

# **Safety and Security Guidelines**

## **LICCI project**

**29/09/2020**

This document responds to Requirement 10 of the Final Ethics Check Report:

*REQUIREMENT 10: Detailed information must be provided on foreseen measures to minimise the risks to research participants and staff involved in this project, but further reference to timely capacity to react to critical incidents. An updated Security and Safety Protocol containing foreseen measures to minimise the risks to research participants and staff involved in the project for each field site must be submitted.*

In the LICCI project Master Manual (Reyes-García et al. 2020) and throughout the LICCI Training Workshops, research staff and partners were trained in a set of safety and security measures. We have compiled these measures below consisting of three sections: 1) general measures that apply to all research staff and partners, 2) updated measures considering the current sanitary emergency due to COVID-19 pandemic; and 3) specific measures concerning field sites where additional measures are required (compiled in a Table).

This document will be circulated among project staff and partners for feedback and disseminated through our website for broader use.

### **Section 1: Standard risk minimizing measures**

The safety of yourself, your co-workers, and research participants should be the number one priority. Fieldworkers are often in a vulnerable position, being strangers in the area and often considered “rich” and therefore an often target of crime. The situation varies considerably across countries, so the rule of thumb may not apply equally to all the locations. But everyone should take necessary precautions to minimize the risk by following some basic rules:

#### *General*

- Do not wait till you are sick or in an emergency to find out who are the most reliable doctors and health clinics close to you and in the country. Always register with a local doctor/health clinic upon arrival to the field site and keep their contacts (phone/email/address) in the case of an emergency.

- Make careful choices about study villages, avoiding/abandoning, if possible, the ones which are conflict-ridden or where conflict would possibly emerge.
- Give full details of medical aid, next of kin, contact numbers, ID number, etc. to the local partner institution, or someone that you are working with (but who do not accompany you to the field). They should also get the detailed plans of your field trip (where and when).
- Make photocopies of your passport, visa, and vaccination card, and try to get an official stamp on the photocopies to verify that they are authentic if necessary. Consider leaving the originals in a safe place in the city, while you carry the validated photocopies with you to the field.
- Keep the local officials, village chief, police station or other relevant authorities informed about your stay and movements. Avoid going completely alone to the meetings, but if necessary, inform a trusted contact about when, where and with whom the meeting will take place.
- Bring a cell phone, if the area is connected.
- Consider that "Murphy's Law was written in the field": many plans in study sites can go wrong, so have a contingency plan ready by the time you get to your field site. Make new contingency arrangements whenever you move to other places or situations change. Thus, with your research partners, go through some basic safety routines: What do we do if: the car breaks down, a research team member is attacked or gets sick, etc.

### *Crime*

- If possible, ally with some local family in each village you work so that you locally "belong" under someone's custody.
- Make some security assessment when choosing accommodation sites (a local trustworthy family may be the best option).
- Take seriously any threat from individuals you might receive at your study sites.
- Avoid openly exhibiting valuables as much as possible, which might label you as a target for economic crimes.
- Beware of participating in "dubious" social gatherings (e.g., with lots of alcohol involved) after dark when alone and unprotected.
- Be careful when hitchhiking, or offering lifts to strangers, especially when alone, in remote areas, and/ or after dark.
- Be careful driving after dark. Wrap up your fieldwork early enough to reach home before dusk (this may mean leaving out that last questionnaire, etc.).

## *Medical*

- We recommend that LICCI partners visit a travel clinic or medical centre to get appropriate vaccinations before conducting fieldwork.
- All researchers visiting the field should have proper health insurance coverage. Read the description of the policy, as so you would know what the insurance covers, and have an electronic AND printed copy of your insurance policy with you in the field.
- Driving is probably the activity that entails the highest risk. If you rent a vehicle (and driver), you set the rules. Tell the driver to slow down or set maximum speed limits.
- Carry ID and medical aid details as well as a first aid kit.
- Make contacts with local doctors or hospitals to check out the available assistance in cases of emergency. Make contingency plans.
- If someone gets sick, another person should take charge. Do not leave it to the sick person to decide; often they are unable to make rational decisions.

