

WMRC 2020 Covid19 Playbook

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Natural Reserve System
university of california



UCLA
Institute of the Environment and Sustainability

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UC WHITE MOUNTAIN RESEARCH CENTER



Dear WMRC Researchers,

Welcome summer 2020! In the face of the COVID-19 situation, WMRC hopes to host small groups of researchers at the Bishop facility only. The upper stations at Crooked Creek, Barcroft and Summit will be closed to overnight visitors. Day visits to upper sites by special arrangement only. UCLA and WMRC have adopted relatively strict operating procedures at the Bishop facility, sometimes beyond what are required by local public health. These measures will help keep you healthy and minimize disruption to research. With researchers arriving from locations across the country, we have adopted procedures to keep guests and staff safe and reduce the chance of a researcher contributing to an outbreak in the town of Bishop or other local communities.

Please read this playbook carefully prior to your arrival. It contains important information about documentation required prior to arrival, what you'll need to bring to WMRC and new protocols you'll be expected to follow this summer.

You will find many more details below, but expectations for the summer 2020 include:

- Use restricted to researchers only
- Prior to arrival you will supply documentation from your institution approving your research and field plans and COVID-19 safety/evacuation plan.
- Social distancing and facility hygiene rules will be strictly enforced
- Masks will be required in all locations, inside or outside, where required social distancing cannot be fully maintained during an activity
- Nonessential travel to/from WMRC should be limited except in the case of visiting non-populated natural field sites for research
- Visitors will have individual rooms and bathrooms and should not visit other people's bedrooms or bathrooms
- You will need to perform and document daily symptom checks via self-monitoring
- Plan for the smallest number of individuals required for the research. Allowable group size will be determined in consultation with WMRC staff, but in all cases will be limited to 8 people or less
- Dining hall meals and access to the large kitchen and dining hall are not available
- Plan to limit visits to local communities
- Many staff will be telecommuting and not available on site
- There will be no linen service or laundry facilities on site

Items to procure now and bring with you to Bishop:

- Masks (non-medical masks are ok)
- Disposable gloves
- Thermometer for daily symptom monitoring (any kind of thermometer is acceptable)

- Hand sanitizer
- Sleeping bag, pillow, towels, dish towels
- Food supplies – none will be provided. Easy to prepare food that can be prepared outside is ideal. Bring your own eating utensils. Keep in mind that you may not have access to one of the two small kitchens and refrigerators, in which case you'll have to bring own utensils, small camp stove and ice chest etc. Plan on obtaining propane and ice in town if needed. The WMRC ice maker will not be available. Please check with WMRC staff about kitchen assignments. To limit visits to the town of Bishop and other communities, bring as much of your food and other supplies as possible

Questions after reading this playbook? Contact Glen MacDonald, Director WMRC glen@geog.ucla.edu or Steven Devanzo, Operations Manager, sdevanzo@ucla.edu

Despite these challenging times – we still hope to see you!

Goal

The goal of this plan is to enable the continuation of critical research projects at a limited scale while protecting the safety of the individuals conducting the research, and ensuring researchers do not bring the virus to the WMRC and local community, and through appropriate practices make certain we do all we can to avoid importation or transmission of the virus. Given the potential for a second wave of the virus, and the possibility of hosting researchers through a second wave, we have developed a restrictive operational plan that may go beyond current state and county expectations. The plan focuses on paring operations back to critical research activities based at the Bishop facility only (Crooked Creek, Barcroft and Summit stations will be closed to overnight visitors during the 2020 season), reducing contact within the WMRC community, reducing contact between WMRC guests and the larger community, and aggressive hygiene and social distancing measures.

Importance of WMRC's Operation

Enabling WMRC to operate, even on a limited basis, is of great scientific importance. The loss of field seasons because of the virus threatens to significantly set back important scientific advances for years to come. As the virus outbreak demonstrates, the quality of our lives and economic vitality depend upon the interface between humans and the environment. Policy and management are ideally based upon a foundation of scientific understanding. Field stations serve as critical infrastructure at the interface between scientists, society, and the environment.

Additionally, we have researchers at vulnerable career stages for whom loss of a field season could be devastating.

