

# COVID-19 GUIDELINES and RESOURCES for the Central Sierra Field Stations

Sagehen Creek Field Station | Chickering Reserve | Central Sierra Snow Laboratory |  
Onion Creek Experimental Forest | North Fork American River Reserve

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Welcome users of the Central Sierra Field Stations,

These reserves have adopted operating procedures to reduce the risk of COVID-19 virus transmission while minimizing disruption to research. **Please read this carefully prior to your visit.**

## OVERVIEW



**COVID-19 vaccination is required** for all visitors over 12 years of age.

- This includes a full vaccination course more than 2 weeks prior to visit
- If vaccination occurred more than 6 months ago, a booster shot is required within 1 year post-vaccination.
- Vaccinations for children aged 5-11 are strongly recommended and may be required for large groups
- Exceptions may be approved for documented medical or religious reasons. All unvaccinated individuals must follow more precautions (see Details section below)



**Masks** are required indoors or outdoors when mixing with visitors from other groups.

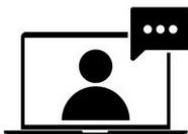


**Symptomatic individuals:**

- Should not come to the station within 5 days of any symptoms
- If already at the station, must immediately report their symptoms to their group leader and the station manager.



Maximum **4 people per cabin**, and no mixing of groups in cabins or other indoor spaces



Visitors must provide proof of **COVID 19 training** on the Supplemental Application

→ **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 risks.**

## DETAILS

### **Previous exposure:**

Do *not* come to the field station, if:

- You do not have proof of full vaccination, or if unvaccinated, you do not have proof of vaccine exemption.
- Within the past 5 days, you have had signs/symptoms of COVID-19 which are new or not explained by a pre-existing condition
- Within the past 10 days, have had close contact with a known positive COVID person
- Within the past 10 days, have had a positive COVID test.

### **Vaccination:**

- Every visitor ages 12 and up is required to be **fully vaccinated** (at least 2 weeks prior) with a COVID-19 Vaccine authorized for emergency use (i.e., Pfizer, Moderna or Johnson & Johnson). If over 6 months have elapsed since full vaccination, visitors must also receive a booster shot before another six months (a full year since vaccination) has elapsed. Exceptions on the basis of a Medical Exemption, Disability Accommodation, or Religious Objection must be requested [formally](#) and be approved before entering reserve.
- Vaccinations for children aged 5-11 are strongly encouraged and may be required for large groups at the discretion of the station leadership.
- Approved unvaccinated and partially vaccinated individuals will need to follow additional guidelines for safety, described below. All individuals accompanying youths (who are not yet eligible for vaccination) must be vaccinated, no exceptions.
- To be considered vaccinated, information must be entered into the Sagehen Supplemental Application Form, along with attestation of vaccination status (see details below).

### **Masks:**

- **Fully vaccinated and boosted individuals and groups: face covers are optional**, both outdoors and indoors. However, masks are required both indoors and outdoors when within 6 feet of any other individual of a different group who is unvaccinated or whose vaccination status (including booster) is not known.
- **Unvaccinated individuals: face covers are required**, both outdoors and indoors. However, masks become optional when outdoors *and* distanced greater than 6 feet from others. Masks may also be optional within one's own group setting whereby an unvaccinated individual has been sequestered with their group for 2+ weeks without illness.

### **Supplemental Application:**

- EVERY USER COMING ON SITE must completely fill out a Supplemental Application (in addition to making a RAMS reservation) before permission to come on site is granted.
- This a google form that includes multiple documents and details you need to gather and upload. (e.g., proof of COVID-19 training, liability waiver, and photo release).
- Be sure to share project information (RAMS application #, dates on site, names of people in your group) with the entire group so they can answer all the questions accurately
- Link: [Supplemental Application Form 2022 for Sagehen Creek Field Station](#)

