The Vermont Forward Plan Universal Guidance is the baseline guidance for the outdoor recreation sector. That is adapted below to apply to GMC Outings. You may see the full Universal Guidance here: https://www.vermont.gov/vermont-forward#gsc.tab=0

Additional guidance expands on practices specific to GMC Outings. This guidance applies to all trip leaders and trip participants.

1. **Stay home if sick.** Participants that have signs and symptoms of COVID-19 or have tested positive for COVID-19 are not allowed on the outing. Unvaccinated participants who have not had COVID-19 in the past 90 days and have had close contact for more than 15 minutes with any person who is diagnosed with COVID-19 are not allowed on the outing. See the Department of Health’s guidance for more information on exposures.

2. **Wear a mask.** The State of Vermont currently has a mask mandate. As section outings are outdoors, we have modified guidelines based on the update to the outdoor masking policy which took place on Friday, April 30th, 2021.
   - “As of Friday, April 30, 2021, Vermonters are no longer required to wear face coverings over nose and mouth when they are in outdoor public spaces, provided sustained or prolonged close contact with individuals from outside their household can be avoided.
   - Vermonters and visitors are still required to wear masks or cloth facial coverings over their nose and mouth any time they are in public spaces, indoors or outdoors, where they come in contact with others from outside their households, especially in congregate settings, and where it is not possible to maintain a physical distance of at least six feet.”

   Outing participants do not need to wear masks while hiking provided that they can maintain a physical distance of at least six feet. Participants should still bring and wear a mask should they enter a crowded area such as a trail intersection, busy summit or have to participate in a search and rescue/medical emergency. Participants should wear a mask when meeting in the public parking area.

3. **Ensure six-foot spaces and uncrowded places.** All hike participants should maintain at least 6-feet of social distancing on the outing outside of your household. Fully vaccinated participants may gather closer than 6-feet.

4. **Practice good hygiene.** Hike participants should avoid sharing food, gear or equipment amongst those not in their households. In the event that you must share it is recommended to sanitize the shared item prior and wash or sanitize hands afterwards. Follow other practices of good hygiene.
5. **Think before you travel.** Follow the state’s travel guidance and educate your hike participants about the state’s policies. As of May 9, 2021, the travel guidance is below.

- Except for international travel, travel no longer requires quarantine.
- Vaccinated people do not need to get tested before or after travel.
- Unvaccinated people (including children) must have a COVID-19 test within 3 days before arriving in Vermont and that test result must be negative to participate in the outing.
- Unvaccinated Vermonters (including children) who have traveled outside the state must be tested within 3 days of returning to Vermont and that test result must be negative to participate in the outing.

**Guidance Specific to GMC**

- Carpooling- carpooling is OK for those who are fully vaccinated, which is defined as 14 days after your final vaccine dose. If all carpoolers are fully vaccinated masking is not necessary. Each carpool vehicle may contain people who are not fully vaccinated from no more than one household. If there are any carpoolers who are not fully vaccinated then all carpoolers should mask.
- Parking- Have a back-up plan if the parking lot is at or over capacity.
- Participant RSVP- Trip leaders should still require RSVP to ensure that all participants receive COVID-19 guidance and are informed and prepared for the hike.
- Sign-up Sheet- At the start of each trip collect participants names, phone numbers and e-mails and after the hike send that information to lcurrier@greenmountainclub.org to be filed in the event contact tracing is necessary.
- Hike Options- Aim for a route that is less likely to be crowded on the day and time of the trip. Consider weekdays or early starts. This is a good opportunity to get out on less traveled trails.
- Group Size- Limit outings to 10 hikers, including leaders. If you must go over 10 break up into two smaller groups.

**COVID-19 Resources**

Vermont Forward Plan; Gov. Scott’s Phased Re-opening Plan- https://www.vermont.gov/vermont-forward#gsc.tab=0

Agency of Commerce and Community Development Cross-State Travel- https://www.healthvermont.gov/covid-19/travel-quarantine


---For questions, concerns or comments related to this guidance contact Lorne Currier, Volunteer and Education Coordinator, lcurrier@greenmountainclub.org, 802-241-8329.