> • Suggest the use of private vehicles or leased rent a car as far as possible. • If you provide the transfer as a company, protective equipment are mentioned above. • Tell guests, too, if they use public transport (e.g. bus) to come to you that the protective

		<p>mask is mandatory.</p> <ul style="list-style-type: none"> • Make sure that, if it is possible to start the activity in a relatively easily accessible area with cars (visitors) and that there is a similar parking space. If the program you are implementing does not meet these requirements, it is advisable to convert it (for now at least).
On the rock or in the void	Almost always possible. Exceptions, the control of ropes and tethering.	<ul style="list-style-type: none"> • Control, ropes, carabiners: The guide looks down, the visitor on the side, no conversation during the few seconds of contact. • Avoid cross-strait passages that would cause very close contacts (unless the participants are a group, e.g. family anyway.)

BIKING

Risk assessment and specific measures:

- Group size: Normally, up to 8 people per driver, total group sizes usually 2-30 people.
- Larger groups are divided into smaller subgroups and guided by one driver at a time.
- For the majority of the duration of implementation, the need to comply with the 2 measures is.

<i>Phase</i>	<i>Keeping 2 meters of distance?</i>	<i>Protective measures</i>
Transportation	Depending on the means of transport (reference was made above).	<ul style="list-style-type: none"> • Suggest the use of private vehicles or leased rent a car as far as possible. • If you provide the transfer as a company, protective equipment are mentioned above. • Tell guests, too, if they use public transport (e.g. bus) to come to you that the protective mask is mandatory κρή. • Make sure that, if it is possible to start the activity in a relatively easily accessible area with cars (visitors) and that there is a similar parking space. If the program you are implementing does not meet these requirements, it is advisable to convert it (for now at least).
One the road	It's almost always possible.	<ul style="list-style-type: none"> • Helmet control e.g.: The guide looks down, the visitor on the side, no conversation during the few seconds of contact. • Beware of the observance of the individual equipment and bicycle by the same visitor each time (separation of bicycles with digits – colors, etc.) • Stops in places with sufficient space • Use of individual antiseptics for bicycle handles in case of multi-day activity

CAVING

Risk assessment and specific measures:

- Group size: Normally, up to 8 people per driver, total group sizes usually 2-30 people.
- Larger groups are divided into smaller subgroups and guided by one driver at a time.
- For the majority of the duration of implementation, the need to comply with the 2 measures is.

<i>Phase</i>	<i>Keeping 2 meters of distance?</i>	<i>Protective measures</i>
Transportation	Depending on the means of transport (reference was made above).	<ul style="list-style-type: none"> • Suggest the use of private vehicles or leased rent a car as far as possible. • If you provide the transfer as a company, protective equipment are mentioned above. • Tell guests, too, if they use mmm (e.g. bus) to come to you that the protective mask is mandatory. • Make sure that, if it is possible to start the activity in a relatively easily accessible area with IX (visitors) and that there is a similar parking space. If the program you are implementing does not meet these requirements, it is advisable to convert it (for now at least).
In the cave	Almost always possible.	<ul style="list-style-type: none"> • Control: The guide looks down, the visitor on the side, no conversation during the few seconds of contact. Avoiding narrow caves in which the distance cannot be maintained (unless the participants are a group anyway e.g. family.)

COOKING CLASS / TASTING

Risk assessment and specific measures:

- Group size: Normally, up to 8 people per attendant, total group sizes usually 2-10 people.
- For the majority of the duration of implementation, the need to comply with the 2 measures is.

<i>Phase</i>	<i>Keeping 2 meters of distance?</i>	<i>Protective measures</i>
Implementation of an activity	Where appropriate, it may be.	<ul style="list-style-type: none"> • Set up groups with as many members of the same family circle as possible per group • Smaller number of people per group • Use of protective masks and disposable gloves throughout the activity by all • Splitting into subgroups on different workbenches or tastings per 2 or 4 persons (if they are of the same circle)

TEAM GAMES / TIME BUILDING ACTIVITIES / ARCHERY

Risk assessment and specific measures:

- Group size: Normally, up to 10 people per driver, total group sizes usually 10-100 people.
- For the majority of the duration of implementation, the need to comply with the 2 measures is.