## BEFORE VISITING FIELD STATION COMMITMENT CHECKLIST

Duty	Details
<b>Details of COVID-19 vaccination</b>	<p><b>Every visitor ages 12 and up is required to be fully vaccinated</b> (at least 2 weeks prior to their visit) with a COVID-19 Vaccine (Pfizer, Moderna or Johnson &amp; Johnson). If over 6 months have elapsed since full vaccination, visitors must also receive a booster shot before another six months (a full year since vaccination) has elapsed. The only exemptions allowed are for approved medical or religious reasons. Unvaccinated individuals will need to follow additional guidelines for safety (see next section below). All individuals accompanying youths (who are not yet eligible for vaccination) must be vaccinated, no exemptions.</p>
<b>Unvaccinated individuals self-sequester period</b>	<p>Any approved unvaccinated individuals must self-sequester/quarantine for 7 days locally before coming on site. This 7 day period starts AFTER air, rail or bus travel. An alternative is to upload evidence of a negative COVID test taken “locally” (i.e., &lt;200 miles) before arrival to site; cleared COVID tests are valid for 14 days after the testing date.</p>
<b>Proof of COVID-19 online training for all group members</b>	<p>Proper COVID-19 safety training is required from UC Berkeley or from your home institution and should be documented with a screenshot or signed PDF of home institution guidelines.</p> <ul style="list-style-type: none"> <li>● UC Berkeley personnel take <b>EHS 207: UC Berkeley Guidelines on Protecting Workers from COVID-19</b> UC Learning Center (<a href="https://jwas.ehs.berkeley.edu/lmsi">https://jwas.ehs.berkeley.edu/lmsi</a>)</li> <li>● If your institution lacks training procedures, then take the training linked in the Supplemental Application.</li> </ul>
<b>Liability waiver</b>	<p>Waiver of Liability, Assumption of Risk and Indemnity Agreement must be submitted prior to arrival. Upload signed file in Google Form.</p>
<b>Photo consent</b>	<p>Optional Photo Consent Form to be signed. Upload signed file in Google Form</p>
<b>Register travel (UCB-specific)</b>	<p>Sagehen is 188 miles from UC Berkeley. Register travel: <a href="https://ehs.ucop.edu/away/#/">ehs.ucop.edu/away/#/</a></p>
<b>Health check verification procedure for 7+ days prior to arrival at the field station:</b>	<ul style="list-style-type: none"> <li>● Each team member should be asymptomatic for over 5 days prior to their visit and will not participate should they feel ill or have reasonable cause to believe they have been exposed to COVID-19.</li> <li>● All must self verify the following statements within 48 hours of arrival. If any of the below statements is not true, do NOT COME TO THE FIELD STATION. <ul style="list-style-type: none"> <li><input type="checkbox"/> If I develop COVID-19 symptoms, I will immediately notify the Manager and self-isolate.</li> <li><input type="checkbox"/> I have not had symptoms of COVID-19 which are new or not explained by a pre-existing condition within the last 7 days.</li> <li><input type="checkbox"/> I haven't had contact with a COVID-19 positive person within the last 10days</li> </ul> </li> </ul>

## FIELD STATION COMMITMENT CHECKLIST.

Review and agree to abide by the statements below. These are the guidelines for both vaccinated and unvaccinated individuals, and your filling this out is required as an indication of commitment to abide by them. Violations of these guidelines may result in immediate revocation of permission to use the field station.

