



Health and Safety Information

Student health is a priority at Colorado Outward Bound School. Given the remoteness of our course locations we offer some guidance for precautions to take before, during and after your course.

Communicable Diseases Guidance

Students and families are encouraged to:

- Vaccinate students for communicable diseases (ex. flu, COVID) to help protect themselves and other students from getting ill.
- Monitor the student's health in the days leading up to course start.
- Show up to course start symptom-free of communicable diseases (ex. flu, cold, strep, COVID, etc.) for the previous 72 hours and test for COVID-19 within 48 hours of course start.

Arriving with symptoms of communicable diseases may result in isolation or non-admittance to course transportation.

We do not offer refunds or credits for communicable disease-related early departures. As such, we strongly encourage all families to purchase trip insurance. This would cover any unforeseen medical reasons why a student might need to leave a trip early. In this scenario, you would file a claim with your insurance provider, and we could help with documentation if necessary. We recommend purchasing trip insurance through InsureMyTrip. [Find out more and receive a free quote from InsureMyTrip.](#)

Vector Borne Diseases in Colorado and Utah

Vector-borne diseases are illnesses caused by parasites, viruses and bacteria that are transmitted by vectors (most commonly mosquitoes, ticks, flies or fleas). COBS monitors the impact of vector-borne diseases in our course areas and while rare and uncommon, exposure to these diseases is possible.

Vector-borne diseases that may be present in our course areas in Colorado, Utah, and Wyoming:

- [Colorado Tick Fever](#)
- [Tick-Borne Relapsing Fever](#)
- [Tularemia](#)
- [Rocky Mountain Spotted Fever](#)
- [West Nile Virus](#)

Vector Borne Disease prevention at COBS:

The most important thing to prevent mosquito and tick bites is to prevent them from reaching the skin.

- COBS encourages wearing loose-fitting long pants, long sleeves, and long socks to keep ticks and mosquitoes off your skin.
- COBS staff teach prevention measures such as appropriate clothing (see above), tick checks, and they note bites from mosquitoes or ticks and monitor for symptoms. COBS may provide head nets in areas



with anticipated exposure to vector borne diseases. COBS encourages students to use insect repellents on exposed skin when in areas where these vectors are present.

- Pack insect repellent if it is mentioned on the packing list for your course. Use [Environmental Protection Agency \(EPA\)-registered insect repellents](#) containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. Follow product instructions.

Additional information on vectors, vector-borne diseases, and their prevention can be found on the following websites:

- [Centers for Disease Control and Prevention](#)
- [World Health Organization](#)
- [Colorado Department of Public Health & Environment](#)
- [Utah Department of Health & Human Services](#)

After Course

Symptoms and severity of vector-borne diseases may range widely. If you experience a rash, headache, stomach pain, muscle pain, fatigue or fever after your course, we suggest contacting your local health care provider.