

## SUMMIT BECHTEL RESERVE

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# HEALTH & SAFETY CODE OF CONDUCT

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To ensure a healthy experience for everyone at The Summit Bechtel Reserve I will:

- Be forthright and transparent with the Summit staff – including the medical history and information on my health form as well as any medications I may take regularly.
- Know the signs and symptoms of contagious illnesses and be straightforward with my leaders and the Summit staff if I feel any of the following symptoms:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
- Wash my hands with soap and water as often as I can, especially before eating and after using the restroom. If soap and water is not available, I will use an alcohol-based hand sanitizer.
- Cover mouth and nose with a tissue or my elbow when I cough or sneeze and wash my hands afterwards.
- Not share food, water bottles or other personal items.
- Do my best to keep my unit and myself distanced from others when in a large crowd or in a line of people I do not know.
- Use sunscreen or protective clothing whenever I am exposed to the sun for an extended period of time.
- Take time at the beginning and end of my day to stretch to avoid injuries.
- Be an advocate for myself and others for the health and safety of my unit.
- Have fun!

Please sign and submit this form during the check-in process upon your arrival at the Summit.

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Printed Name

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Signature

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Date

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Parent or Advisor Signature (if under 18)

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Date