



ADIRONDACK MOUNTAIN CLUB

Outing Safety Guidelines

Trip leaders should go over these guidelines with all participants **prior** to the activity. Ideally leaders call each person by Thursday of the hike. If a participant arrives without proper personal protective equipment (PPE) or fails to follow these guidelines, they should be sent home. Participants and trip leaders should have PPE with them at all times. This includes face masks and hand sanitizer/soap. *Face masks are strongly recommended to wear throughout the activity. (See Below) Trip leaders should screen all participants before the hike and themselves with the following questions. Anyone who answers “yes” to any of these should not be allowed on the hike:

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

Face masks must be worn when within six feet of others. The following situations represent places where social distancing may be impossible, and a face mask will be necessary:

- A busy trailhead/parking area
- Public restrooms at trailheads
- When passing others on the trail
- At a destination (summit, pond, etc.)
- When stopping at rest areas, gas stations, etc.

At this time groups should be limited to 6-8 participants. Accept only ADK members. No hikes that involve shuttles, no carpooling except a family unit. Participants should provide their own gear. Sharing items such as backpacks, water bottles, and trekking poles is strongly discouraged. Participants that are not from the same household should maintain social distancing (six feet of separation or more) at all times. Exceptions can be made when someone needs assistance managing a trail feature (e.g. rock slabs, water crossings) so long as face masks are worn. In the event of a medical situation, trip leaders are encouraged to walk participants through their own first aid to avoid contact. If this is not possible, trip leaders may perform first aid. Both the trip leader and the person receiving aid should wear face masks and gloves throughout.

A meta-analysis of more than 150 studies, recently published in *The Lancet*, found that the chance of transmission when people are less than about 3.3 feet apart is almost 13%, but that drops to 2.6% when they are more than 3.3 feet apart, and double that is even better. And the chance of transmission without a mask is greater than 17%, compared with 3% when a mask is worn.