



ADVENTURE TRAVEL
TRADE ASSOCIATION

CULINARY EXPERIENCE AMID COVID-19: RECOMMENDATIONS

ADVENTURE TRAVEL COVID-19 HEALTH AND SAFETY GUIDELINES

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INTRODUCTION



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Health and Safety has always been important in responsible adventure travel. The Covid-19 pandemic adds a layer of risk of a transmissible disease both in daily life and in travel experiences. These guidelines provide a path to an organized and safer reopening for the adventure industry by providing a common set of actions that can be used by a diverse range of travel businesses and suppliers across the industry supply chain.

We created the guidelines in collaboration with Cleveland Clinic, a leading provider of specialized medical care, focused on providing clinical excellence and superior patient outcomes. Cleveland Clinic is a multispecialty academic medical center that integrates clinical and hospital care with research and education. The health system offers 140 medical specialties and subspecialties that draw thousands of patients from around the world. *U.S. News & World Report* consistently names Cleveland Clinic as one of the nation's best hospitals in its annual "America's Best Hospitals" survey, and in 2020, Cleveland Clinic was ranked one of the best hospitals in the world by *Newsweek* magazine.

More information about the ATTA can be found at adventuretravel.biz

More information about Cleveland Clinic can be found at clevelandclinic.org

WE'RE ON A TEAM

The COVID-19 pandemic has entered a new phase, travel is restarting, and travelers want to travel and companies want to operate while minimizing COVID-19 contamination risk. ATTA Activity Guidelines for Adventure Travel have been developed jointly by ATTA, Cleveland Clinic and a cohort of operators.

The **Culinary Experiences amid COVID-19: Guidelines** were designed to be used together with [Adventure Travel COVID-19 Health & Safety Guidelines](#).

While the current knowledge (June 2020) indicates that the risk of the coronavirus being passed on to others outdoors is reduced when people maintain social distancing, operating under these Guidelines should only be undertaken after thorough risk and safety assessment and compliance with existing destination government guidance.

WE'RE ON A TEAM

These guidelines are intended to be a flexible framework for ATC's (adventure travel companies) to use in reopening. Companies should tailor their actual policies and practices based on their unique operations, applicable laws, regulations, and health standards in their locales, and consult with their own legal, safety, and financial advisors to develop a reopening guide for their situation.

These guidelines are not intended to be an exhaustive list of possible actions nor are they meant to encourage ATC's to resume operations before they are ready to do so. These guidelines are designed to be used as a supplement to ATC's current risk and crisis management plans, operating procedures and protocols, legal documents (e.g., terms and conditions and liability waiver), and customer trip materials – not as a substitute.

NOTE & DISCLAIMER

Note: This is a living document. As international and national restrictions and Public Health guidelines evolve, this document will also evolve to reflect new advice and changes to guidelines when they emerge. Guidelines have been developed in line with the most recent information coming from international and national sources related to health, tourism and outdoors activities. We welcome your feedback any time: covid19guidelinesreview@adventure.travel

Disclaimer: The information contained within these operational guidelines may change from time to time due to the evolving nature of the COVID-19 pandemic. It must not by itself be relied upon in determining obligations or other decisions. Users of this document must independently verify any information on which they wish to rely. It is expected that all business owners and management will have familiarized themselves with governmental, health authority, and regulatory guidance prior to re-opening and implementing all relevant requirements. Adventure Travel Trade Association does not assume, and expressly disclaims, any legal or other liability for any inaccuracy, mistake, misstatement, or any other error of whatsoever nature contained herein. The information accessible in this document has been compiled from many sources that are not controlled by Adventure Travel Trade Association. While reasonable care has been taken in the compilation and publication of the contents of this document, Adventure Travel Trade Association makes no representations or warranties, whether express or implied, as to the accuracy or suitability of the information or materials contained in this document. Adventure Travel Trade Association shall not be liable, directly, or indirectly, to the user or any other third party for any damage resulting from the use of the information contained or implied in this document. By proceeding to use this Adventure Travel Trade Association document you are accepting this disclaimer.

CULINARY EXPERIENCES

Culinary experiences are popular in the Adventure Travel industry and could include a cooking class or demonstration, visiting a market or food hall and sampling food, as well as experiencing meals cooked by a local community member such as in a home stay or restaurant. As with any activity, culinary experiences have advantages and difficulties with strategies for minimizing COVID-19 risk of transmission. There is an extremely low risk of contracting the virus from infected droplets on food. However, most experiences usually take place in an enclosed space where there can be multiple touch points and close interaction with other guests or people.