## *Basic guidelines of ethical conduct while working in the LICCI project*

This research adheres to the codes of ethics of the Society of Economic Botany ([http://oldsite.econbot.org/\\_about\\_/index.php?sm=03](http://oldsite.econbot.org/_about_/index.php?sm=03)) and the International Society of Ethnobiology (<http://www.ethnobiology.net/what-we-do/core-programs/ise-ethics-program/code-of-ethics/>). Researchers need to be familiar with them. Additionally, there is a code of conduct for every member of the program that includes the following:

1. No sex with people from the study site, either indigenous or non-indigenous
2. No drinking of alcoholic beverages beyond one or two social drinks. Moderate drinking in public in the community when it is part of a communal event is fine. Under no circumstance should researchers get drunk with people in the study area.
3. No use of any drug that is illegal in the country where research is being conducted.
4. Avoid providing credit to subjects.
5. Should someone in the community require emergency medical evacuation try to be as helpful as possible.
6. Policies on stealing by subjects: ignore it unless the item stolen is very valuable; do not hold a grudge.
7. Do not distribute cigarettes, coca leaves, alcohol or any other additive substances to subjects.

If LICCI staff or partners break any of the above rules, the project reserves the right to dismiss the staff or partner at no extra cost to the project.

## **Section 2: COVID-19 risk minimizing measures during fieldwork**

Given the current COVID-19 sanitary emergency, the LICCI project and thus all fieldworkers should seek ways to prevent COVID-19 from entering villages by:

1. MOST IMPORTANT: IF YOU HAVE OR SUSPECT TO HAVE COVID-19 OR ANY RELATED SYMPTOMS (FEVER, COUGH ETC.), DO NOT TRAVEL OR COME IN CONTACT WITH ANY PERSON FROM AN INDIGENOUS GROUP OR LOCAL COMMUNITY UNDER ANY CIRCUMSTANCES.
2. Staying informed as to the protocol of the specific country you are in and the potential governmental restrictions; many countries do not legally allow traveling to protected areas and/or any contact with communities. These rules should be strictly followed.
3. Stay informed and respect the distancing, containment and control measures that the indigenous peoples themselves have implemented, in order to safeguard the health of the population within their territories.
4. Undergoing a medical evaluation for potential cases of COVID-19 before entering indigenous or community territories. Make sure not to come in contact with any potential contamination between the time of the test and the travel to the field site.
5. If unable to test, quarantining for 15 days before entering the community area.
6. Seeking dialogue with community leaders and/or with the indigenous/local movement to ask permission to enter the community in light of the COVID-19 pandemic. If needed, provide them with well sourced information about the pandemic and the safety measures advised by the WHO (or other credible sources) (i.e Respiratory etiquette; Hand washing; Sharing utensils; Avoid agglomerations - meetings / parties; Social distancing etc.) These conversations can be made by virtual means such as radio and internet or in person, following the required sanitary rules. It is important however not to unnecessarily alarm the communities/ leaders.
7. Prioritizing information for indigenous/local communities considering in the form of videos, podcasts, messages, social networks addressing:
  - Respiratory etiquette
  - Hand washing
  - Sharing utensils
  - Avoid agglomerations - meetings / parties

- Postponing events already scheduled
  - Avoid circulation between communities and cities (COVID-19 is in cities / likes places with enough people together)
  - Possibility of Isolation (camps in the "bush")
  - Strict control of access to Indigenous Lands -
  - Quarantine for travellers
  - Suspension of religious services in communities
8. Preparing logistics for evacuation of the territory at the appropriate time in case of any COVID-19 symptoms.
  9. Being informed of the existing resources of COVID-19 prevention/relief in the country, some countries already have existing resources specific to the indigenous/local communities that are important to keep in mind when working with them.
  10. Planning all logistics before traveling to the field site i.e. meals, sanitary equipment etc.
  11. Making sure to have enough face masks and disinfectants/ hand sterilizers for your stay. Make sure that you are using approved masks and disinfectants and hand sterilizers (such information can be found online on credible/accurately sourced websites)

