

SMHC COVID Committee updates COVID guidelines

As we have done since 2020 and the beginning of the COVID pandemic, we periodically re-assess our COVID guidelines based on CDC recommendations. Despite lower case numbers, hospitalizations, and deaths compared with the height of the pandemic, COVID-19 infections and deaths still happen and pose a real threat, especially to those who are not vaccinated, or have weak immune systems like seniors or immunocompromised individuals. The CDC recommends the following:

- Stay up to date with COVID-19 vaccines
- Get tested if you have symptoms

It is always your personal decision as to preventative measures you use going forward, and we would ask Club members to continue to show the excellent mutual respect towards others that they have in the past. The guidelines going forward are therefore:

1. One hike leader will serve as pre-registration contact with email and phone number available in the write-up. Pre-registration at [smhclub.org](https://www.smhclub.org) is still required for all hikes.
2. Hikers must sign a release form on official hikes with accurate contact information.
3. Inform hikers if anyone becomes ill within a few days of the event, with symptoms concerning for COVID-19, to contact the hike leader immediately. For regular pre-hike prep, see: <https://www.smhclub.org/Preparing-for-a-Hike>
4. All participants should have hand sanitizer or wipes.
5. If leader(s) or any participant feels sick, please stay at home.
6. If leader(s) need to alter planned activity please contact an SMHC Board member ASAP to discuss proposed changes.

Stay safe and healthy!

Updated February 2024