I. Group Management:

- Small groups, FIT or household groups should be favoured to promote distancing. Strive to keep trip participant numbers as low as reasonably possible.
- Physical distancing does not need to apply to household units.
- Physical distancing should be practiced as much as possible if the group involves more than one household unit. How each individual moves about throughout the experience will greatly influence your group's distancing practices - operators should promote the shared responsibility for distancing.
- If taking part in a cooking class or demonstration, operators should ensure that workstations are distanced appropriately. In the event this is not possible and sharing is necessary, consider allowing members of the same household to share workstations.
- When dining out with members outside of the household unit, distancing measures should be considered. Options may include the use of bigger tables or dining on separate tables to increase physical distance.
- Use face coverings when in situations of higher risk of viral transmission, such as during a cooking class or demonstration, in a market or food hall, and in transportation.
 - As of current knowledge, face shields do not provide the same level of protection as face coverings; face shields should be used as an additional layer of protection to face coverings or used when face coverings are not recommended (e.g. high exertion aerobic activities).



II. Pre-Arrival, Instruction and Briefing

- Have screening actions in place. Before joining the activity or experience ask guests to self-assess their physical condition and self-screen their risk profile. Inform guests that if they have symptoms, however mild, or are in a household where someone has symptoms, they are advised to stay at home.
- For longer trips, consider additional pre-trip recommendations and screening, such as suggesting steps to limit exposure to COVID-19, using screening questionnaires, or testing.
- Perform daily screening and monitoring measures, such as asking about symptoms or checking temperatures.
- Screening and monitoring measures should be extensive for staff members.
- Set clear standards and boundaries for COVID-19 health and safety measures and guest participation. Make relevant information about the activity available, such as the risks involved and the measures you are taking to manage COVID-19 risks. Ensure guests understand the risks and what is expected of them to participate.
- Provide ample access to hand washing facilities and sanitizer. Ask that guests sanitize hands when entering any building, kitchen, or dining facility, before starting an activity and as often as needed throughout the activity.
- Events and briefings should accommodate for social or physical distancing. Adapt the spaces and briefings to avoid the need to get close to guests and to increase guests understanding and compliance of the additional COVID-19 measures necessary. Consider holding briefings and gatherings outside whenever possible.
- When closer contact is required consider the use of face coverings.



III. Transport:

- The use of vehicles to transport clients includes a higher degree of COVID-19 transmission risk. Measures to mitigate risk should be used whenever possible; Open vehicle windows, provide space in between passengers and have passengers wear face coverings. Consider the use of face shields or the use of private vehicles for transportation as additional measures.



IV. Commencement of activity or experience:

- At areas of potential concentration it is important to organize social and physical distancing to minimize exposure. For example:
 - Spacing workstations when delivering a cooking class or demonstration.
 - When conducting a food tour at a market or food hall, attempt to offer the experience when it is least likely to be busy, attempt to visit outdoor markets, and space out customers to avoid congregating around a particular stand, or vendor.
 - If visiting a restaurant or participating in a home stay, consider eating outside if possible, and space out diners at bigger tables or separate tables if customers are from different households.
- Food and beverages should be served by staff members who have been trained and are observant of precautions.
- Companies should check with hosts, vendors, or staff involved with the experience to ensure that procedures and protocols are being followed and are in line with the official standards.
- For larger events such as food festivals and shows, bookings may well need to be made in advance to limit numbers of entry. Companies should check with organisers for any procedures prior to the event to be aware of any special procedures.
- Maintain your company standards of distancing and sanitation when encountering other groups. Often people socialize and chat at food venues such as restaurants or drinking establishments – remember they might not know nor be following the same health and safety standards that you require of your group.
- When administering first aid, some distancing methods need to be adapted or cannot be used. Use Personal Protective Equipment – PPE such as face coverings and gloves.
- Consider the need for defining additional COVID-19 evacuations protocols.



V. Food Handling:

- It is essential that a rigorous hand washing and sanitation regimen is implemented when handling any food for both cooks or chefs, servers, and customers.
- This should already be taking place in line with food safety guidelines. Disposable gloves can be worn for short periods, but should be disposed of regularly and correctly, and should not be a substitute for a correct hand washing regimen.
- All food materials should be either cleaned, washed, sanitized, or cooked according to local food safety standards and guidelines.
- Consider how meals are transported, covered, and consumed. Attempt to individually pack food items and cover meals with a reusable lid. For food samples, consider how the customer will handle and consume safely.
- It may not be appropriate to offer buffet or self service meals which involve handling shared utensils and equipment and food being left out.
- When preparing food in the field follow the protocols in [Camping amid COVID-19: Guidelines](#).