LICCI fieldworkers and partners should also try to maintain COVID-19 etiquette when in the villages by:

1. Avoiding travel from the community to big cities/ other potential risk areas once you have entered the community. Limit traveling between villages as much as possible.
2. Washing hands frequently with soap and water for 20 seconds or use an alcohol-based hand sanitizer when working with people.
3. Avoiding touching their nose, mouth and eyes.
4. Covering coughs and sneezes with the elbow.
5. Washing hands or using hand sanitizer after coughing, sneezing, or blowing nose. Also avoiding handshakes or any hand contact with people.
6. Keeping frequently touched common surfaces clean, i.e., telephones, computer equipment, etc.
7. Not using other workers' phones, desks, office, or other work tools and equipment; if necessary, consider cleaning them first with a disinfectant.
8. Wearing a mask when working with other people
9. Where possible, providing masks for the people they are working with to use
10. Not sharing materials or allowing other people to touch the material they may be using during the fieldwork.
11. Keeping appropriate distance between themselves and others.
12. Whenever possible, conducting their research in outdoor places.

13. Not touching any items that may later come in contact with the communities i.e. religious items, culinary items (do not share meals with them), household items, doorknobs, other utensils
14. Limiting contact with [people at higher risk](#), such as older adults and those with underlying medical conditions or weakened immune systems
15. Encouraging individual community members to practice self-protective actions through hand hygiene, respiratory etiquette (such as covering your cough, sneezing into your sleeve), and mitigation measures (such as regular cleaning and disinfecting of frequently touched surfaces, etc.)

### Section 3: Field site-specific measures

Country	Measure
Romania	Entry is not restricted, but currently 14 days of self-isolation, or a minimum 10 days of isolation and a negative PCR-test done on the 8th day of the isolation is required in Romania (this is valid especially for Hungarian citizens, as Hungary is red-zone in Romania ).
Congo	See Annex 1
Kenya	A negative COVID test, taken within 96 hours of travel, is required to board any plane arriving to Kenya, in addition with the completion of a Ministry of Health online form ( <a href="https://ears.health.go.ke/airline_registration/">https://ears.health.go.ke/airline_registration/</a> ) , which generates a QR code. On arrival into Kenya you show the health officials the code and the negative test and you proceed to immigration, visas and baggage collection as normal. You are then required to send your daily temperature and confirm that you have no sore throat, cough or fever daily through an app or text message service. You do not have to self isolate on arrival. Additionally, there is a night curfew at place in the whole country (11pm to 4am). Those violating the curfew may be arrested and put in mandatory quarantine for 14 days.
Mexico	The entry of foreigners/non-locals is forbidden in some indigenous territories. Additionally, there is a night curfew at place (11 pm to 5 am). Those violating it may be arrested.
India	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.

Ukraine	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
Argentina	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
Ghana	The entry of foreigners and nationals are allowed. Travelers are expected to present COVID-19 test results from accredited laboratories and must not be more than 72 hours old. There is free movement of people across the country including the indigenous communities but all people are obliged to wear face masks, maintain 1.5m distance and Wash hands thoroughly with soap and running water. There is also a limitation on the number of people at public gatherings.
Nepal	Can travel locally with a negative PCR test result but need to stay in quarantine in each district for 14 days. One of the big challenges is social stigma towards outsiders. This might affect field survey particularly when you talk with local people.
Paraguay	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
Mariana Islands	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
Peru	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
Canada	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
Senegal	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
China	Negative PCR test result is required for traveling between different provinces.
Guatemala	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
Iran	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
Zimbabwe	To enter Zimbabwe, you must possess a negative COVID-19 test result, taken no more than 48 hours before your journey. If you do not have a negative test result, or if you exhibit COVID-19 like symptoms on arrival, you will be detained at a holding facility where you will be required to pay