Development and Modification of Operating Procedures

WMRC's strategies for operating during COVID-19 have been reviewed and approved by WMRC Director and Operations Manager and UCLA EH&S Field Safety. WMRC staff have developed the operating details within the context of those approvals. As WMRC learns more about how to operate safely and effectively within the context of the virus, we will improve these operating procedures.

Strategies

We have developed these general strategies to allow research to proceed.

Reducing Introduction of Virus by WMRC to Larger Community

- Limit individuals traveling to WMRC to those actively involved in research; no educational classes for K-12 or higher education, no in-residence visiting scientists, no seminar speakers, nor visiting alumni.
- Upon arrival, researchers will rigorously follow face mask, social distancing and hygiene/sanitation rules at WMRC. Researchers will also be expected to follow the rules and guidance applied by the local authorities in nearby towns and facilities when in those towns or facilities.

Reducing Transmission/Contacts Between WMRC and Larger Community

- We have cancelled group gatherings involving the public, including seminars, public lectures, tours.

- Although researchers may need to visit towns for supplies etc., we will discourage nonessential travel between WMRC and local communities.
- Local WMRC staff who do not need to be present at WMRC at Owens Valley Station will continue to work from home. We will have some staff onsite to ensure safety, facilities maintenance and effective communications. Researchers should keep interaction with onsite staff to a minimum and follow rigorous social distancing and mask use in the presence of staff, non-staff service personnel or other guests at WMRC who are not part of your own designated family research group.

Reducing Transmission/Contacts Within WMRC Community

- Group gatherings will not be held except small meetings by members of the same designated family research group.
- Research groups that arrive together and conduct research together can be considered a research family unit for their interactions if all members of the group have agreed on this and the group provides appropriate documentation from home institutions approving this research plan (Appendix 1). In all cases, members of research groups must socially distance from WMRC staff, other workers on site and members of other research groups.
- If there is any chance that social distancing of 6' cannot be maintained, even outside, by individuals who are not part of the same designated family research group, masks must be worn.
- Sharing of indoor or close-proximity outdoor space (such as picnic tables etc.) by individuals not belonging to the same family research group must be avoided.
- We will reduce overall housing density and generally eliminate sharing of bedroom and bathroom spaces by individuals who are not family or partners from the same household. Rare exceptions may be made for members of the same family research group.
- The main kitchen and dining hall will be closed to all visitors. One of the two small visitor kitchens may be assigned to individuals, or to groups with permission to operate as a family research unit. There will be no sharing of kitchens between individuals who are not of the same family research unit. Only two kitchens are available to guests. If a kitchen is not available for use during your stay we will inform you before you arrive so you will have time to plan your meals accordingly. Please make sure you are aware of which kitchen is assigned to you. You cannot enter a kitchen if you have not been assigned one. Please practice frequent sanitizing of surface, equipment and utensils and handwashing.
- Guests are not allowed to enter the WMRC main building, the offices, dining room and food service area, bathroom, laundry area etc. Guests are not allowed to enter accommodations, bathrooms, classrooms, labs, workshops or any other buildings or rooms not assigned to them.
- Manis Lab: The Lab will generally only be available for one individual at a time. Multi-person occupancy is only allowed by members of the same designated family research unit. Please practice frequent handwashing, and practice sanitizing of the lab prior to and after use.
- You must sanitize your assigned kitchen/bed/bath, lab, or any other space assigned to you, upon arrival and prior to departure.
- Please protect yourself through hand washing, frequent sanitizing, maintaining physical distancing and appropriate use of a mask throughout your stay at WMRC.
- We will require WMRC staff and visiting researchers to practice daily self-monitoring (Appendix 2) and document daily symptom monitoring.
- We will require any guest who is symptomatic for COVID-19, has come into contact (more than 10 minutes within six feet) with symptomatic individuals, or those who have tested positive for COVID-19 to alert WMRC and their research group immediately, isolate in a space as directed to

by WMRC staff, and depart the WMRC for medical care, their home or home institution immediately. They should alert WMRC of their departure and list all individuals, rooms and equipment at WMRC they have had contact with. They should be tested as soon as is feasible and contact WMRC with results. It is the responsibility of the researcher, research group and their home institution to evacuate such individuals safely - avoiding contact with others at WMRC or in the local community. All members of any designated family research group will follow the procedures outlined above if one member of the group is symptomatic, tested positive for COVID-19 or found to have been in contact with a symptomatic or positive individual.

