

Culinary Experiences amid COVID-19: Guidelines - **DRAFT**

This document is a draft distributed for global review from 08 to 12 July 2020. It is not ready for use. The text of this document will be reviewed, improved, formatted, and designed and it is expected to be published 21st of July. If you have comments and suggestion use the review template provided at:

<https://www.adventuretravel.biz/covid19guidelines-review/>

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.

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: 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 you 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 will have implemented all relevant requirements. Adventure Travel Trade Association does not assume, and expressly disclaims, any legal or other liability for any

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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. 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.

1. Group Management

- a. Small groups, FIT or household groups should be favoured to promote distancing. Strive to keep trip participant numbers as low as reasonably possible.
- b. Physical distancing does not need to apply to household units.
- c. 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.
- d. 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.
- e. 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.
- f. Consider using 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.

2. Pre-Arrival, Instruction and Briefing

- a. 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.
- b. In longer stays, consider additional pre-trip recommendations and screening, such as suggesting steps to limit exposure to COVID-19, using screening questionnaires, or testing.
- c. Screening and monitoring measures should be extensive for staff members.
- d. 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.
- e. 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.
- f. 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.
- g. When closer contact is required consider the use of face coverings.

3. Transport

- a. 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.

4. Commencement of activity or experience:

- a. The screening methods and monitoring of COVID-19 related symptoms should take into consideration the activity or trip length. Besides considering health screening customers by checking temperatures and asking symptoms at the start of the activity, consider what measures to put in place for ongoing monitoring and screening.
- b. At areas of potential concentration, it is important to organize social and physical distancing to minimize exposure. For example:
 - i. Spacing workstations when delivering a cooking class or demonstration.
 - ii. 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,

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and space out customers to avoid congregating around a particular stand, or vendor.

- iii. 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.
- c. Food and beverages should be served by staff members who have been trained and are observant of precautions.
- d. 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.
- e. 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.
- f. 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.
- g. 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.
- h. Consider the need for defining additional COVID-19 evacuations protocols.

5. Food Handling

- a. It is essential that a rigorous hand washing and sanitation regime is implemented when handling any food for both cooks or chefs, servers, and customers.
- b. 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 regime.
- c. All food materials should be either cleaned, washed, sanitized, or cooked according to local food safety standards and guidelines.
- d. 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.
- e. It may not be appropriate to offer buffet or self service meals which involve handling shared utensils and equipment and food being left out.
- f. When preparing food in the field follow the protocols in [Camping amid COVID-19: Guidelines](#).

6. Lodging

- a. 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.
- b. Attention to increased levels of sanitization and disinfection, distancing and screening measures should all be implemented in-line with hotel, local and official guidelines.
- c. For further information on lodging see [Small Lodges amid COVID-19: Guidelines.](#)

7. 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.

- a. Prevent surface contact where needed, for example:
 - i. Identify high use areas and touchpoints, such as; workstations, tables, menus, doors, utensils, condiments.
 - ii. Clean high use areas and touchpoints often with a rigorous enhanced sanitation regime.
 - iii. Prevent contact in high use areas when possible. Identify high use areas and clean often.
- b. 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.
 - i. If clothing such as chef whites and aprons are provided for the customers, launder appropriately after each use.
 - ii. Have guests size and choose equipment with minimum handling.
 - iii. Guests should care for and carry their own equipment.
- c. 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.
- d. Consider implementing safe-handling procedures for personnel who use cleaning products to clean equipment to prevent harm from chemicals or cross-contamination.
- e. Consider sanitizing any equipment or item that could be a vector for COVID-19 transmission.

8. Additional resources

- a. [ATTA COVID-19 Guide for the Adventure Travel Industry](#)
- b. Cleveland Clinic
 - i. [COVID-19 Restaurant Guide: A Cleveland Clinic Guide](#)
 - ii. [COVID-19: Creating a Safe Workplace](#)
 - iii. [Advice on Reopening Business: Frequently Asked Questions](#)
- c. [WHO COVID-19 and food safety: guidance for food businesses](#)
- d. [US FDA Food Safety and the Coronavirus Disease 2019](#)
- e. [EU COVID-19 and food safety Questions and Answers](#)

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