

MIDDLE MOUNTAIN INTERPRETIVE HIKES



2021 / 2022 COVID-19 Policy / Safety Guidelines

We have put procedures and protocols in place for the safety of the public, our volunteers, and our staff during the Coronavirus pandemic. We are only able to offer public hikes and activities if hikers fully comply with these protocols. Thank you for your cooperation.

BEFORE SIGNING UP, ASSESS IF THIS HIKE IS RIGHT FOR YOU:

- If you are at high risk for COVID-19 or with pre-existing health conditions, you should not attend.
- **You must be fully vaccinated for COVID-19.**
- Group size is limited to a total of 15-paid hikers, and you must register in advance to participate.
- Guests are expected to follow safety procedures.

PRIOR TO ARRIVING:

- Review the information on your confirmation email advising you of what to bring and how to prepare.
- **If you have had any flu-like or COVID-19 symptoms, fever, or cough in the past 24 hours, or think you have been exposed to someone with the virus, please stay home and join us another time.**
- Before leaving your home, take your temperature (must be less than 100.4°), and thoroughly wash your hands with soap and water.
- **Fill out the [Liability Release Form](#) on the next page and bring it with you.**

AT HIKE CHECK IN:

- When you check in, you must have this completed Liability Release Form with you to continue.
- All of our Guides and Guests should wear face coverings when within 6 feet of others. Be prepared to cover your nose and mouth and give others space.
- While on the trail, maintain at least a 6-foot distance from anyone not in your immediate household.
- Bring your own face coverings, hand sanitizer, and sufficient water & food for the hike. Please carry them with you at all times and keep them in easy access. No sharing of personal items with people outside of your household.

If you are not comfortable or able to comply with the Safety Guidelines stated above, we respectfully ask that you do NOT sign up to hike with us this season. Thank you.

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Liability Release Form

A California Non-Profit Corporation [501 c (3)]

I recognize that there are foreseeable and unforeseeable risks associated with any outdoor activity, including but not limited to travel, plant and animal hazards, accidents, illnesses, acts of nature, man, and God. I understand that there is to be no smoking or vaping at any time during this activity, that I am to stay with the organized group during our activity, and that I will remove nothing from the activity site except by permission of the guide.

In consideration of the right to participate in this activity, I, on behalf of myself, my family, estate, heirs and assigns, release and upon request will indemnify and defend, the Middle Mountain Interpretive Hikes, its officers, employees, agents, volunteers, and guides and any landowner(s) on whose property the activity may take place from and against all claims, damages, and responsibilities, including attorney's fees, for losses or delays due to any reason whatsoever suffered by me or my property arising out of my participation in the activity and assume all risks and dangers in connection with the activity.

- I have not had any flu-like or COVID-19 symptoms, cough, or fever in the past 24 hours, or been exposed to anyone with COVID-19.
- I agree to wear a face covering when I cannot maintain a 6-foot distance from others.
- I have been fully vaccinated for COVID-19. _____ ← ← (please initial here)

By my signature below I do affirm that I have read, fully understand, and fully concur with all of the above.

Signature: _____

Printed Name: _____

Address: _____

E-Mail Address: _____

Contact Phone #: (_____) _____

(If you come down with COVID-19 [in the next 14 days], please notify us for Contact Tracing.)