

COVID PROTOCOLS-February 2022

REVISED COVID Guidance for PebbleCreek Hiking Club Members.

These guidelines may be updated by the Hiking Club board at any time as new information on or recommendations about the pandemic occur.

If you are not feeling well or have been in contact with someone with COVID-19 during the past 10 days, **DO NOT HIKE WITH THIS GROUP!!**

Hikers are encouraged to wear a facemask at least at the meet up place and to always stay six feet from others.

Traveling to the Trailhead:

Hikers are encouraged to use their own personal vehicles to travel to the **trailhead** or carpool with other hikers. Please do not ask to ride with another hiker at the meet up. If you want to share rides, arrange this personally in advance.

Hiking:

If you cough or sneeze, do so into a handkerchief or your sleeve to reduce the spread of droplets. If you feel unwell during a hike, inform the Hike Leader immediately. In case of a first aid scenario, the person(s) rendering first aid should wear disposable gloves and a facemask. Disposable gloves, **hand-sanitizer** and/or wipes are recommended to be added to the required items to carry for each Hiker.

If you or someone you know connected to the club has been in contact with or is diagnosed with Covid-19, please inform the club by contacting Vice President Nancy Love at PCHCVP@gmail.com . This will allow the club to inform other hikers of their possible exposure.

If you are exposed or test positive for COVID go to <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html> for guidance on isolation and quarantining.