

CENTER HIKING CLUB (CHC) Guidelines, Waiver and Release of Liability (June 2020)

Disclaimer

Participation in any CHC hikes is voluntary. Each Meetup hike posting will contain a requirement for the hiker to read: (1) the CHC special COVID-19 Guidelines: (2) the COVID-19 Waiver and Release of Liability, and then write "I accept" in response to the Meetup question. Those who do not accept online prior to the hike will not be allowed on the hike.

CHC Rules

Local laws: Even though some parks and trails are open, there may be other local orders that may preclude you from joining a hike. You are responsible for knowing what regulations apply to you and abide by them.

Limit on Number of Attendees: Hikes will be limited to 10 or fewer people including the hike leader(s). No guests will be permitted. Now that Phase 2 has begun in the greater DMV area, more than 10 people will be allowed on the hike. This is up to the discretion of the hike leader.

No car pooling. Hikers will meet at trail head.

RSVPs Please be diligent about changing your RSVP to "no" as soon as you realize that you cannot attend a hike.

Hiking rules

1. **No car pooling.** Hikers will meet at the trail head.

2..**Social distancing:** All hikers and leaders must maintain at least 15 feet of distance from others when hiking and at least 6 feet when not hiking. 3.

Masks: All hikers are required to bring a mask to the hike and wear them when indoors and within a distance of 6 feet from others.. Individual hike leaders will have discretion to mandate masks while hiking.

4. **Cover** all coughs and sneezes.

5. **Health:** You are barred from hiking if you have had COVID-19 within the past 21 days and have not been tested to be free of the virus; or if within the past 21 days, you have been exposed to a person with corona virus.

You are barred from hiking if you or anyone in your household had any of the following symptoms in the last 21 days: cough, shortness of breath, fever greater than 100 degrees, chills, muscle pain, headache, sore throat, new loss of taste or smell in past two weeks, vomiting, diarrhea, generally do not feel well;

6. Notification: Please notify leaders if you are diagnosed with COVID-19 within 21 days after completing a hike,

7. Gear and food: Wear hiking boots on rough terrain. Wear a hat. Bring sun screen, water and pack a lunch/snack .

8. Fitness: Do not hike if you are not medically fit , or have participated in a similar hike and been unable to complete hike.

Liability Disclaimer

Any person participating in any Club activity, whether a member or non-member of the Club, is responsible for his or her own safety, health and welfare, and must assume, and agrees to assume all risks and liabilities related to, or resulting from, any and all Club activities. The Club, its leaders, officers and representatives are not liable for any injuries, losses, or damage to persons, children, pets, and/or other property, arising directly or consequentially out of any trips and/or activities of the Club.

COVID-19 Waiver and Release of Liability

By responding "I accept" to the Meetup question, I acknowledge: the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to the novel coronavirus or become infected with COVID-19 as a result of participating in Center Hiking Club (Club) and that such exposure or infection may result in personal injury, illness, permanent disability, or death; that the Club has put in place reasonable preventative measures to stop the spread of COVID-19; that participating in Club activities could increase my risk of contracting COVID-19.

I hereby release, covenant not to sue, and discharge and hold harmless the Club, its volunteer officers and hike leaders of any liability related to my participation in Club activities. This includes any claims based on the actions, omissions, or negligence of the Club, its volunteer officers and hike leaders.