<i>Phase</i>	<i>Keeping 2 meters of distance?</i>	<i>Protective measures</i>

Implementation of an activity	Where appropriate, it may be.	<ul style="list-style-type: none"> • Selection of activities where no physical contact is required (if necessary, creating new games) • Set up groups with as many members of the same family circle as possible per group • Smaller number of people per group • Detailed information via play (if children) on measures to prevent and reduce the spread of the virus • Use protective masks in games that need a close posture to be implemented. • As far as possible avoiding games that need touch by far. • In archery, disinfection of arc and arrows by a participant to a participant or the use of glove.
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PARAGLIDING

Risk assessment and specific measures:

- Group size: Normally, up to 1 person per driver

<i>Phase</i>	<i>Keeping 2 meters of distance?</i>	<i>Protective measures</i>
Transportation, Bus	Depending on the means of transport (reference was made above).	<ul style="list-style-type: none"> • Suggest the use of private vehicles or leased rent a car as far as possible. If you provide the transfer as a company, protective equipment are mentioned above. • Tell guests, too, if they use public transport (e.g. bus) to come to you that the protective mask is mandatory. • Make sure that, if it is possible to start the activity in a relatively easily accessible area with cars (visitors) and that there is a similar parking space. If the program you are implementing does not meet these requirements, it is advisable to convert it (for now at least).

In the air	Not possible – but implementation of the activity is not done otherwise	<ul style="list-style-type: none"> Control: The guide looks down, the visitor on the side, no conversation during the few seconds of contact. Due to the nature of the activity, the attendant must be attached to the guest. <p>The posture of the bodies is as follows: They both look in the same direction. It is recommended that both of them wear a protective mask.</p>
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ADVENTURE PARKS / PAINTBALL

Risk assessment and specific measures:

- Group size: Normally, up to 10 people per escort, total group sizes usually 10-100 people.
- The majority of the implementation period is covered by the need to comply with the 2 measures.

<i>Phase</i>	<i>Keeping 2 meters of distance?</i>	<i>Protective measures</i>
Implementation of an activity	Almost always possible	<ul style="list-style-type: none"> Set up groups with as many members of the same family circle as possible per group Smaller number of people per group Due to expected "mass turnout" it is proposed to arrive per stage (to be designated by the manager). Detailed information via play (if children) on measures to prevent and reduce the spread of the virus Equipment control: The guide looks down, the visitor on the side, no conversation during the few seconds of contact.

- Nights in free Camping

Notes in addition to what has already been said on multi-day activities:

- Beware of the preparation of food for the group (use of mask and glove by the guide)
 - All guests should either have brought their own food utensils or provided by the company (but always individually)
 - The tents, sleeping bags etc. can be ventilated and spread out in the sun for at least 30' (escort to carry a spread rope) every morning.
 - The camp area has enough space to disperse people Sanitary facilities (toilets) if any: Regular cleaning and placement of an antiseptic in a visible position
 - Prompting to disinfect hands regularly (individual gel to each visitor on departure)
 - Attention to their garbage and collection (guide to stock in gloves and masks as well as garbage bags).
- **Regarding the liability of the companies in the event of an event: We propose to indicate in the participation / booking forms of the following proposal: As a company we abide by all the updated instructions provided by the EODY and the WTO regarding the safe conduct of our activities, thus contributing to the reduction of the dispersion of the new Covid-19 worldwide. We are not responsible in the event of transmission of COVID-19 disease during our activities as long as we adhere to all of the above.**

**The Board of Directors,
Athens, 11 / 05 / 2020**