

KEAUHOU SAFETY BRIEFING



Please read over the following document. The information within will help you be better prepared for your time at Keauhou, Ka'ū.

Please feel free to contact us with any questions or concerns;
3mountainalliance@gmail.com.

Prepare for your visit

SAFETY CONCERNS

- 1) Pack smart to stay safe!** You will be working in a fairly remote outdoor setting with no buildings or facilities. Please see Packing List on page 2 to prepare for your trip.
- 2) Drink water!** We recommend bringing (and drinking) at least 2 liters while you are at Keauhou. We are at a higher elevation (about 4,000 ft) and elements are harsher. Drinking enough water is the number one way you can be safe and have an enjoyable time!
- 3) Follow all Covid protocols.** Because of the current pandemic we have Covid-19 protocols to keep you and all other volunteers safe while we are at Keauhou. Please read over the attached Covid-19 Protocols sheet before you arrive.
- 4) Be maka'ala and mindful!** This area has thick grass which at times can be difficult to walk in. The grass can also hide old fence materials, tools or holes in the lava below. Please be sure to walk slowly and with caution. Feel your step first before putting your weight into it. Do not horseplay.
- 5) Stay close!** It is very easy to get lost if you walk away from a road, fence line or the group. Be sure to let someone know if you are leaving the group (i.e. to use the bathroom), and be sure to stay close enough to the group that you can hear people talking. *Remember if you can't hear us, we can't hear you.*
- 6) Carry all medication on you.** Keauhou can be home to high concentrations of volcanic gases depending on the wind conditions. Those who suffer from respiratory issues should carry their inhaler or medication on their person throughout the trip whether it is vuggy or not, since conditions can change very quickly.
- 7) Use tools wisely.** You will be using hand tools. Be sure to use them as instructed and carry them down and at your side.
- 8) HAVE FUN!** Last but not least, have fun. Remember a safe day is fun for everyone, but injury can quickly turn a great day into a bad one! Use common sense and make good decisions. Being positive and bringing a good attitude can help keep the day safe and fun!

WAIVERS

- Please read over all waivers before you sign.
- Each volunteer in your party must complete a waiver packet.
- Please have all waivers FULLY COMPLETED by the date specified in the corresponding email or the date set by your group leader (if applicable).



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DIRECTIONS

Keauhou, Ka'ū is located about 1 hour from Hilo, about 10 minutes from the main entrance to Hawai'i Volcanoes National Park.

From Hilo

Take Highway 11 towards Volcano. Pass the main entrance for Hawai'i Volcanoes National Park on your left. Turn right on to Pi'i Mauna Drive. Follow Pi'i Mauna all the way to the end of the road. You will see a large metal gate. A Three Mountain Alliance staff member will greet you at the gate.

From Ka'ū

Take Highway 11 towards Volcano. Pass Mauna Loa Road on your left. Turn left on to Pi'i Mauna Drive. Follow Pi'i Mauna all the way to the end of the road. You will see a large metal gate. A Three Mountain Alliance staff member will greet you at the gate.

PACKING LIST

Clothing:

- Sturdy closed-toed shoes (best if with ankle support and waterproof, no crocs!)
- Long pants
- Short or long sleeve t-shirt

Day Pack (required)

- Water (2 L)
- Waterproof jacket
- Warm layer(s)
- Hat
- Sunscreen
- Snack
- Lunch

Optional

- Sunglasses
- Camera
- Chapstick
- Walking stick
- Beanie
- Binoculars
- Whistle

About Keauhou, Ka'ū

SITE HISTORY AND DESCRIPTION

- Keauhou, Ka'ū is a very special place. It is located in the wao akua or realm of the gods. It is a huina, or meeting place, between the mountains of Mauna Loa and Kilauea, and of the water-gathering energies of the forest and the heat-creating energies of Halema'uma'u. *We come to this site with purpose and respect.*
- Keauhou is privately owned by Kamehameha Schools and is an 'ili (small land division) in the ahupua'a (large land division) of Kapāpala.
- At one time Keauhou was a pristine native forest. Due to ranching and logging that landscape has changed to what we see today.
- In the early 2000's, Kamehameha Schools stopped all ranching and focused its efforts at Keauhou on the restoration of these native forests.
- 90% of the reforestation done with Three Mountain Alliance is done by volunteers like you! Mahalo for taking the time to give back to this special place.
- Weather conditions vary and can change quickly. Be prepared for both hot, sunny conditions and cold, wet conditions.
- Work site is fairly remote with no bathroom facilities or covered structures.
- Due to Covid-19 restrictions we will be walking to our worksites. Please be prepared to walk at least 2.5 miles roundtrip. The terrain at our worksites is uneven lava covered by dense grass mat and can be difficult to walk in. Please be mindful.

For more information, contact
3mountainalliance@gmail.com



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COVID-19 PROTOCOLS



THREE
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Please read over the following document. All Covid protocols must be followed while at Keauhou. If you are not comfortable following a certain protocol, we ask that you do not volunteer at this time.

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Here is what we are doing to keep you safe!

SOCIAL DISTANCING

- We ask that all volunteers keep a distance of 3 feet or more from other volunteers as much as possible. Volunteers who are of the same household are not restricted by this rule when coming in contact with one another.

FACE COVERINGS

- Volunteers are asked to wear a mask when social distancing cannot be maintained for an extended period of time, i.e. demonstrations such as seed cleaning, etc.
- Please visit the CDC website for more information on choosing and wearing appropriate face coverings

HEALTH SCREENING

- We ask that you stay home if:
 - ◇ **You or someone in your household has been asked to quarantine.**
 - ◇ **You are feeling sick or have any Covid-like symptoms** such as, fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, diarrhea, etc.
- Any volunteer who exhibits symptoms and/or criteria listed above will be asked not to attend the volunteer event.

SANITATION

- TMA staff will provide hand sanitizer and hand washing stations for volunteers.
- All tools will be sanitized before and after each volunteer event.