	<p>US\$60.00 for a test. You will be required to complete track and trace information on arrival in Zimbabwe</p> <p>There is a curfew between 8pm to 6am which is being enforced by the security services. You should comply with these requirements, wherever you are staying in Zimbabwe. It is compulsory to wear a face mask covering the nose and mouth whenever you are outside of your home.</p> <p>These preventive behaviours include:</p> <ul style="list-style-type: none"> <li>• Avoid close contact with anyone with a cold or flu-like symptoms</li> <li>• When coughing and sneezing cover mouth and nose with tissue paper or flexed elbow- throw away the tissue immediately and wash hands</li> <li>• Maintain a distance of at least a meter from the next person</li> <li>• Wash hands thoroughly with soap and running water</li> </ul> <p>For more updates check:  <a href="http://www.mohcc.gov.zw">http://www.mohcc.gov.zw</a></p>
Nigeria	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
Chile	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
Brazil	The entry of researchers in Mamirauá and Amanã conservation units is still forbidden.
Madagascar	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
Tanzania	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
Bolivia	When travelling by canoe, the same procedures than when travelling by car apply. If you hire a canoe with a driver, you set the rules. Do not travel by canoe at dark. Also, starting this month (October) a flexible quarantine is allowed. However, the restrictions may vary from department to department depending on the spread of infections. In San Borja and in the indigenous communities LICCI works with (Tsimane), the cases of covid-19 are still not alarming. At the moment the national elections are expected for October 18, then it will be seen if the concentration of voters does not cause the spread of viruses. If things are conducive to entering the communities, we will probably need to comply with the biosafety regulations (wear chinstraps, a thermometer,

	disinfectants, some specific medication and others). All of them, with the endorsement of the Great Tsimane Council.
Spain	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
Haiti	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
Fiji	There is no additional measure for Fiji. The borders remain closed. Need to check for the most updated COVID-related restrictions in the Fijian government webpage.
Solomon Islands	No additional measure, just check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
Algeria	There is a malaria outbreak in the south, but no additional measure appart from the above mentioned. Check for most updated COVID-related restrictions in the health or foreign affairs ministry website.
Russia	Sakhalin Island is closed for non-resident visitors. You must request special permission to visit it. Kamchatka: No additional measure, just check for most updated COVID-related restrictions on the local government website
Mongolia	Mongolia has closed its border with only goods and commodities entering and leaving the country. Mongolian nationals stuck outside of the country have been transported by charter flights of the national-flag carrier. COVID has been well contained within the country with all imported cases. Public preventative measures include wearing masks and keeping social distances, hand washing, sanitizing, and avoiding crowds. Field activities follow these measures.
Greenland	Currently a self-isolation of minimum 5 days is required before starting to interact/meet with community members. Measures are updated on a regular basis, check the government of greenland website: <a href="https://naalakkersuisut.gl/en">https://naalakkersuisut.gl/en</a>
Niger	Since Aug. 1, commercial international flights have resumed to Niger. Land borders remain closed. Travelers entering or leaving the country must possess a negative (PCR or serology) COVID-19 test certificate obtained less than 72 hours prior to arrival. Upon arrival, all passengers will receive a swab test at the

	<p>airport. If anyone tests positive, they will be immediately quarantined in a government center. US citizens are required to quarantine for 14 days in a home or specific location after their arrival, prior to interacting with the wider community. Taxis are shared in Niamey and are not recommended in light of COVID. There have been a few Uber drivers that have begun taking passengers, which might be a better alternative to renting a car (which is cost prohibitive).</p>
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## Annex 1. Congo-specific risk assessment and minimization

No.	Description of Hazard	Initial Risk	Control measures put in place to minimise effect of hazard	Residual Risk
1. DESTINATION				
1.1	<p><b>Health</b></p> <ul style="list-style-type: none"> <li>· Vaccinations required?</li> <li>· Potable water?</li> <li>· Medical supplies?</li> <li>· Advice on endemic diseases?</li> </ul>	M	<p>Yellow fever, rabies, tetanus, polio, hepatitis A and C vaccinations are up to date.</p> <p>Bottled water not available, but will boil water and use purification tablets.</p> <p>I will bring a first a first aid kit with dressings, needles and antiseptic wipes.</p> <p>I will use a mosquito net, repellent and a repellent plug for the room to prevent endemic diseases.</p> <p>I will take antimalarial medication.</p> <p>There has been a confirmed outbreak of Ebola in North Kivu province. I will be in South Kivu province where this disease has not been reported.</p>	L