VI. Lodging:

- FIT or household groups should be favoured to promote distancing. Avoid members of separately booked groups or groups from more than one household unit sharing bedrooms. Attention to increased levels of sanitization and disinfection, distancing and screening measures should all be implemented in-line with hotel, local and official guidelines.
- For further information on lodging see [Small Lodges amid COVID-19: Guidelines](#).



V. Equipment:

Enhancing sanitation is a key part of mitigating COVID-19 risk. Whenever possible, participants should avoid sharing equipment and should care for and carry their own personal equipment.

- Prevent surface contact where needed, for example:
 - Identify high-use areas and touchpoints, such as; workstations, tables, menus, doors, utensils, condiments.
 - Clean high-use areas and touchpoints often with a rigorous enhanced sanitation regimen.
 - Prevent contact in high-use areas when possible. Identify high-use areas and clean often.
- If conducting a cooking class or demonstration, each person should have their individual equipment such as an apron, cooking utensils, or kitchen utensils, with a separate set for each workstation.
 - If clothing such as chef whites and aprons are provided for the customers, launder appropriately after each use.
 - Have guests size and choose equipment with minimum handling.
 - Guests should care for and carry their own equipment.
- Use recommended methods for cleaning and sanitizing that have been determined to kill the COVID-19 virus, such as, appropriate rest time in between uses, or using soap and water or bleach solutions. Follow manufacturer's instructions and the recommendations of official health and safety agencies.
- Consider implementing safe-handling procedures for personnel who use cleaning products to clean equipment to prevent harm from chemicals or cross-contamination.
- Consider sanitizing any equipment or item that could be a vector for COVID-19 transmission.



VII. Additional resources:

- [ATTA COVID-19 Guide for the Adventure Travel Industry](#)
- Cleveland Clinic
 - [Return to work amid COVID-19: A Cleveland Clinic Guide](#)
 - [COVID-19: Creating a Safe Workplace](#)
 - [Advice on Reopening Business: Frequently Asked Questions](#)
- [WHO COVID-19 and food safety: guidance for food businesses](#)
- [US FDA Food Safety and the Coronavirus Disease 2019](#)
- [EU COVID-19 and food safety Questions and Answers](#)



ADVENTURE TRAVEL TRADE ASSOCIATION (ATTA)

The Adventure Travel Trade Association is a vital leadership voice and partner for the adventure travel industry around the world. Our mission is to **empower the global travel community** to **protect natural and cultural capital** while **creating economic value** that benefits both trade members and destinations. The ATTA community today is a vibrant, thriving, interactive network, over 25,000 members strong and representing 100 countries worldwide. From tour operators to tourism boards, specialty agents to accommodations, all ATTA members share a genuine love for global exploration and a vested interest in the sustainable development of tourism.

[COVID-19 Guide for the Adventure Travel Industry](#)

[Strategic Opportunities For Destination Recovery & Resilience](#)

[Online Education Safety and Risk Management Course](#)

CLEVELAND CLINIC

Cleveland Clinic is a leading provider of specialized medical care, focused on providing clinical excellence and superior patient outcomes. The integrated healthcare system includes hospitals, outpatient clinics and wellness centers across the globe with facilities in the United States, Canada and the United Arab Emirates. In 2021, its newest hospital, Cleveland Clinic London, will open.

Founded in 1921, Cleveland Clinic has grown and evolved both clinically and geographically, becoming home to:

- The world's largest heart valve program and vascular surgery program.
- The world's largest and most specialized urology practice.
- One of the top cancer centers in the US, centered on multidisciplinary patient care.
- The UAE's first and most comprehensive multi-organ transplant program.
- A leader in quality clinical care in Florida, offering easy access from Latin America and the Caribbean.

For patients traveling outside of their home country to a Cleveland Clinic location, Cleveland Clinic's Global Patient Services department provides personalized and compassionate care. This team of international caregivers serves as a point of contact to help guide patients through every aspect of travel and care.

Other select services available to global patients include:

- MyConsult Online Medical Second Opinion program, which gives patients secure, online access to Cleveland Clinic specialists for second opinions and consultations.
- Cleveland Clinic's Critical Care Transport team, an expert team of critical care providers available 24/7 to transport critically ill and injured patients of all ages via ground mobile intensive care unit, helicopter or jet aircraft.

For more information about Cleveland Clinic, visit clevelandclinic.org.





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