



MAY (YOU) CLIMB FROM PEAK TO
PEAK

HIMALAYAN MOUNTAINEERING INSTITUTE
DARJEELING - 734101 (W.B.), INDIA

Tele 7602215312

Web: www.hmidarjeeling.com

Email : hmidarj@gmail.com

HMI/COVID/Trg/2021-22

12 April 2021

All Students

ADVISORY/PRECAUTIONARY MEASURES ON COVID-19
MOUNTAINEERING/ADVENTURE COURSES STARTING FROM
03 MAY 2021 ONWARDS

1. Further to our letter even reference dated 11 Mar 2020 AND 26 Jan 2021.
2. HMI Base Camp area is located at Chowrikhang (14600 ft) in West Sikkim. As per the latest guidelines issued by Govt. of Sikkim anyone entering Sikkim should be in possession of **NEGATIVE (-) RTPCR** report.
3. In view of above the Course aspirants are advised to strictly follow Covid guidelines as append below:
 - (a) The trainees should be in possession of RT- PCR test report (Covid Negative report) taken not more than 72 hours prior to reporting at HMI.
 - (b) **Again , trainees will undergo a fresh RTPCR test at HMI Darjeeling 72 hours before leaving for the mountain for field training at their own cost (appx Cost Rs. 2000/ Test).**
 - (c) Students are required to carry Medical Fitness Certificate and Self Declaration Certificate as per format attached as **Appendices `A` and `B` while reporting to HMI.**
 - (d) A preliminary medical checkup/clinical screening will be done at the time of reporting for all the students. If a student is observed to be suffering from high fever / having cough, he/she will be referred to the District Hospital, Darjeeling and will not be allowed to undergo the course subsequently.
 - (e) Maintain good Health & Hygiene.
 - (f) Trainees coming for the course are advised to strictly follow the following:
 - (i) Avoid crowded places and unnecessary mixing up with the crowd
 - (ii) Avoid outside/street foods as far as possible.
 - (iii) Wear face mask properly and use hand sanitizer as often as needed.
4. Advisory for Corona Protocol issued from central/ state govt should be followed.
5. **IMPORTANT: Due to rapid increase in Corona cases across the country and night curfew/partial lockdown imposed at various places the conduct of forthcoming courses will depend on fresh govt. guidelines and the prevailing situation. As such, trainees reporting for the course are advised to book fully refundable ticket.**
6. For strict compliance.

(Gp Capt)
Principal
HMI

Appendix `A`

(Reference to Para 5 of HMI letter No
HMI/COVID/Trg/2021-22 dt 26 Jan 2021)

MEDICAL FITNESS CERTIFICATE

(To be signed by a registered medical practitioner holding a degree not below that of MBBS)

(TO BE SUBMITTED AT THE TIME OF REPORTING)

(Refer training programme of courses for the year 2020-2021)

1. I certify that I have carefully examined Mr/Ms_____
Son/daughter/wife/husband_____. Based on the
examination, I certify that he/she is in good health and is free from signs and symptoms of
corona virus (COVID-19) which may interfere with his/her course including the active
outdoor Adventure Activity.

- (a) Fever - Detected/not detected.
(b) Cough - Detected/not detected
(c) Any other symptoms if any _____

Signature of the candidate_____

Place :

Date :

Name & Signature of the Medical Officer
With Seal and registration number

Note : It is mandatory for all students to bring this medical certificate duly signed by Medical
Officer .

Appendix `B`

(Reference to Para 5 of HMI letter No
HMI/COVID/Trg/2021-22 dt 26 Jan 2021)

SELF DECLARATION CERTIFICATE

1. I, Mr/Mrs/Miss_____ S/D/O_____ certify to the best of my knowledge that I have not come in contact with any COVID-19 (Corona Virus) affected persons and not travelled to any foreign country in last one month.
2. I also certify that, I do not possess fever over / cough which are the basic symptoms of COVID-19(Corona Virus).

Place :

Date :

Name & Signature of the student

Note : It is mandatory for all students to bring this self certificate duly signed by itself.