- We will strictly isolate individuals who have tested positive, or are symptomatic, or have been in contact with positive or symptomatic individuals in their rooms. If that is not possible, we will keep a limited number of rooms with bathrooms for isolation purposes. We can allow such individuals to stay at WMRC for only a very short time while they await evacuation.
- WMRC cannot transport individuals for evacuation or medical treatment.
- To be clear - It is essential that all guests have a clear COVID-19 rapid evacuation plan for themselves and their research team members and that plan does not rely on the limited resources of the WMRC for care or transportation.
- We will implement and update as needed best safety practices for all areas of operation as detailed in this document.

INTRODUCTION

Purpose of this document. This document was developed to protect your health, the health of WMRC staff and the health of the local community. This is an evolving document that will guide operational decisions and activities throughout the coronavirus pandemic. We are facing unprecedented conditions and risks, so a definitive, all-inclusive guide is an unrealistic goal. Rather, this document is meant to be an updatable “playbook” to:

- Establish a framework for operating during the pandemic, including goals, priorities and protocols;
- Lay out the logic for our approach and decisions;
- Provide transparency and accountability for staff, guests and community members.

As needed we will evaluate amendments to this plan, constrained by any County regulations and applicable State/County health orders. As changes are made, they will be communicated to the WMRC staff and to the WMRC guest community using email and physical signs if more urgent communications are needed, at the discretion of the Director or Operations Manager. Questions, ideas or concerns may be presented at any time to Jeremiah Eanes, Operations Manager Steven Devanzo (sdevanzo@ucla.edu).

New norms, new expectations. Communities all over the world are establishing new norms and new expectations for how we care for each other. Until the pandemic passes, life at WMRC will be different. We will wear masks. We will wave from afar rather than greeting each other with bear hugs. Some staff will continue to work from home, or maybe stagger schedules. But some things will not change. Our commitment to researchers is unwavering. Through all of this, creating and nurturing an environment of trust and forgiveness is essential. ***We will not get everything right, and the best way to get through this together will be to trust that we did the best we could at the time.***

Safety is non-negotiable. We will follow the recommendations and guidelines issued by public health officials and/or infectious disease experts so as not to expose our staff and visitors to unacceptable health risks. If you are unwilling to, or cannot, follow the guidelines provided here, please do not visit WMRC this season. Researchers ignoring the guidelines will be asked to leave WMRC. The WMRC will not be responsible for any direct or indirect costs of such cancellations of your stay (Appendix 3).

WMRC FACILITIES AVAILABLE 2020

Owens Valley Station. Owens Valley Station will be open with restrictions.

Main office building and other buildings. The main office building, including the kitchen, laundry room, dining hall and staff offices will be closed. No meals will be available. Researchers should not enter this or any other building or room at WMRC aside from those assigned to them. To contact staff use phone numbers and emails provided.

Visitor kitchens and dining. The two visitor kitchens will only be open to individuals who have written permission. Only individuals from the same family research unit are allowed to be in the assigned kitchen at the same time. Kitchens are small with limited equipment. Food that can be prepared outside would be helpful. Dining should take place socially distanced from anyone not in the same family research group using the picnic tables or lawn area. Food is not to be taken into the Manis Lab.

Crooked Creek Station, Barcroft Station, Summit Hut. All upper stations, are closed for accommodations, meals and use of interior spaces for the 2020 season.

COMMUNICATION OF RISKS AND VULNERABLE INDIVIDUALS

Please be aware of the risks of working at WMRC and the risks of traveling. One of the most common serious complications associated with Covid-19 is a struggle to breathe. WMRC and surrounding environs are at high elevation and low oxygen levels only make this worse. Furthermore, Bishop has one hospital with a limited number of beds and intensive care facilities available. Finally, both the Inyo County and the Mono County emergency rescue teams may not be able to provide the same degree of help as in previous years if you need assistance in a wilderness location.

