

Additional Guidelines for Hiking - Updated as of 03-16-2020

There might come a time when circumstances require us to suspend scheduled hikes because of the novel Covid-19 virus. If that becomes necessary, we will notify members in an e-Blast.

In the meantime, **we expect all hike leaders and members** to follow these additional guidelines as a courtesy to the community and other members:

- 1) Hike leaders or members who exhibit symptoms of the virus (cough, sore throat, difficulty breathing) or other contagious illnesses, like the seasonal flu or the common cold, **should not join us on a hike**. Please stay home.
- 2) Hike leaders should divide the group into smaller groups (10 or fewer persons to a group) to maintain appropriate social distance.
- 3) Please keep an appropriate social distance (6 feet) from one another in circle-up, while hiking, and as the hike concludes.
- 4) Members should maintain appropriate social distance, especially at restroom breaks.
- 5) Please do not offer a greeting like shaking hands, fist bumping, high fiving, hugging or other physical contact.
- 6) Cover your cough or sneeze with a tissue or your arm. Throw any used tissue in the trash.
- 7) We respectfully remind you to use appropriate hand hygiene and recommend that you carry a hand sanitizer in your car or on hikes.

For further information, you may want to check the following: **Centers for Disease Control and Prevention, CDC:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Stay well.