1.2	<b>Security</b> <ul style="list-style-type: none"> <li>· Legal system – drug / alcohol prohibition / penalties?</li> <li>· Conflict?</li> </ul>	M	<p>Alcohol is not widely used in the area so I will refrain from drinking whilst I am there. I will be mindful of cultural values.</p> <p>In terms of conflict, FCO advices against travelling to South Kivu Province in DRC, outside Bukavu city. This province is very large and militia is limited to few locations. There is currently no conflict in Bukavu, Kahuzi-Biega National Park (montane area) and northern part of Itombwe Nature Reserve, where I plan to go. However, there are some militia in the lowland part of Kahuzi-Biega and lowland southern part Itombwe. I will not travel to these areas. I will always travel with park rangers who know the safe areas and are daily updated about security situation in the parks. If there is any sign of potential instability I will cross to Rwanda or Burundi following the emergency procedure detailed below.</p>	M
1.3	<b>Geography / Climate</b> <ul style="list-style-type: none"> <li>· Extremes of weather?</li> <li>· Altitude?</li> <li>· Infrastructure?</li> </ul>	M	<p>The weather in Kahuzi-Biega and Itombwe is hot and humid, so I will endeavour to keep hydrated and protected from the sun. I will use rain boots and raincoat in the field.</p>	L
2. PERSONAL SAFETY				

2.1	<b>Transport Problems</b> <ul style="list-style-type: none"> <li>· Reputable companies?</li> <li>· Vehicles involved?</li> <li>· Self-drive or driven by local host / private security firms?</li> </ul>	M	<p>I will fly into Kigali (Rwanda) and get a taxi from airport to my hotel. Next day I will use a public bus from Kigali to Bukavu (Omega or Impala company, 6h direct bus). In Bukavu, my colleague Dr Imani will pick me at the bus station and we will take a taxi together to the hotel. In Bukavu I will always travel by taxi.</p> <p>I will use a 4x4 car from the university (rented with an experienced local driver) to reach the villages around Itombwe and Kahuzi. In case of emergency I can also drive a 4x4 (I did it in Gabon, Kenya and Sierra Leone).</p> <p>I will travel in daylight hours and avoid night buses. In DRC, I will never travel alone (I will always be accompanied by my colleague Dr Imani or my student Rodrigue Batumike there).</p>	L
2.2	<b>Accommodation Problems</b> <ul style="list-style-type: none"> <li>· Fire Safety?</li> <li>· Access &amp; egress?</li> <li>· Security?</li> </ul>	M	<p>In Kigali, I will stay for 1 night at Discover Rwanda Youth Hostel (KN 14 Ave, Kimihurura, Kigali, Ruanda, Kigali +250 782 265 679) the day I arrive with the plane from Europe and the day before I leave back to Europe.</p> <p>In Bukavu I will be staying at Panorama Hotel which is a reputable hotel (no 12 Boulevard du Lac, +243 999 599 930). During fieldwork, in Mwenga (entry point to Itombwe mountains) I will be staying at the Church' guesthouse, at the Church' guesthouse in Uvira (entry/exit point Itombwe ) or camping inside the forest. While camping we will always have 2 park rangers with us for security.</p>	L