Because of these risks, we will require all individuals to provide an evacuation plan with their research safety plan and emergency contacts. Safety measures, PPE etc. and evacuation to their home or home institution cannot be not dependent upon WMRC staff or resources.

WMRC understands the special responsibility to protect vulnerable individuals at greater risk of serious health complications from the virus. We will comply with any requirements in state or county public health orders pertaining to vulnerable Individuals, such as workplace accommodations for employees. Furthermore, we ask vulnerable Individuals to refrain from visiting WMRC this summer.

Vulnerable Individual means:

1. Individuals who are 65 years and older;
2. Individuals with chronic lung disease;
3. Individuals who have serious heart conditions;
4. Individuals who are immunocompromised;
5. Pregnant women; and
6. Individuals determined to be high risk by a licensed healthcare provider.
7. Currently the CDC considers individuals with moderate to severe asthma as vulnerable. Emerging data, however, currently suggests that asthma does not create complications with the virus. We will let you decide whether you consider your asthma as classifying you as vulnerable.

PROTOCOLS APPLICABLE TO ALL ACTIVITIES

The following protocols are applicable to all activities at WMRC. Although some exemptions may be approved by the Operations Manager, these will only be provided in exceptional circumstances, such as circumstances where animal welfare or other safety considerations could be compromised. A CDC-approved disinfectant will be provided for disinfecting assigned spaces.

FACE MASKS AND PPE

Masks must be worn in all common areas and outside if there is a reasonable expectation of passing within 6 feet of other individuals not in your own designated family research unit. Non-medical masks are acceptable, ideally double layered, tightly woven, and washable fabric. You may want to use disposable gloves if you are disinfecting surfaces, equipment or utensils. WMRC will provide masks and gloves for WMRC staff only. All other individuals must provide their own masks, gloves and any other PPE.

SOCIAL DISTANCING EXPECTATIONS

Individuals shall:

- Maintain at least a six-foot distance from other individuals outside their family research group, unless research protocols require closer contact and include procedures in which additional appropriate measures for safety are used (e.g. PPE);
- Wash hands with soap and water for at least 20 seconds or use hand sanitizer after (and if possible before) contact with common use items (e.g., door knobs);
- Cover coughs or sneezes into the sleeve or elbow, not hands;
- Not shake hands or otherwise make physical contact.

PERSONAL HYGIENE / HANDWASHING / HAND SANITIZER / CLEANING

WMRC will offer hand sanitizer at a few stations at the facility. Guests are strongly encouraged to bring their own hand sanitizer. Hand soap will be provided at all sinks and individuals should wash their hands thoroughly with soap and water (or use hand sanitizer) frequently throughout the day. CDC-approved disinfectants will be provided for disinfecting assigned spaces before and after use. You must disinfect your room, bathroom, kitchen, lab and any other spaces assigned to you upon arrival and prior to departure from WMRC (Appendix 4)

DAILY HEALTH CHECKS, TESTING IF NEEDED & ISOLATION FOR SYMPTOMATIC INDIVIDUALS

As required by the Guidelines for UCLA Research Ramp Up ([LINK](#)), all WMRC staff and visiting researchers must complete a daily symptom checklist, including taking their temperature (Appendix 2). These may be recorded in your field book or similar small notebook so that you can determine the onset of symptoms if contact tracing is required.

If you have symptoms consistent with COVID-19, or have tested positive, or have had prolonged exposure to an individual who has posted positive you must report this to WMRC staff immediately and begin isolation and evacuation procedure (Appendix 2).

You can seek testing in Bishop at the Rural Health Clinic - (760) 873-2849

GROUP SIZE & GROUP GATHERINGS

Research group size will be limited to 8 people or less. This includes group size for hikes and other outdoor activities. WMRC reserves the right to further limit your group size or deny a reservation based upon our capacity at the time of your planned visit. Please plan for the smallest group size needed to conduct your research.

Indoor gatherings at WMRC and Bishop should generally be limited to small groups who otherwise have regular contact and are considered a family research unit.

