

Hilltop Hikers Guidelines for Hiking and the Novel Covid-19 Virus (Corona Virus)

RELEASED 3/17/2020

Hiking is an important activity to all of us in maintaining both our physical and mental health. It is also our responsibility to be courteous of everyone in the community and comply with both State and Federal mandates. With that being said, we **WILL NOT** suspend our hiking schedule. There may be circumstances that require us to postpone events or make adjustments to the schedule. We are monitoring the ODNR's website closely. <http://ohiodnr.gov/odnr-operations-during-coronavirus-outbreak>
An email will go out to the club as we make changes. Please check your email before attending each hike.

It is extremely important to visit, educate yourselves and follow the recommendations on the websites below.

If you choose to hike with the club, please follow these guidelines:

- 1) Hike leaders and members who exhibit symptoms of the Covid-19 virus (fever, dry cough, shortness of breath), flu-like symptoms, common cold, bronchitis or any other contagious illness **should stay home until you do not have symptoms! Hike leaders please follow protocol for cancelling a hike.**
- 2) Hikers will still sign the sign up sheet, but should bring and use their own sanitizer if they feel the need after sharing the pen and clipboard.
- 3) Please keep the suggested distance (approximately 6-foot) between you and your fellow hikers while circling up and hiking.
- 4) Refrain from physical contact with one another including shaking hands, fist bumping, hugging etc...
- 5) Cover your cough/sneeze and sanitize frequently.
- 6) Be mindful of your personal health situation and do what is best for you after discussing it with your health care provider.

OHIO MIKE DEWINE'S WEBSITE:

<https://governor.ohio.gov/wps/portal/gov/governor/media/news-and-media/urge-passing-of-emergency-coronavirus-measure>

WORLD HEALTH ORGANIZATION:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

CENTER FOR DISEASE CONTROL: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>