

ATTENTION:

Hiking Rules and Precautions Specific to COVID-19

The Sedona Westerners has instituted new policies this season in an effort to encourage hiking safely during the COVID-19 pandemic. **If you choose to hike with the Westerners you must agree to follow all such policies.** Please review the following:

- Group activities such as hiking, even with precautions in place, may present an increased risk of exposure to infection.
- Hikers over the age of 65 are at increased risk of COVID-19 related illness.
- **DO NOT HIKE with a group** if you have: chronic lung disease/moderate-severe asthma, serious heart conditions, poorly controlled diabetes, severe liver or kidney disease, immune deficiencies (such as organ transplant, recent cancer treatment, or if you are taking immune-suppressing drugs).
- **DO NOT HIKE with a group** (for 14 days) if you have recently arrived from (or traveled to) areas experiencing active COVID-19 outbreaks, or if you have been exposed to a COVID-19 infected person.
- **DO NOT HIKE with a group** if you are experiencing flu-like symptoms or fever.
- Hikers will be required to bring a pen (for Sign-In), a face mask (for Sign-In and if carpooling), and hand sanitizer to all Club hikes.
- Each hiker is required to wear a face mask during sign-in and hike briefing.
- Physical distancing, with single-file hiking and at least 6 feet physical separation, will be required on all hikes. Wear a face mask if unable to maintain at least 6 feet of separation while hiking.
- Hike within the assigned group of 10. Do not merge or change groups.
- If you have a **POSITIVE COVID-19 test** while actively hiking with the Club, you agree that you must and will report your status to the Westerners Trail Boss. Your identity will remain **confidential**, if desired, but the information will allow the Club to take steps to protect your fellow hikers.

Thank you for understanding. It's about hiking safely and protecting one-another.