LIMITING NONESSENTIAL TRIPS

Limiting contact with individuals outside your family research unit is an effective strategy to limit and contain virus transmission. Nonessential back and forth travel between WMRC and other communities, including Bishop and local communities is discouraged.

ENFORCEMENT

All staff and WMRC visitors are expected to comply with these protocols. Researchers and students who choose to disregard these protocols may be asked to leave. The WMRC Operations Manager will initially handle all disciplinary actions (including verbal and/or written warnings) and the WMRC Director will make final decisions if an individual or group is asked to leave. While in most circumstances we will provide a warning and an opportunity for an individual or group to correct their behavior, we reserve the right to immediately dismiss an individual or group if they wantonly put others at risk, or their behavior seriously threatens the health and integrity of the community. The WMRC will not reimburse researchers for any expenses incurred because they have been told to leave WMRC due to non-compliance with COVID-19 policies.

WAIVER AND AGREEMENT OF PROTOCOLS

All researchers will be required to sign a waiver of liability and an agreement to abide by the terms of the WMRC protocols for guests and the use of the facilities. These protocols include the possible

provision of COVID-19 related medical information to WMRC and UCLA. If you, or research group members, do not wish to sign the waiver and agreement please notify WMRC and seek facilities and accommodation elsewhere as we will not be able to accommodate you at WMRC.

SHORT-TERM ISOLATING AT WMRC AND EVACUATION

WMRC will require any guest who has come into contact (more than 10 minutes within six feet) with symptomatic individuals, or has symptoms consistent with COVID-19, or those who have tested positive for COVID-19 to alert WMRC and their research team immediately, isolate in a space as directed to by WMRC staff, avoid any physical contact with any others by practicing complete social distancing, wear a mask and depart the WMRC for medical care, their home or home institution immediately if safe for them to do so. They should alert WMRC of their departure and list all individuals at WMRC they have had contact with and rooms they have been in. They should be tested as soon as is feasible and are asked to contact WMRC with results as soon as possible. It is the responsibility of the researcher, research team and their home institution to evacuate such individuals safely - avoiding contact with others at WMRC or in the local community. All members of any designated research family will follow the procedures outlined above if one member of the group is symptomatic, tested positive for COVID-19 or found to have been in contact with a symptomatic or positive individual.

WMRC will isolate individuals who have tested positive, or are symptomatic, or have been in contact with positive or symptomatic individuals in their rooms. If for some reason that is not possible, WMRC will keep a limited number of rooms with bathrooms for isolation purposes. WMRC can allow such individuals to stay at WMRC for only a very short time while they await evacuation. Such individuals are to remain in strict isolation in the space designated by WMRC staff until evacuation. WMRC staff cannot care for such individuals, provide meals, or provide other services.

WMRC cannot transport individuals for evacuation or medical treatment. If in need of immediate medical attention call 911 and alert the operator of your condition. To seek non-urgent medical help contact the local hospital and alert them of your condition and seek care or admission. For instructions on visiting for care or admission to the local hospital in Bishop call NIHD Admissions at (760) 873-5811

FIELD AND LAB SAFETY AND EVACUATION PLANS PROVISION TO WMRC

Each field and lab research group must develop their own coronavirus safety and evacuation plan with their home institute. The plan must have an evacuation component for individuals or research teams who have tested positive, or are symptomatic, or have been in contact with positive or symptomatic individuals. The outline of the plan must be provided to WMRC, along with a research permission document from their home institution as early as possible prior to arrival. Please provide an emergency contact phone number and email for a responsible party outside of your field research party. We advise you to have these documents in hand at the time you make a reservation or shortly thereafter. WMRC will not assume responsibility or liability resulting from use of the WMRC_protocols, the protocols in your research and evacuation plans, or the failure of researchers to follow protocols. Transport to and

from field sites is the responsibility of the researchers and must follow protocols approved in their research plan. WMRC will not provide any transportation or access to vehicles to researchers.

If you are going to need use of a lab, the Manis Lab at Owens Valley Station is the only lab available this season. Make sure your safety plan includes any procedures requiring time in the lab. The Lab will only be available for use by four individuals at a time from the same family research unit, or one individual at a time if they are not a member of a designated family research unit, Please request and schedule your lab time during your booking process by contacting: wrcinfo@ucla.edu. If you have not booked lab time in advance you will not have access to the Manis Lab.

