



# Mid-Hudson Adirondack Mountain Club

P.O. Box 3674  
Poughkeepsie, NY 12603

## **Mid Hudson ADK COVID-19 Safety Hiking/Paddling Guidelines for Outings**

April 2021 revision

We are excited to be resuming our outings. That includes using health safety protocols. In order to protect ourselves and others from the COVID pandemic, we require outings leaders to follow CDC Guidelines. Please discuss any questions with the leader prior to the outing. If you arrive without proper personal protective equipment (PPE) or fail to follow these guidelines, you will be sent home.

### **Do not attend the outing if:**

- you currently have any symptoms of a respiratory infection (including cough, fever, sore throat, shortness of breath, or loss of taste/smell)
- have had any of the above symptoms in the past 14 days
- tested positive for COVID-19 in the past 14 days
- had contact with any confirmed or suspect COVID-19 case within the last 14 days

**Carry an easily accessible cloth face mask, or acceptable alternative** (e.g., a neck buff that you pull up when you need to). It should cover your mouth and nose. You must wear it at the trailhead / parking area and at other places where it is difficult to maintain 6 feet separation, such as when passing others on the trail and at a destination (summit, pond, etc.). Paddlers will also wear face masks when they cannot maintain a 6-foot distance -- e.g. during an assisted rescue and at other times when it's necessary to come closer in order to prevent a serious mishap.

**Stay at least six feet from others.** We maintain social distancing while on the trail and in the water. In order to facilitate this, leaders will keep groups relatively small and avoid encounters with persons who are not in the group – for example, stepping to the side of the trail to let other hikers pass (with backs turned). Canoe/ kayak leaders will require paddlers to maintain a 6-foot distance both on and off the water -- e.g. when unloading/ reloading boats onto car top carriers. If a boat is shorter than 6 feet, the owner should be ready to unload/reload it onto his/her car by him/herself. If the launch spot does not allow 6-foot distancing, only one boat should be launched at a time.

**Carry hand sanitizer or soap, and a pair of disposable gloves.** You can also carry small plastic bags if you don't have gloves.

**Be self-sufficient. Provide your own lunch, water, snacks, personal first aid kit and gear.** We do not share items such as packs, pens, snacks, water bottles, and trekking poles. In the event of a medical situation, trip leaders will seek to walk participants through their own first aid to avoid contact. Leaders will not bring food or drinks to share either during or after the outing (parking lot). If possible, bring your own map and sign the waiver form with your own pen. If you are paddling, bring PFDs, bilge pumps, float bags, extra paddles, etc. Paddlers should bring at least 2 face masks in a waterproof bag. Bring at least 2 in case one gets wet and is rendered unusable.

**Pre-register with the outings leader.** In order to facilitate social distancing, we are limiting the number of participants to 10, including the leader. People who are not pre-registered cannot attend. Pre-registration is also an opportunity for leaders and participants to talk beforehand.

**Be Prepared To Make Adjustments when Necessary.** Where possible, leaders will avoid the busiest trailheads. However, we may encounter an unexpectedly crowded trailhead, or a parking area that is already full. In that event, the leader may need to adjust the trip plan. Your cooperation will make the trip safer and more enjoyable,

**Let's Keep Helping Each Other.** We are working together to keep each other safe. Let's all be prepared and thoughtful not only at home, but also on the trail or in the water.