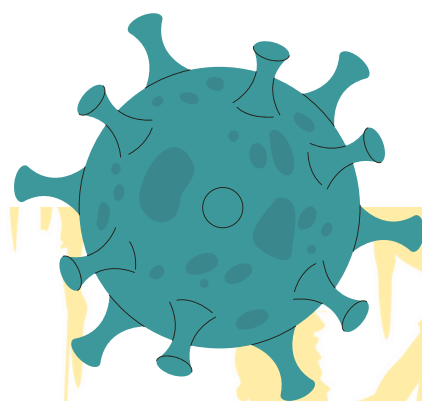


DRAFT RECOMMENDATIONS FOR CAVE VISITS/TOURS DURING COVID 19

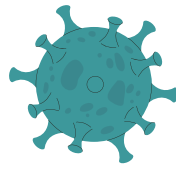


EXPLORING SOCIETY
"URSUS SPELEOS"
NATURAL MONUMENT
"SLATINSKI IZVOR"



FOR INTERNAL USE





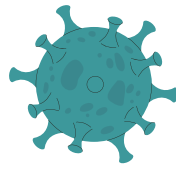
According to the development of the situation related to the pandemic caused by the COVID19 virus, following the world trends in speleology as well as the situation in our country, the Exploring Society "Ursus Speleos" in consultation with speleologists and experts from our country and abroad, prepared draft recommendations for internal use for a one-day visit/tour of caves and pits in time of COVID19 in order to preserve individual and collective health.

Given that more than 20% of the world's population has been infected or has been in contact with a COVID19 positive person, the chances of coming into contact are significantly increased as well as the potential danger of transmitting the virus especially in closed areas such as caves and pits.

GENERAL RECOMMENDATIONS

- Respect the measures and recommendations issued by the Government of RNM and the Ministry of Health for prevention from COVID19
- When organizing transport to the location of the cave, follow the measures and recommendations issued by the Government of RNM and the Ministry of Health for prevention from COVID19
- Group movement and cave visits/tours should be limited to maximum of 15 people + the organizer of the visit/tour
- The organizer of the visit/tour must keep records with contacts of all present people
- During breaks, it is mandatory to follow the recommendations for not grouping and keeping a distance
- No protective mask/scarf is needed outdoors if a distance of 2 meters is maintained during hiking to the cave



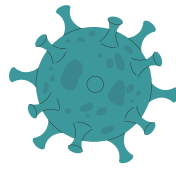


- If before the start of the activities the participants have a fever, cough, shortness of breath, it is obligatory for them to stay at home.
- Respect the general measures for personal and collective hygiene (frequent hand washing or use of alcohol-based hand sanitizer)
- Use only your own equipment, food and water and in case of using collective equipment, the equipment needs to be disinfected/cleaned from a previous tour/visit
- If there is a case of infected persons after the end of the tour/visit, the organizer and the relevant institutions should be notified immediately and the other participants in the tour should be informed
- Check the temperature with a contactless thermometer before starting the tour/visit

BEFORE THE CAVE TOUR/VISIT

- Before the start of the tour/visit, participants are required to submit a negative PCR test, a vaccine certificate or a certificate that they had COVID19
- Carefully monitor for possible COVID19-related symptoms before visiting a cave
- Respect the measures and recommendations issued by the Government of RNM and the Ministry of Health for prevention of COVID19
- If possible, always use personal speleological equipment
- Disinfect the equipment you are using before entering the cave with a disinfectant (handkerchief, alcohol, etc.)
- Before entering the cave, disinfect your hands and put on protective gloves (work gloves)
- Put on a protective scarf or mask before entering the cave





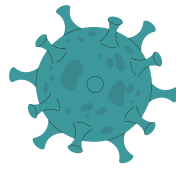
DURING THE CAVE TOUR/VISIT

- Use a protective scarf or mask at all times while visiting the cave
- Keep a distance of 1.5 to 2 meters inside the cave
- Avoid contact and touching cave ornaments in the cave
- Use only personal food and water during breaks and avoid grouping in the cave
- Do not touch your eyes and mouth without disinfecting your hands
- If your mask/scarf becomes contaminated, safely remove it and put on a new one

AFTER THE CAVE TOUR/VISIT

- Clean and disinfect the collective and individual speleological equipment
- Respect the measures and recommendations issued by the Government of RNM and the Ministry of Health for prevention of COVID19
- If there is a case of infected persons after the end of the tour/visit, the organizer and the relevant institutions should be notified immediately and the other participants in the tour should be informed





IF YOU NEED TO PROVIDE FIRST AID

- It is important to wash and disinfect your hands BEFORE and AFTER the first aid intervention to prevent infection
- When providing first aid, the person providing first aid and the injured person should wear protective masks (if possible, according to the situation).
- **CPR when the injured person is not breathing:** the first aid provider uses only hands (mouth-to-mouth resuscitation should be avoided)
- **Examination of the injured person unconscious:** The airway must be open, the first aid provider should slightly lean to the head and observe movements in the chest area and feel the breathing with his hand (not forgetting to use a hand sanitizer or wash immediately after the examination). He/she should avoid approaching the victim's face/mouth and must use a mask at all time.
- **Other injuries:** Remember that COVID-19 is a respiratory infection and is not transmitted through blood, burnt or damaged skin. The first aid techniques remain the same, keeping in mind that anyone providing first aid should be careful about their protection and use gloves, a protective mask and other protective equipment at all times.
- In case of possible cave rescue, the internal procedures for organizing cave rescue are followed.