Items to be addressed in each research groups safety plan include the following:

- Daily symptom monitoring protocols
- Travel to field sites: How will lab team members travel to field sites? If vehicles are used, who will share a vehicle and who will drive separately?
- Social Distancing and research activities: How will Social Distancing be achieved during field work? If Social Distancing is impossible for limited periods of time, please explain the situation and how PPE will be used.
- Supplies: How will your team get research and personal supplies that they do not already have?
- Evacuation plan in event of suspected or confirmed COVID-19 infection in individual or group.

Please email your letter of research permission from your home institution and your safety/evacuation plan ASAP to wrcinfo@ucla.edu as soon as possible after making a reservation at WMRC. Reservations cannot be confirmed until your permission and plan is received and approved by WMRC.

SLEEPING QUARTERS AND BATHROOM MANAGEMENT

We will assign individual sleeping quarters and bathrooms to researchers. Except in the case of researchers who share the same domicile (members of the same household), researchers will have individual sleeping quarters and bathrooms assigned. Those are the only ones they are to enter.

WMRC will provide soap and disinfecting supplies for sleeping quarters and bathrooms. Disinfecting protocols are provided in Appendix 4 and will be provided via signage. Disinfection will be the guests' responsibility upon arrival and again upon departure.

WMRC will not supply linens, pillows, bath towels, face towels etc. Guests should bring sleeping bags, pillows and all towels etc. There will be no onsite laundry facilities available at WMRC.

*FOOD & DRINKING WATER, MATERIALS & SUPPLIES, COMPUTING,
TRANSPORTATION, LAB*

Food and Drinking Water. All guests at WMRC are responsible for their own food and bottled drinking water supplies. The large kitchen and dining hall are off limits to guests and no food or drinking water, aside from tap water, will be available. Ice will not be available.

Materials & Supplies. All guests at WMRC are responsible for their own materials and supplies.

Computer Lab. The computer lab will be closed this summer. Wifi will be available. Researchers should bring their own printers for use in their accommodations if they anticipate needing to print.

Fieldwork Transportation. Transportation to and from fieldwork is the responsibility of the researchers. WMRC will provide no transportation. Masks must be worn if there is a reasonable expectation of passing within 6 feet of someone who is not in your family unit. Social distancing must be maintained. Follow your lab's safety plan.

Manis Lab. The Lab is only open for activities that must be performed in the lab space. The Lab may not be used as an office or "quiet space" to complete non-lab activities. Multiple individuals may only be in the same lab at the same time only if they are in the same family research unit. The maximum number of such people allowed in the lab at one time is four. The lab surfaces and equipment used must be disinfected prior to and after use.

VISITING LOCAL COMMUNITIES

To decrease the chance of transmitting COVID-19 to local communities and decrease the chance of introducing COVID-19 to WMRC, limit your visits to the town of Bishop and other communities as much as possible. All local ordinances on social distancing and face covering must be followed when visiting Bishop or other local communities. If a private business or government office requires face covering you are expected to comply. To protect the health of local communities and your health, please limit such visits to local communities.

APPENDIX 1: Designated Family Research Group

Your home institution must approve your research safety plan and determine if your group can be treated as a designated family research group. If that is not the case, all individuals in your group must practice social distancing and mask-use when in each other's presence, and may not be in kitchens, labs or other indoor spaces together. One convention for designation as a family research group is - Researchers in the same research group who have tested negative for COVID-14 immediately prior to start of field research and arrival at WMRC, have avoided non-masked and non-socially distanced interactions with people outside the research group, have no COVID-19 symptoms, have agreed to interact with each in the manner that a family in shared home (ie without masks and social distancing), and have been approved to interact in this manner by their home institution may be designated as a family research group. Again, please make sure your home institution has approved your plan and designation as a family research group. WMRC cannot assume this responsibility. If you have been designated a family research group by your home institution please inform WMRC Staff and provide documentation.

