

# Guidelines for camping grounds, caravan parks, mountain huts, small guesthouses, organized tours outdoor recreation and coaches/busses

Infection Control Measures for COVID-19 in effect  
from 31 July 2020

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## Following applies to all operations/areas:

1. Visitors are **not** allowed on camping grounds, mountain huts or on organized tours if they:
  - a. Are in [quarantine or taking special precautions after border screening](#).
  - b. Are in [isolation](#) (also while waiting for results).
  - c. Have undergone quarantine for COVID-19 with less than 14 days from discharge.
  - d. Have flue like symptoms (cold, cough, fever, head ace, bone ace, fatigue, abdominal pain, diarrhoea etc.).
2. Shared facilities and contact surfaces are [cleaned and disinfected](#) at least twice a day.
3. As of **July 31** the maximum number of people that can gather is **100 individuals** in any given area, indoors or outdoors (children born 2005 and later not included). Camping grounds have to be divided accordingly as long as the 2-meter physical distancing rule is adhered to.
4. The rule of 2 meter distance between individuals not of the same household should be respected at all times.
5. Easy access to hand washing stations and sanitizer needs to be secured.
6. Interaction between different tour/tourist groups should be limited as much as possible.

## How to protect yourself against the COVID-19 Coronavirus



- Be mindful of hygiene. Regularly and thoroughly wash your hands with soap and water and use hand sanitiser. Avoid touching your eyes, nose and mouth.



- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze, especially if you have cold like symptoms.



- Avoid close contact with individuals who are coughing or have cold/flu like symptoms.



- Be mindful of hygiene when you are using things such as public touchscreens, handrails, elevator buttons, card machines and doorknobs.



- Say hello with a smile rather than a handshake or a hug.

## Camping grounds

*Following rules apply to camping grounds and visitors with tents, campers, travel trailers, camper vans, motorhomes etc.*

1. A camping ground can not accept more than 100 guests (children born 2005 and later are not included) unless the area can be split up into sections for 100 guests in each section and the 2 meter distance rule between individuals can be maintained within each section. Two restrooms with handwashing stations must be available in each section. The 2 meter distance rule also applies to shower facilities if showers are available. No interaction/contact should take place between individuals in different sections.
2. If showers are available they must be separated between different sections in the area and cleaned in between. (Example: showers open first half of the day for people in section 1 and the second half of the day for people in section 2).
3. Shared facilities and contact surfaces are cleaned and disinfected at least twice a day and visitors urged to take care and obey rules on hygiene and disinfection.
4. The 2 meters distance rule needs to be adhered to and notice signs placed at all service stations, reception, water fountains, sinks, restrooms and showers.
5. Minimum of 4 meters distance should be between tents, campers, travel trailers, camper vans, motorhomes etc. (does not apply to families and groups in the same household). If camping in snow or cold weather (freezing level or below) the distance should be double or 8 meters.
6. Restrooms and showers:
  - a. Have equipment set up, at all restrooms and showers so visitors can disinfect contact surfaces like door handles and toilet seats etc. with Virkon or disinfectant.
  - b. Set up distance marks at restrooms/showers for example with floor markings and keep 2 meters between marks.
  - c. Where restrooms/showers are next to each other in close quarters every other restroom/shower must be closed.
7. Indoor and outdoor cooking facilities or areas for food consumption:
  - a. Keep liquid soap and disinfectant at every sink and guidelines visible for visitors about cleaning.
  - b. Respect the 2 meters distance rule. Make sure this distance can be kept between unrelated groups. Set up visible guidelines regarding this at all entrances.
  - c. Set up distance marks, for example floor marks, at dishwashing stations.
  - d. Remove all food items such as coffee/tea, spices etc. from common areas. Visitors are not allowed to leave food items for arriving guests or share with other. Signs must be set up with this information.
  - e. If visitors have access to cooking utensils they must be reminded to clean them both before and after use.
  - f. Remind guests to disinfect tables and contact surface on chairs before seated.

8. Other services:
  - a. Guest are requested to respect the 2 meters distance rule and information signs about personal hygiene (washing of hands, coughing in ones elbow, avoiding crowds) is to be set up.
  - b. Set up distance marks where appropriate and possible.
  - c. Chemicals for disinfection of contact surface must be available (sanitizer and Virkon).
  - d. Remove all playing cards, boardgames, books, papers etc that visitors have access to.
  - e. Waste from each tent/house/unit should be placed in closed bags in trash cans in each section.
9. Small guesthouses at camping grounds:
  - a. Only rented out to individuals or families/groups that share the same household.

