

## Health and Travel Journey Guidelines 2025

### Illness

- It is recommended that Ambassadors and Hosts should receive Covid immunizations to protect themselves and others, especially vulnerable people (those over 65 and with medical conditions) from complications of the disease
- All Ambassadors are required to complete a Covid-19 Rapid Test kit 2 days prior to departure for the journey to our club.
- Provide their own Covid-19 Rapid Test kits to test in the case of symptoms of Covid 19 illness
- Some homes may request daily testing (with and without symptoms) – Test Kits will be provided by the host for these tests.
- If ill, the ambassador will mask and isolate for the appropriate time to prevent the spread of disease
- Be prepared for any additional costs due to illness (i.e. hotel, if necessary, meals, tests and medications)
- All ambassadors need to carry health insurance to cover any health-related costs.

### Mobility

- Please review the FFI Health and Mobility Checklist
- Any special diet restriction of food or allergies must be included on the Ambassador and Host Matching

### Payment of Host Fees

- Host Fees must be paid to Lethbridge Friendship Force Club at least 1 month prior to the date of arrival

### Refunds

- If an ambassador must cancel, no refund will be given for any of the prepaid activities (i.e, catered meals). Refund for other activities will be at the discretion of the club.