

Philmont's 2022 COVID-19 Supplemental Risk Advisory

Philmont Scout Ranch has developed a detailed COVID-19 operating and mitigation plan to ensure the highest level of COVID-19 safe practices and procedures. We recognize the vital importance of outdoor experiences to support our mental and physical well-being. Crew preparation during shakedown is now even more critical, to build confidence and support a level of physical fitness needed to thrive in our beautiful wilderness.

The high elevations participants experience at Philmont Scout Ranch, (6,500 ft base camp to 12,441 feet Baldy Mountain), can be challenging to even health trekkers. Research since the beginning of the pandemic has identified that COVID-19 can increase the risk of complications at altitude with that in mind, Philmont Scout Ranch has the following advisories.

1. Philmont requires that anyone with a positive COVID-19 test within 2 weeks of their planned arrival at Philmont not attend, regardless of symptoms. This recommendation is out of an abundance of caution and because of evidence of respiratory and cardiac complications soon after illness.
2. Philmont requires that anyone who has been hospitalized for COVID-19 since the onset of the pandemic, should consult with their primary care provider and MUST be cleared for high levels of exertion at high elevations or not attend Philmont in 2022. A signed "[Return to Activity](#)" waiver from primary care provider is required.
3. Philmont requires that participants who have had a POSITIVE COVID-19 Test or COVID-19 illness, regardless of severity, within six (6) months of scheduled arrival at Philmont be cleared for high levels of exertion at high elevations by their primary care provider to attend Philmont. A signed "[Return to Activity](#)" waiver from primary care provider is required.
4. Philmont recommends that individuals considered high risk by current CDC guidelines for serious complications from COVID-19 infection be up to date on COVID vaccinations. Up to date is defined as receiving the first vaccine series and a booster if it has been more than 6 months since the initial series was completed. Any "high-risk" participants or staff should consult their primary care provider about participating in activities in a high elevation environment and be cleared for participation in Philmont programs.
5. Studies since the beginning of the pandemic have identified a considerable portion of people who have been diagnosed with COVID-19 have persistent symptoms that last past the infectious period of the virus. These lasting symptoms can include shortness of breath, fatigue, palpitations, brain fog, and intolerance of physical activity. Participants who are experiencing any persistent symptoms after a COVID-19 diagnosis should be cleared by their primary care provider and a "[Return to Activity](#)" waiver is required.

Learn More:

<https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>

<https://www.liebertpub.com/doi/full/10.1089/ham.2021.0049>

https://www.backpacker.com/survival/survival-skills/first-aid/hiking-at-altitude-after-covid/?fbclid=IwAR0VjyjA6S0f4qD_Oe0zQVq-odk579cOIRFu0OKgdnihaX5fh2LKbdBzlcU

<https://www.medrxiv.org/content/10.1101/2022.01.04.21268536v1>