## **Travel trailer areas (permanent parking for shorter or longer periods)**

1. Respect the 2 meters distance rule and urge visitors to do the same by setting up notice signs at all service stations, reception, water fountains, dishwashing stations, restrooms and showers, etc.
2. Minimum of 4 meters distance between travel trailers.
3. Restrooms and showers:
  - a. Have equipment set up, at all restrooms and showers so visitors can disinfect contact surfaces like door handles and toilet seats etc. with Virkon or disinfectant.
  - b. Set up distance marks at restrooms/showers for example with floor markings and keep 2 meters between marks.
  - c. Where restrooms/showers are next to each other in close quarters every other restroom/shower should be closed if possible.
4. Indoor and outdoor cooking facilities or areas for food consumption:
  - a. Keep liquid soap and disinfectant at every sink and guidelines visible for visitors about cleaning before and after cooking and eating.
  - b. Guests requested to respect the 2 meters distance rule, ensure that while dining this can be maintained between individuals that do not share the same household.
  - c. Set up distance marks, for example floor marks, at dishwashing stations.
  - d. Remove all food items such as coffee/tea, spices etc. from common areas. Visitors are not allowed to leave food items for arriving guests or share with other. Signs must be set up with this information.
  - e. If visitors have access to cooking utensils they must be reminded to clean those both before and after use.
  - f. Remind guests to disinfect tables and contact surface on chairs before seated.
5. Other services:
  - a. Respect the 2 meter distance rule. Posters with instructions to be set up.
  - b. Set up distance marks where appropriate and possible.
  - c. Chemicals for disinfection of contact surface must be available (sanitizer and Virkon).
  - d. Remove all playing cards, boardgames, books, papers etc that visitors have access to.
  - e. Waste should be placed in closed bags in trash cans in each section.

## Mountain huts and smaller guesthouses (6–10 people)

1. Guests are requested to respect the 2 meter distance rule in common areas (cloak rooms, kitchen, dining area ) put up notice signs at all service stations, reception, water fountains, sinks, restrooms and showers to urge visitors to do the same.
2. Families and those sharing the same household can share sleeping quarters. Others have to respect the 2 meter distance rule in the sleeping quarters. This means the sleeping quarters may not be fully utilized.
3. If camping next to a hut is permitted there should be 4 meters between tents. Markings should be set up. When camping on snow the distance should be double between tents (8 meters).
4. Restrooms and showers:
  - a. Have equipment set up, at all restrooms and showers so visitors can disinfect contact surfaces like door handles and toilet seats etc. with Virkon or disinfectant.
  - b. Set up distance marks at restrooms/showers for example with floor markings and keep 2 meters between marks.
  - c. Where restrooms/showers are next to each other in close quarters every other restroom/shower should be closed if possible.
5. Cooking areas and/or areas for food consumption:
  - a. Keep liquid soap and disinfectant at every sink and guidelines visible for visitors about cleaning.
  - b. Table cloths and towels should be replaced frequently. Best if each group uses their own cloths and towels and they are marked for their use only.
  - c. If visitors have access to cooking utensils they must be reminded to clean those both before and after use. Best if each group brings their own utensils for their use only.
  - d. Remove all food items such as coffee/tea, spices etc. from common areas. Visitors are not allowed to leave food items for arriving guests or share with other. Signs must be set up with this information.
  - e. Remind guests to disinfect tables and contact surface on chairs before seated.
6. Waste should be placed in closed bags in trash cans in each cabin.

## **Organized tours (driving, walking, bicycles, snowmobile, quads, skiing, horse riding, sailing, climbing, caving, fishing, glacier tours and alike)**

*Organized tours, recreation and programs not related to ÍSí. Outdoor activities for adults and children accompanied by a guardian or teacher.*

1. As of July 31, 2020 maximum number of people in each travel group is 100 people. (Children born in 2005 and later not included).
2. Respect the 2 meter distance rule and send out a clear message to all on the tour that this rule should be respected during the tour. Rules on driving between locations during the COVID-19 situation apply. Those that share the same household can share a car. Specific rules apply to busses/coaches, see below.
3. When travelling on snow/glaciers or in cold air (freezing level or below) a 4 meter distance rule should be kept between individuals.
4. When several groups are on the same route group leaders should keep 2 meter distance between groups on the same route and avoid crowding at waiting points, examples are the hill below Hvannadalshnjúkur and the route over Heljarkambur at Fimmvörðuháls.
5. Organizers should encourage group members on all tours to bring their own hand sanitizer and use it before food breaks and before and after touching chains and hand holds that can be found on marked walking/hiking trails.
6. On a walking tour, distance between individuals should be at least 2 meters between unrelated individuals and the safe distance mark is likely to be wider with increased speed. On a bicycle tour and when running it is recommended to keep at least 4 meter distance between individuals.
7. If equipment is shared (lights, helmets, ice picks/axes, climbing harness, saddles, bicycles, skis, wet- and dry suits, life vests, safety glasses, "paintball" balls etc.) the equipment should be wiped with disinfectant or Virkon in between users.
8. When staying in tents there should be at least 4 meter distance between tents and only those that live in close proximity can share a tent, (the distance should be doubled when camping on snow, 8 meters).
9. Do not share personal equipment/food/drinks with others except your closest travel partner in the group.
10. Waste should be placed in closed bags and disposed of in a waist container when that becomes available.

## Busses/Coaches

1. All passengers and driver must have a facemask if the two-metre distance rule cannot be fulfilled.
  2. Guidelines and signs regarding infection control for COVID-19 are to be visible at the entrance of the coach/bus.
  3. Have hand sanitizers by the entrance that passengers should use when entering the coach/bus.
  4. Have passengers enter and exit in a relaxed manner and keep distance.
  5. Have passengers spread around the coach/bus if possible.
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## Information about COVID-19

1. [www.covid.is](http://www.covid.is)
2. [www.landlaeknir.is](http://www.landlaeknir.is)
3. [www.ferdamalastofa.is](http://www.ferdamalastofa.is)

## Further information

For further information please contact the following:

1. [upplysingar@ferdamalastofa.is](mailto:upplysingar@ferdamalastofa.is)
2. [Covid19@landlaeknir.is](mailto:Covid19@landlaeknir.is)

These regulations will be revised when necessary.