

Hiking Club Transitional Guidelines

Revision date: May 15, 2020

The following guidelines must be adhered to by all participants:

- Hiking destinations will be set by the Hiking Club Board each month based on local EMS accessibility. Hike leaders will then be contacted to determine availability.
- Number of hikers per outing will be limited to 12; 10 Hikers, 1 Hike Leader, and 1 Monitor. This number may be reduced depending on state, county, or local regulations. Hikers will sign up through on-line registration. There shall be a Board Member to act as a Monitor on each hike to assure compliance with the guidelines listed below.
- The Hike Leader will check off members as they arrive to negate contact at the sign in sheet. Safety briefings will be conducted with proper social distancing. REGISTERING ONLINE WILL BE CONSIDERED THE MEMBER'S LIABILITY WAIVER.
- NO GUESTS AND/OR NON-MEMBERS WILL BE ALLOWED ON ANY HIKES while these Hiking Guidelines are in force.
- Should there be sufficient interest, another hiking group may be formed, but must depart at least 30 minutes later. This hiking group will also be limited to 12 participants and follow all required protocols. Having a 2nd hiking group will depend on the availability of hike leaders and the number of additional members showing interest.
- Drive as a couple or solo to hike locations (no carpooling).
- Social distance a minimum of 6' apart on all hiking activities. This must be maintained throughout hike. ***This is the key component in transitional guidelines and the key component in the spread of the virus and must be observed at all times but all participants for their safety and the safety of others.***
- Hikers are responsible for bringing their own water
- Hikers will determine their own lunch plans. If picnicking at a hike location, social distancing guidelines must be met.
- One hiker, to be determined by the Hike Leader before the hike begins, will carry the first aid kit to preclude multiple contacts amongst hikers.
- First Aid Kits will contain PPE (disposable gloves and masks). All First Aid Kit Bags will be sanitized with disinfectant before and after each hike and stored in Bruce Phillips and Debbie Peterson's garages.
- Should any minor First Aid be required by a hiker (i.e. cuts, scrapes, minor heat issues, etc.), action will be taken as practicable by the injured hiker. Should any major First Aid be required, EMS will be notified. PROPER PPE WILL BE USED BY ALL PARTIES INVOLVED.
- All hikers must carry hand sanitizer and "masks" (i.e. some type of designated face covering, including bandanas). The wearing of masks is not mandatory unless required by local regulations. However, masks should be worn in meeting other hikers or walkers on trails where social distancing is not possible. It is the hiker's responsibility to provide their own mask and hand sanitizer for personal use. It is not the club's responsibility to furnish it.

- Hikers are expected to notify the Hike Leader if they have experienced any recent illness or have been around individuals who are ill. Hikers will not be allowed to hike who display early symptoms of Covid 19 (fever, joint pain etc.). We understand that some members may not wish to hike at this time and respect their position.
- Each Hiking Club member shall comply with the above Guidelines. Members who do not comply may be restricted from future hiking.