

Guidelines for Hikes and other Outdoor Activities
Old Dominion A.T. Club
Revised, May 4, 2021

To allow hikes and other outdoor activities to continue while preventing the spread of COVID-19, the following rules and guidelines apply to club events. Trail maintenance activities have additional health restrictions, including smaller group size limits. While the club would like to rely on guidelines alone, a few rules are essential.

Essentials:

1. Preregistration is required for all activities except hikes of a half-day or less, with a group size recommendation of 15 people for full-day or longer activities and 25 people for half-day activities. Trip leaders may limit groups to smaller sizes at their discretion.
2. The attendance list must be complete and legible, because it would be used for contact tracing if a participant develops the virus. Participants should use their own pens or a disinfecting wipe should be used on the pen between signers.
3. All people must maintain the required 6 feet of social distancing at all times during the activity. Activities where this is not possible will not be scheduled.
4. If you aren't feeling well, or have been exposed to someone who has virus symptoms or has tested positive with COVID-19, please stay home. Leaders should emphasize this when registering people for the hike, as well as at the start.
5. If someone develops COVID-19 symptoms within 14 days of a club event, they or a family member should notify the club.
6. At the recommendation of the Appalachian Trail Conservancy, club-sponsored carpools are not permitted at this time.

Guidelines:

1. Avoid scheduling activities to areas expected to be very busy, such as weekend trips to the James River Park System or popular areas in Shenandoah National Park.
2. Please avoid indoor gatherings, such as for meals or drinks, after the club activity.
3. Participants should have a mask and hand sanitizer available for use. A mask is not mandatory outdoors, but those choosing to wear a mask should not be discouraged.
4. Indoor club events, such as museum trips are strongly discouraged.
5. Participants should not carpool to the hike location unless they are members of the same household or all vehicle occupants are fully vaccinated.

If the COVID-19 situation changes, and governments reimpose restrictions on public gatherings, the club may again discontinue its activities.