

COVID-19 EXCURSION REGULATION

We ask you to carefully read the following information that explains what you must have and how you must behave to participate in the excursions.

1. RESERVATION

The reservation will be made by email at info@nemoischia.it or by phone at +39.3661270197. The participant will receive the requested information and the necessary documentation to take part in the excursion. If the participant decides to use the equipment of the Nemo Association, he will communicate his sizes at this stage.

2. EQUIPMENT

Each participant must report to the excursion without fail with:

- pen
- clothing and technical equipment suitable for the excursion;
- water
- n. 3 surgical masks with CE marking (possibly not disposable but reusable ones)
- n. 3 pairs of disposable latex or nitrile gloves
- minimum 150 ml of non-self-produced CE marked disinfectant gel
- bags for the transport of your equipment and the disposal of used PPE

3. BEHAVIOR

GUIDE INDICATIONS. The participant must strictly follow all the indications that will be communicated by the guide for the duration of the excursion. Notify the guide immediately if there are members of the group who do not comply with all the indications given. In that case the guide can ask the person to leave the group by returning the fee and declaring in front of witnesses that he is no longer under his own responsibility.

CAR SHARING: car sharing is not recommended to reach the excursion meeting point, except in the case of couples or cohabitants. In the event of impossibility, only two people with a mask worn on the diagonal will be seated in the car (driver and rear right seat). Once you get out of the car, respect the distance of at least 2 m with other people, following any supplementary instructions from the guide on how to get ready while waiting for registration.

REGISTRATION PARTICIPANTS AND EQUIPMENT CHECK. The guide will call the participants one by one, who, equipped with all the required PPE, will have to sign the documentation with their own pen. On this occasion, the guide will carry out the usual check of the equipment and sanitary devices.

MASK. The mask has to be worn during the arrival, reception, briefing, during the stops and at the moment of crossing with other people, even if not belonging to your group, as well as if you have to cough or sneeze. The mask **MUST NOT** be worn during the excursion. It is worn and removed according to the usual ministerial indications.

HANDS. Hands must be disinfected very often with standard disinfectant. The use of gloves is not necessary during the excursion, but it is mandatory to have gloves with you as required for emergency situations. Once removed and well disposed of it is necessary to disinfect the hands again. The gloves are worn and removed according to the usual ministerial indications. Avoid touching your eyes, nose, mouth with or without PPE.

PPE DISPOSAL. During the excursion, each participant must be equipped with a double plastic bag to store used and potentially infected PPE.

DISTANCING. It is mandatory to maintain a safety distance of at least 1/2 meters each other (depending on the type of the excursion), except for cohabitants. This minimum distance must be kept during every moment of the excursion, when stationary or in motion. It is possible to request it directly with kindness to those who get too close. In case of need (e.g. use of the bathroom, test of the equipment), only participants will be allowed to enter the venue, and in any case, no more than two participants at a time.

EQUIPMENT. To avoid contamination of the equipment, all participants must transport it autonomously in plastic bags, avoiding the use of common containers. At the end of the excursion, each participant will have to sanitize his own equipment in their accommodation. The use of common tanks will not be allowed. Those who use the equipment made available by the Nemo Association must communicate their size in advance; at the end of use, participants must bring the equipment back to the designated area; the staff of the Nemo Association will properly sanitize the equipment.

CLOTHING. Each participant must be equipped with a double plastic bag to store sweaty clothing, which cannot be dried in the open air, but must be placed in an airtight bag and placed in a backpack. The exchange of clothing for any reason, whether clean or used, is expressly prohibited.

OBJECTS. The exchange, even momentary, of personal items is absolutely prohibited: Do not pass trekking poles, masks, snorkels, water bottles, foods, cocoa butter, creams, glasses and any personal items or items found in nature.

DANGER / HELP SIGNAL. It will be agreed with the guide; the group will stop adequately spaced to give the guide opportunities to intervene as permitted by the regulations.

LUNCH. During the lunch break, participants must arrange themselves at distances even greater than 2m excluding families and / or relatives. If the guide should approach one of the customers, both must wear the mask again.

END OF THE EXCURSION. Assume the disposition of the initial reception:

1. Avoid the classic group photo too close
2. Avoid gatherings in the place where cars are parked

AT HOME. Once back, properly dispose of the unsorted waste disposable devices.