

ADK Chapter Coronavirus Safety Guidelines: Spring 2021

Below are ADK's current COVID-19 guidelines for chapters. These have been created using information provided by New York State, as well as our own organizational criteria for maintaining a high standard of safety for our members.

Summary

- **Required:** Adherence to interstate travel quarantines and restrictions
- **Required:** Group size limits based on state micro cluster strategy if applicable
- **Required:** Participant screenings in advance of activities
- **Required:** Adherence to outing and volunteer guidelines

- **Recommended:** Capping all group activities at 50 people (without state restrictions)
- **Recommended:** Restricting in-state travel to your regional council

New York Cluster Strategy

New York is using a cluster strategy to target and manage outbreaks. Under this guidance, ADK chapter outings and events would be considered “non-residential gatherings”. If your area sees a spike in cases and is thus designated a hotspot, then restrictions will be put in place that correspond to the severity of the case increase.

- [Click here](#) to see if your region has been designated as a hotspot.
- [Click here](#) to see current restrictions based on hotspot level.

Even if your region is not a hotspot, ADK asks all chapters to **limit in-person gatherings to 50 people as long as masks are worn and the meeting space is conducive to social distancing**. To accomplish this, outdoor meetings are generally preferable. Erring on the side of caution is our best protection.

Local Travel

ADK recommends follow CDC guidance for outdoor activities, which includes:

- Don't visit crowded parks or campgrounds
- Maintain social distancing at all times
- Wear a mask
- Wash your hands often and don't share items with people you don't live with.

The entire guidance for outdoor activities can be [found here](#).

When traveling, outing participants who are not vaccinated should not be sharing vehicles with anyone who is not a member of their immediate household. If avoidable, public transit for chapter outings is discouraged as well.

Interstate Travel

You can see New York's [current travel advisory here](#). All chapter activities and participants must be in compliance with these state guidelines.

What if I'm fully vaccinated?

The CDC recently released a set of guidelines for fully vaccinated people. Please pay close attention to any updates listed on their website, as changes are sure to come as we learn more about the vaccines and their long-term efficacy. You can read their [current guidance here](#).

Outing Safety Guidelines

Trip leaders should go over these guidelines with all participants prior to the activity. 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. Trip leaders should screen all participants and themselves with the following questions. Anyone who answers "yes" to any of these should be sent home:
 - Do you currently have any symptoms of a respiratory infection (including cough, fever, sore throat, shortness of breath, or loss of taste/smell)?
 - Have you had any of the above symptoms in the past 14 days?
 - Have you tested positive for COVID-19 in the past 14 days?
 - 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 all 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.
- Hikes should be limited to no more than ten participants in order to increase the ability to maintain social distancing while on the trail.
- 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.

Volunteer Safety Guidelines

The following should be used in addition to the above guidelines for outings. This guidance has been adopted from a document that ADK's professional and volunteer trail crews adopted last summer.

- Do not perform volunteer work when experiencing symptoms and avoid others who experience symptoms (see screening questions above).
- Clean and disinfect frequently touched objects using regular household cleaning or disinfecting products.
- Wear a face covering where other social distancing guidelines are difficult to maintain
- Project leaders should assign each trail crew member a specific task, which allows them to work on a project by themselves.
- Project leaders should assign work to ensure that crew members do not congregate during the project and will ensure that the crew maintains proper distancing of at least six feet from others, including the public.
- Projects should not be carried at locations and times when many recreationally uses are expected to be present.
- Hikers should be afforded the right of way so that there is no compulsion for the hiker to deviate from the trail.
- Each crew member should bring their own tools
- In the event that a tool needs to be shared, it must be disinfected with a sanitary wipe before transfer

Contacts

For questions about this guidance, please contact Tom Andrews, ADK President, at president@adk.org. Additionally, if a chapter outing participant tests positive for COVID-19 after an event, please contact local health officials and then notify Tom Andrews.

For technological assistance with digital meetings or other communications methods, please contact Ben Brosseau, Director of Communications, at ben@adk.org.