

HILLTOP HIKERS

Guidelines: Hiking During COVID-19 updated on 10/16/2020

In response to the coronavirus (Covid-19), Ohio Governor DeWine imposed certain restrictions on activities in the state, including gathering size and social proximity. Until restrictions on gathering size and proximity are lifted, hike leaders and hikers are responsible for following these guidelines to keep us all safe. **Like all physical activity, people hiking under this health emergency do so at their own risk.**

- Be respectful of your fellow hikers and all other trail users. This is a health emergency and many people have health issues or interact with others that can be adversely affected by this virus.
- Our hike group will follow federal, state, local and park specific public health recommendations.
- **This means no groups larger than ten. In order to keep hiking as a group under the state guidelines, we need to break our hikers up into groups of 10. Leaders, please subdivide your groups appropriately before the start of the hike.**
- Stay home if you are sick, have a fever or do not feel well. Cover your cough/sneeze and sanitize frequently.
- Use social distancing and maintain at least 6 foot distance between individuals. Single file on narrow trails. **Keep the 6 foot distancing** when re-grouping, photo opportunities, and turnaround point. Spread out.
- Give other hikers a wide berth when passing on the trail. Move over, step off trail if possible, to allow approaching hikers to pass.
- Masks: it is suggested that **all hikers carry a mask, bandana, or buff on the trail**. Best practices: cover your face as you pass or are being passed.
- Bring your own pen to sign the sign-up sheet.
- Restrooms may not be available. Water fountains are not turned on. All visitor centers are closed.
- Please maintain at least 6 ft distance while circling up, saying names and presentation of awards.
- **We are now allowing guests, 18 and older, to hike with us. They must follow the above rules. Leaders, please go over the rules with them when they sign in.**