APPENDIX 2: Self-Monitoring Form and Evacuation if Needed

WMRC Symptom Monitoring: COVID-19
Last updated: 6/8/2020

NAME _____

DATE OF ARRIVAL AT WMRC _____

Allergies, Cold, Flu or COVID-19 Virus?

Here's how to tell the difference between allergy symptoms and the novel 2019 Coronavirus.

Symptoms	ALLERGIES	COLD	INFLUENZA	COVID-19
Symptoms begin	Gradually	Gradually	Abruptly	Within 14 days of exposure
Symptoms last	Allergy season	4 – 10 days	5 – 7 days	Varies by Person
Body aches	—	✓	✓	Sometimes
Chills	—	Less Common	✓	Sometimes
Dry cough	✓	✓	✓	✓
Exposure to germs	—	✓	✓	✓
Fatigue/Weakness	Sometimes	✓	✓	✓
Fever	—	Less Common	✓	✓
Headaches	✓	Less Common	✓	Sometimes
Itchy eyes	✓	—	—	—
Nasal Congestion	✓	✓	✓	Less Common
Nausea/Vomiting/Diarrhea	—	Sometimes	Sometimes	Sometimes
New loss of taste or smell	Sometimes	Sometimes	Sometimes	✓
Repeated shaking with chills	—	Sometimes	Sometimes	Sometimes
Runny nose	✓	✓	✓	Less Common
Sneeze	✓	✓	✓	Sometimes
Sore throat	Sometimes	✓	✓	Sometimes
Shortness of breath	Sometimes	Less Common	✓	✓
Symptoms get worse	—	—	✓	✓

Think You Have COVID-19?

Stay home and away from others • Monitor symptoms • Rest • Cover coughs and sneezes • Wash hands with soap and water often • Treat symptoms

Contact your doctor if you have a fever, cough, difficulty breathing or existing chronic disease.

INSTRUCTIONS:

1. Monitor your symptoms daily, throughout your stay at WMRC.
2. Refer to the previous chart to help you evaluate whether your symptoms might be related to COVID-19 or another respiratory illness. **In the table below, mark YES to any symptoms you believe may be COVID-related.** Use your best judgment. WMRC personnel cannot help you determine whether your symptoms might be COVID-related.
3. If you have NO symptoms, you may continue normal activities.
4. **If you mark YES to any symptoms in the table below, self-isolation will be required. Continue to page 2 for more instructions.**

If you are experiencing a medical emergency, seek medical attention or CALL 911.

Date	Temp of 100.4 F or higher	New onset or worsening cough	Shortness of breath or difficulty breathing	Muscle aches	Sore throat	New loss of taste or smell
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N

WMRC ISOLATION AND EVACUATION

WMRC cannot care for sick individuals and they and their research group must evacuate to home, home institution or medical facility. If you cannot evacuate immediately, WMRC would like you to practice strict isolation in your room until evacuation. Guidance from the CDC confirms that a person's residence is the preferred place of isolation for symptomatic individuals. If isolation in your room is not possible, WMRC will assign a space for isolation while you await evacuation. Under no circumstances can sick individuals or their research groups remain at WMRC.

SELF-ISOLATION AND EVACUATION PROCEDURE

- Notify WMRC Staff at once and begin process of evacuation from WMRC
- Isolate until evacuation. The preferred setting for isolation is your room
- As much as possible, stay in your room and away from others.

- Wear a facemask when you are around other people.

PRESUMED POSITIVE (Consult Medical Professionals)

- You have had close contact with a confirmed case within the last 14 days, *AND*
- You are symptomatic with COVID-19 symptoms

POSSIBLE SIGNS OF RECOVERY (Consult Medical Professionals)

- You have had no fever for at least 72 hours (that is 3 full days of no fever without using medicine that reduces fevers), *AND*
- Other symptoms have improved, *AND*
- At least 10 days have passed since your symptoms first appeared

APPENDIX 3: Liability, Updated Cancellation Policy, Waiver and Terms of Use

Research has inherent risks and the COVID-19 situation has created additional risks. Researchers at WMRC should practice due diligence on understanding these risks. UC, UCLA, UC WMRC, accepts no liability for any physical injury, illness (including death) or economic loss you may suffer or which may result from visiting and using the facilities at WMRC, including, but not limited to, those caused by COVID-19.

