

COVID 19 “New Normal” Checklist

Please use this guide to ensure we can all enjoy walking together safely!

Item	Walkers	Walk Leader
Liability Waiver	Sign and submit the revised 2020 waiver prior to your first walk during our “new normal”.	At the beginning of the walk, ask to make sure all walkers, including yourself, have signed the revised 2020 waiver.
Walkers	Do not show up for a walk, unless you are registered and have received the confirmation email from the leader. We will not be able to accommodate extra walkers.	Make sure group size is limited to 10 people, including walk leader(s). If unregistered walkers show up, invite them to go on their own solo walk along a route of their choice.
Recreate locally	Only attend walks within a 10-mile radius of your household as per the current recommendations.	Only plan walks within a 10-mile radius of your household.
Flexibility	Be willing to adjust to the change in plans if the walk trailhead of choice is full.	Make sure that you have an alternate plan in case a trailhead or parking area is crowded. This alternate plan should be listed in your walk description on Walk2Connect.
Self Screening	Take your temperature 24 hours before and the morning of the walk. Let the leader know if you’re experiencing any symptoms associated with COVID-19. If you are in the high-risk category as per CDC guidelines (https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html), assess if this walk is right for you.	The day prior to the walk, message participants with any last minute updates, remind them to take their temperature, and include the CDC guidelines. Ask walkers if they have experienced any symptoms associated with COVID-19 in the last 14 days. Make sure walkers are aware of preexisting conditions that place them in a high-risk category, as per CDC guideline. (https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html).
In the event that a walker experiences	If you experience any symptoms associated with COVID-19 within 14 days after the walk, you must	If you experience any symptoms associated with COVID-19 within 14 days after the walk, you must report these

symptoms associated with COVID-19 within 14 days following a W2C Walk.	report these symptoms to the walk leader. Additionally, if you test positive for COVID-19 within 14 days after the walk, you must report it to the walk leader.	symptoms to the W2C Core Owners @ info@walk2connect.com. Additionally, if you test positive for COVID-19 within 14 days after the walk, you must report it to W2C Core Owners. Please report any walkers any walkers that self-identified testing positive for COVID-19.
Masks	For the safety of yourself and all the others, please wear a cloth face covering that completely covers your mouth and nose during the walk.	All walkers and leaders must wear a cloth face covering that covers the mouth and nose at all times. Communicate this to walkers pre-walk and during the walk.
Hand Hygiene	You must carry either alcohol-based hand sanitizer or biodegradable soap on your person at all times during the walk.	All walkers and walk leaders must carry either alcohol based hand sanitizer or biodegradable soap at all times during the walk. Communicate this pre-walk and during the walk.
Carpooling	Carpooling is not recommended, unless you are attending a walk with someone from your household.	Let walkers know that carpooling is not recommended, unless you are attending a walk with someone from your household.
Social Distancing	Maintain a minimum of 6 foot distance from walkers and other recreators at all times.	Let the group know that they must maintain a minimum of 6 foot distance from walk walkers and other recreators who are not members of their household or party at all times.
Bathroom Breaks	Refrain from using public restrooms. Wash your hands after every bathroom break.	Remind walkers that public restrooms may be closed and use of public restrooms is not recommended.
Time		Schedule walks at times when less people will be recreating outdoors (weekdays, early mornings and late evenings).
Route	Pick a walk and route well within your ability-level.	Pick a route that is lower risk of injury: easy or moderate routes and trails.
Indoor	A cloth mask that completely covers your mouth and nose must be worn at all times during the indoor event. Maintain a minimum of 6 foot distance from others.	A walking event can use an indoor space as long as the space allows for social distancing and group size requirements to be met.