



TRAVELING DURING COVID-19

COVID-19 HEALTH PROTOCOLS

Local governments have created a series of health and safety protocols for the tourism industry that provide guidelines for every aspect of the travel experience, such as lodging, transportation, and activities. Holbrook Travel will review your program to be sure all of your services are following these guidelines. In addition, Holbrook has implemented its own guidelines based on the recommendations of the World Tourism and Trade Council and the Adventure Travel Trade Association.

Your participation in the program indicates that you are in agreement with these protocols.

COVID-19 TESTING

Many destinations require a negative COVID-19 test or proof of vaccination for entry. As these policies change rapidly, Holbrook will provide further information on the country's particular specifications nearer your departure date. If your destination does not require a test for entry, **Holbrook is requiring either proof of complete vaccination or a negative COVID-19 test taken within 96 hours of departure. PCR tests or antigen (rapid) tests are acceptable.** This is to protect you and your fellow travelers, as well as our in-country partners.

In addition, the US government now requires a negative COVID-19 test taken no more than 3 days before your flight back to the US for any travelers returning to the United States from overseas. Holbrook will make necessary arrangements for participants to be tested at your own expense to meet this requirement. The cost of the test varies by country and is to be paid at the testing site. Further details will be provided nearer your departure date.

Very important note: A positive test will prevent you from traveling. If you have not already done so, it is strongly recommended that you purchase trip cancellation insurance to cover your non-refundable trip cost or travel delay should you be unable to return to the US.

FACE MASKS

Face masks are required for most activities during the program. For bus transfers, indoor activities, and activities where there will be socially distanced interaction with locals, face masks will be required. Participants need to have a sufficient number of masks packed with them for their everyday use.

Note: 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).

HAND SANITIZER

Participants should pack a sufficient amount of hand sanitizer to last the duration of the program. This will need to be carried on a daily basis in a daypack for personal use. Vehicles, hotels, and other providers will have sanitizer available as well. Guests will need to sanitize hands when entering any building, kitchen, or dining facility, before starting an activity, and as often as needed throughout the activity. Washing hands and frequent use of hand sanitizer are simple and effective ways to prevent the spread of coronavirus. TSA is allowing travelers to carry up to a 12-ounce bottle of hand sanitizer in their carry-on luggage; hand sanitizer is no longer limited to 3 ounces.

TEMPERATURE CHECKS & COMMUNICATION

Shortly after arrival and daily in the mornings throughout the program, a staff member will check the temperature of all group participants with a touch-free thermometer. This is a safety precaution. In addition, we ask that each participant advise their group leader or in-country guide if at any point they are not feeling well. This will enable our team to provide medical attention as needed as quickly as possible.

SOCIAL DISTANCING

We ask that you stay 6 feet apart when the group is in contact with locals, especially those who are not the main guide and driver. Social distancing will be the norm.

WHAT TO EXPECT

WAIVER/SUPPLEMENTAL RELEASE

Prior to travel, you will be asked to sign and return a waiver/supplemental release regarding COVID-19. This form is an acknowledgment of personal responsibility for the risks associated with travel, including risks related to COVID-19. Please send a scan or photo of your signed waiver via email to laurie@holbrooktravel.com.

LEADER TRAINING

Our in-country guides will receive enhanced training on World Health Organization safety guidelines in addition to food-handling safety.

SANITATION MEASURES

All coaches and modes of transport will be sanitized regularly, with all high-touch areas disinfected between each use. We are working closely with our hotel and restaurant partners to ensure compliance with local health and hygiene guidelines. Some of the protocols we are implementing include ensuring all gatherings for orientation, lectures, etc. will be held outdoors if possible or in a large room where social distancing measures can be implemented; all staff at hotels or during activities will adhere to all COVID protocols, such as wearing face masks and regularly sanitizing their hands; and any and all equipment that participants may be using during an activity will be appropriately sanitized before each use.

TRANSPORTATION

Holbrook will follow local policies regarding capacity restrictions for transportation vehicles.

DINING & MEALS

In addition to following local health guidelines, meals will be served in small groups as much as possible, as well as individually plated meals or staff-served buffets.

ENTRY REQUIREMENTS: COSTA RICA

Be aware that the requirements for travel to a given country can change at any time, so be sure to check back as your travel date approaches.

HEALTH INSURANCE

Travelers must show proof of insurance that will cover COVID-19 related hospitalization and lodging expenses. A policy purchased outside of Costa Rica must cover up to \$50,000 for medical expenses and \$2,000

for lodging expenses related to COVID-19 illness or quarantine. Policies purchased from a Costa Rican provider must cover up to \$20,000 for medical and \$2,000 for lodging expenses.

Please note that this coverage works on the basis of reimbursement, so participants would need to pay for expenses directly and then submit documentation for reimbursement.

If you are covered under a policy purchased by Holbrook on your behalf through our insurance partner Travel Insured (check with your group leader or travel specialist if you are uncertain), Holbrook will send you a digital copy of your insurance certificate via email at least 72 hours prior to your departure, along with a reminder to obtain your Health Pass.

HEALTH PASS

Another requirement for entry to Costa Rica is something called a “Health Pass.” In order to obtain your health pass, simply go to <https://salud.go.cr> and complete the form. In order to complete the form, you will need to upload a copy of your insurance policy (see above). Upon completing the form, you will receive a QR code, which you will present at Immigration upon arrival. Even if you can display the QR code on your phone, we suggest keeping a printed copy with you in the event your phone runs out of battery. **Please note that you will only be able to obtain your Health Pass 48 hours prior to your departure.**