Duty	Details
Face cover compliance	<ul style="list-style-type: none"> <li>● <b>Vaccinated and boosted individuals: face covers are optional</b>, both outdoors and indoors. However, masks are required both indoors and outdoors when within 6 feet of any other individual of a different group who is unvaccinated or whose vaccination/booster status is not known.</li> <li>● <b>Unvaccinated individuals: face covers are required</b>, both outdoors and indoors. Masks may be optional when outdoors <i>and</i> distanced greater than 6 feet from others. Masks may also be optional within one's own group setting whereby an unvaccinated individual has been sequestered with their group for &gt;1 week without illness.</li> <li>● <b>Everyone:</b> For all station visitors, face covers are required when entering buildings where it is designated and when working closely with unvaccinated individuals (e.g., youths). On site, <b>everyone should have a mask ready to put on in case someone enters a 6 ft zone</b>. Masks are not required when alone or with family/pod members.</li> </ul>
Daily self-screening	<p>For unvaccinated individuals, daily self-screening/symptom checks are required every day while at the field station (up to 14 days), such as by using UC Berkeley's <a href="#">Daily Symptom Screener</a> tool. This is not required for vaccinated individuals, although they should also self monitor for symptoms. Individuals are required to save all screening records.</p>
Cleaning	<p>Please clean and disinfect all shared work spaces, and your assigned kitchen/bed/bath spaces upon arrival and prior to departure. Pay particular attention to high-touch surfaces like light switches, door knobs and faucet handles. There will be no cleaning/linen service for cabins, apartments or lab and classroom spaces – cleaning will fall to each group to coordinate.</p>
Food and garbage	<p>Users must bring and securely store all of their food. Garbage must be stored in the kitchen to prevent attracting wildlife or in the secured dumpster. <b>All garbage must be placed in the secured dumpster prior to departure or packed out.</b></p>
Kitchen use	<p><b>Only one group at a time in kitchen space.</b> Careful cleaning of kitchen surfaces is required following every meal. Consideration must be given to other users who wish to use that space, including scheduling group times and time between users. <b>Dining should occur outdoors</b> when possible, with ample space between diners from different groups.</p>

Toilets and showers	<p><b>Bathroom buildings are not to be shared between different groups at the same time.</b> Unvaccinated individuals should not share the bathroom with any other group. Toilets are on a septic system: absolutely no garbage can be flushed down the toilet. Bathrooms should be swept and cleaned, and surfaces disinfected, at the end of group trips.</p>
Cabins and shared spaces	<ul style="list-style-type: none"> <li>● Lodging capacity will remain at maximum of 4 individuals per cabin, unless part of a family or ‘pod’ that has been together for at least 2 weeks.</li> <li>● Lodging facilities will be empty for at least 12 hours between field station visitors.</li> <li>● Different research groups will not overlap in use of any indoor facility or sleeping space.</li> <li>● All cabins and shared spaces should be swept and high-touch surfaces disinfected prior to departure (there is no cleaning service).</li> </ul>
Personal safety conditions	<p>Team members should have dedicated Personal Protective Equipment (PPE), provisions, and supplies, if feasible, to minimize sharing. Team members have the right to refuse participation without fear of penalty if they feel conditions are unsafe.</p>
Symptomatic individuals	<p>Field station personnel are not health professionals and will not help individuals determine whether any symptoms they experience might be COVID-related. Individuals must make their own determination as to whether their symptoms might be COVID-related; the CDC Self-Checker site is in Appendix A.</p> <ul style="list-style-type: none"> <li>● Any individuals with COVID-like symptoms should immediately self-isolate and report to their supervisor and the Reserve Manager that they are unable to work, and consult with their primary medical care provider for guidance, including testing, if appropriate.</li> <li>● Visitors that develop signs/symptoms of COVID-19 should return home, if well and able to do so; out-of-area visitors should self-isolate on-site and follow the direction of medical personnel or local public health officials.</li> <li>● Researchers and staff should self-isolate and consult with their primary care provider if they suspect they have COVID-19, but should be referred to Occupational Health on campus at UC Berkeley for contact tracing if they test positive and for return to work clearance/issues. Occupational Health can be reached at: 510-332-7192 (hotline) or 510-642-6891 (front desk).</li> <li>● Do not share private health information; individuals have no obligation to share specific symptoms, medical conditions, or other personal information with a supervisor or other members of a research group.</li> <li>● The Reserve Manager may be asked to assist with communication and follow up with the appropriate investigating authority and/or Local Public Health Authority to initiate epidemiological case investigation activities.</li> </ul>

## **REMINDERS**

### **Universal Safe Practices:**

- Maintain physical distancing of at least 6 feet, whenever feasible.
- No handshakes or hugs when meeting someone
- Keep from touching face (specifically eyes, mouth and nose); follow CDC guidance to [Prevent Getting Sick](#).
- Wear a face cover in common areas, including outdoors when in proximity to others.
- Wash hands with soap and water frequently for at least 20 seconds.
- Use hand sanitizer when soap and water are not available.
- Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow. Throw used tissues in the trash and immediately wash your hands.
- Clean and disinfect frequently touched surfaces.