2.3	<b>Cultural Differences</b> <ul style="list-style-type: none"> <li>· Local customs?</li> <li>· Dress Code?</li> <li>· Religious Observances?</li> </ul>	H	<p>There are three religious communities in the area (Christian, Muslim and Animist) I shall not engage in religious debate. I will make sure I dress appropriately and keep covered.</p>	M
2.4	<b>Crime</b> <ul style="list-style-type: none"> <li>· Abduction?</li> <li>· Street Crime?</li> <li>· Alcohol / Drug Laws?</li> </ul>	L	<p>In Bukavu , Kahuzi Bienga and Itombwe the risk of crime is relatively low. I will use reputable travel companies and hotels to avoid risks. I will never travel alone and I will not travel at night to avoid street crime.</p>	L
2.5	<b>Communication Problems</b> <ul style="list-style-type: none"> <li>· Itinerary?</li> <li>· Media?</li> <li>· Contacts and Emergency Contacts?</li> </ul>	L	<p>Once in DRC I will email my supervisor the final itinerary. I will contact my supervisor once a week to keep him updated about the situation. I will keep my contact person in DRC informed of my travel plans at all times. I will always carry the emergency details with me.</p> <p>I will monitor social and traditional media to keep informed of any possible problems.</p>	L
2.6	<b>Security Arrangements</b> <ul style="list-style-type: none"> <li>· Private?</li> <li>· Host?</li> <li>· Security firm?</li> <li>· Other?</li> </ul>	M	<p>In Bukavu the hotel has full security. While camping in the forest we will have park rangers with us.</p> <p>Once I arrive in Bukavu, I will inform the Monusco (UN security) department of security that I am in the area. In case of emergency they can facilitate an evacuation to Rwanda (see below). I will always carry their contact with me (I will get their emergency phone number once I register with them).</p>	M

2.7	<p><b>Emergency Procedures</b></p> <ul style="list-style-type: none"> <li>· Insurance documents?</li> <li>· Travel Log?</li> <li>· Loss of passport/visa?</li> <li>· Emergency Contacts, e.g. Embassy, Consulate?</li> <li>· Safezone</li> </ul>	<p>Insurance documents printed out (and copies given to ICE)</p> <p>Travel log completed</p> <p>Passport copies printed along with copy of visa (and copies given to ICE)</p> <p>Emergency contacts for the British Embassy printed (and copies given to ICE)</p> <p>British Embassy Kinshasa</p> <p>83, Avenue Roi Baudoin</p> <p>Gombe, Kinshasa</p> <p>Email <a href="mailto:ambassade.britannique@fco.gov.uk">ambassade.britannique@fco.gov.uk</a></p> <p>Telephone + 243 81 556 6200 or +44 1908 516666</p> <p>Consular assistance (24 hour) +243 81 556 6200</p> <p>Health: there is a hospital in Bukavu, another hospital in Uvira and a small health center in Mwenga, entry point of Itombwe.</p> <p>After national elections the country instability has reduced. However, if there is any sign of potential instability I will cross to Rwanda or Burundi following the emergency procedure detailed below:</p> <p>a) If I am near Bukavu or Kahuzi-Biega (1hour drive from Bukavu) I will contact Monusco. (i) I can travel to Rwanda border by car or trunk with them. Or (ii) I can take a taxi to Kigali in Rwanda (6h). There is also a large Red Cross base in Bukavu, which facilitates transport to Rwanda for ex-patriates in case of emergency.</p> <p>b) If I am in Itombwe, we will walk/take motorbike to Uvira. From there I can take a taxi to Bujumbura in Burundi (1h) or take a taxi to Bukavu</p>	
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			(3h). There is also a small Red Cross base in Uvira, which facilitates transport to Burundi for ex-patriates in case of emergency.	
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3. Work Activity				
3.1	· Hazards Associated with work activity?	M	<p>Risks associated with travelling to people's homes for interviews. I will reduce the risk by having a field assistant/translator with me and keeping a record of my movements.</p> <p>Risk associated with fieldwork in the forest (measuring tree diameter, collecting plant samples). In Itombwe I will take two park rangers at all times. I will also reduce the risk by having a field assistant/translator with me and keeping a record of my movements. I will always carry a first-aid kit with me (I am a life guard and I have knowledge of first aid, Spanish certificates). There is telephone in parts of the park, in case we need to call for help. There are no forest elephants or major rivers in the park (no risk of drowning). I will use rain boots which helps reduce risk of spiders and snake bites. I will always carry a gps to avoid getting lost.</p>	M