Failure to provide a safety and evacuation plan authorized by your home institution will result in cancellation of your reservation.

Failure to sign a WMRC waiver and use agreement will result in cancellation of your reservation. If you have arrived at WMRC and refuse to sign the waiver and use agreement your reservation is considered cancelled and you will be asked to leave.

Failure to comply with the protocols provided in this document can result in your removal from WMRC facilities.

WMRC will not be responsible for any of your costs or damages related to cancellation of your reservation or removal from WMRC facilities.

**UNIVERSITY OF CALIFORNIA, LOS ANGELES
WHITE MOUNTAIN RESEARCH CENTER**

Waiver of Liability, Assumption of Risk, and Indemnity Agreement Waiver:

In consideration of being permitted to visit or participate in any way in any activity, including transportation, at the above location, I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** The Regents of the University of California, its officers, employees, and agents from liability **from any and all claims including the negligence of The Regents of the University of California, its officers, employees, and agents**, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, visitation or participation in any way in any activity, including transportation, at the above location.

Assumption of Risks: Visitation or participation carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains to 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death.

Special Risks Related to COVID-19: Current visitation or participation carries with it special risks related to the presence of the COVID-19 virus in the population, potentially including individuals and groups and at the White Mountain Research Center. Exposure to COVID-19 may cause serious and prolonged illness including chronic conditions and catastrophic injuries including, but not limited to, loss of limbs, paralysis and death to you or those you come in contact with during or after your visit. Exposure to COVID-19, symptoms associated with COVID-19 or a positive test for COVID-19 will necessitate immediate isolation and evacuation and is wholly the responsibility of the undersigned, including any and all resulting costs or liabilities related to themselves or others.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in visitation or participation. I hereby assert that my visitation or participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD The Regents of the University of California HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney’s fees brought as a result of my involvement in visitation or participation and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Signature of Minor’s Parent/Guardian Date

Signature of Participant Date

Participant’s Age (If Minor): _____

Participant’s Name (Print)

**UNIVERSITY OF CALIFORNIA, LOS ANGELES
WHITE MOUNTAIN RESEARCH CENTER (WMRC)**

Agreement to Terms of Use: I have read the WMRC COVID-19 Playbook and understand and agree that during visitation or participation at WMRC I am bound by these protocols, including immediate reporting of any and all COVID-19 related health conditions directly to WMRC Staff in the period immediately prior to, during or immediately following visitation or participation.

I understand that should I violate the protocols in the WMRC COVID-19 Playbook I will be denied visitation and participation rights at WMRC and agree to leave the premises immediately and peacefully.

I further agree that I will be responsible for all costs related to my denial of visitation and participation rights at WMRC due to violation of the protocols in the WMRC COVID-19 Playbook.

I acknowledge that I am signing the agreement freely and voluntarily.

Signature of Minor's Parent/Guardian Date

Signature of Participant Date

Participant's Age (If Minor): _____

Participant's Name (Print)

APPENDIX 4: Room Disinfection

All rooms (bedroom, bathroom, kitchen, lab) and surfaces (lab tops, picnic tables etc) should be disinfected before and after use. When you enter your assigned bedroom and bathroom for the first time upon arrival use one of the disinfectant agents provided to wipe down all surfaces such as bed frames, tables, chairs, counters, bathroom sinks and toilets which may have been touched by the previous occupant. You should be the only person entering your assigned room and bathroom and should not need to disinfect these areas again until your departure. Disinfect lab and kitchen surfaces, equipment and utensils in the same careful manner using the products supplied. Remember to disinfect door handles, cupboard handles, switches and anything else that could be touched by an individual. Wear your mask, wash your hands immediately and do not touch your face when disinfecting a room. Do not use a broom or stir up dust. Use a damp mop if you need to clean a floor. You may wish to wear disposable gloves and discard immediately upon finishing the disinfection procedure. Remember, the health and potentially the life of yourself or the next user of your room and bathroom may depend upon thorough disinfection.