### **Additional Supplies to bring**

- Hand soap
- Hand sanitizer (> 60% alcohol)
- Single-use paper towels
- Disposable nitrile gloves
- Disinfectant
- Tissues
- Extra face covers
- Thermometer for daily symptom monitoring
- Personal water bottles

## CONTACT INFORMATION

Individuals responsible for implementing, updating and evaluating the effectiveness of this plan include:

<i>Name</i>	<i>Facility</i>	<i>Email</i>
Dr. Ash Zemenick (Sagehen Manager)	Sagehen Creek Field Station, Chickering, North Fork American River (NFAR)	sagehen@berkeley.edu
Dan Saylor (Sagehen Steward)	Sagehen, Chickering, NFAR	sage_minion@berkeley.edu
Dr. Andrew Schwartz (Snow Lab Manager)	Central Sierra Snow Lab, Onion Creek	aschwartz@berkeley.edu
Dr. Robert Rhew (Faculty Director)	Central Sierra Field Stations: Sagehen, Chickering, NFAR, Snow Lab and Onion Creek	rrhew@berkeley.edu

Facilities and locations included in the scope of this worksite specific safety plan:

<i>Facility Name</i>	<i>Physical Address &amp; Phone Number</i>
Sagehen Creek Field Station	11616 Sagehen Road, Truckee, CA
Central Sierra Snow Lab	P.O. Box 810, Soda Springs, CA 95728
Chickering Reserve	Also contact: Allen Fish (AFish@ParksConservancy.org)
Onion Creek Experimental Forest	
North Fork of American River	Also contact: Ted Beedy (tbeedy@comcast.net)

## RESOURCES

### Local Resources

**Nevada County Health Department Agency:** [www.mynevadacounty.com/2924/Coronavirus](http://www.mynevadacounty.com/2924/Coronavirus)

**Tahoe Forest Hospital** 10121 Pine Avenue, Truckee, CA.

- Tel #: 530-587-6011 (local call from Sagehen phones).
- This facility is approximately 15 miles from the field station and takes about 20 minutes by car from the field station proper

### Campus Resources

**Required Training for UC Berkeley Personnel:** "EHS 207 UC Berkeley Guidelines on Protecting Workers

from COVID-19" is accessible via the [UC Learning Center](https://uclearningcenter.org/).

**UC Berkeley COVID-19 Updates:** <https://news.berkeley.edu/coronavirus/>

**University Health Services Occupational Health Clinic:** <http://www.uhs.berkeley.edu/> or 1-510-642-6891

**Office of Environment, Health & Safety (EH&S):** <http://ehs.berkeley.edu/> or 1-510-642-3073

**UC Berkeley EH&S Field Safety Resources:** <http://ehs.berkeley.edu/field-safety>

**UC Travel Insurance 24/7 Assistance:** 1-800-527-0218 or [assistance@uhcglobal.com](mailto:assistance@uhcglobal.com)

**Cal/OSHA:** [Cal/OSHA Interim Guidelines on Protecting Works from Coronavirus](https://www.dir.ca.gov/OSHA/Interim-Guidelines-on-Protecting-Workers-from-Coronavirus)

**California Department of Public Health:** [Statewide Industry Guidance](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Statewide-Industry-Guidance)

### Reference: Signs and Symptoms of COVID-19 ([per CDC Feb 22, 2021](https://www.cdc.gov/media/releases/2020/s0501-covid-19-symptoms.html))

CDC Self-Checker accessible online at

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Symptoms\* may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19 and should stay home, monitor symptoms, and call their medical provider:

#### Symptoms\*

- Fever or chills
- Cough
- Shortness of breath or difficult breathing
- Muscle or body aches
- Headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose

#### Seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

\* This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, diarrhea, stomach cramps, or soft stool (not related to a known medical condition).