

TRANSFORMATIONAL TREKKING

Train, Trek, Transform!
sheri@transformatortrekking.com
206-465-1795



COVID-19 Protocols and Important Details for 90 – Minute & 2 – Hour Trek Training Sessions

Welcome Wonderful Trekkers! I am very excited for the start of the fall trek training season. Prior to coming to your first session it is very important that you take the time to read this trek training document. In this document you will find:

1. Rules/Expectations for Trek Training Sessions During COVID-19
2. Addresses and Where to Meet for the 90 – Minute Park Sessions
3. How Each of the Sessions Will be Run in Regards to COVID-19
4. What to Bring
5. What to Wear
6. Weather Cancellations and When It Rains ☺

Rules/Expectations for Trek Training Sessions During COVID-19:

I wish we didn't have to have all these new rules, however, to keep everyone safe, and for everyone to *feel* safe while training in our group, they are necessary. Thank you for understanding.

- In order to participate in trek training you will need to have signed the COVID-19 DocuSign forms.
- Please come to your session 15 minutes early, this will allow for stick rolling, introductions and COVID-19 rules review that is required prior to each session. Everyone has to be present for the rule review. The goal is to start hiking right at the session start time.
- Wear a mask that covers your nose and mouth.
- Keep the mask on throughout the session unless you are having trouble breathing. (Read below for what to do in those cases.)
- Always keep 6 feet or more of distance between you and other people even with your mask on.
- Take your temperature prior to each session. If your temperature is 100.4 or higher, please let Sheri know ASAP & stay home. This information will remain confidential.
- If you have any symptoms of COVID-19, as listed on the DocuSign forms, let Sheri know ASAP & stay home. If you are diagnosed with COVID-19, your name will remain confidential, but Sheri will need to discretely inform those who were at the session/s with you. For anyone testing positive for COVID-19, your return to trek training will depend on current state guidelines. For those who are contacted as possibly exposed, they may resume trek training either after test results have come back negative or they have self-quarantined for 14 days without symptoms. This may result in the cancellation of trek training for an

undetermined amount of time. Due to this, we ask that you please do your best to follow state-established guidelines throughout your day so that we may continue to have a safe, uninterrupted trek training season. Upon saying this, we realize that one can still catch a contagion even if they are being disciplined about safety measures. Let's stay safe so we can keep going outdoors together! ☺

Addresses and Where to Meet for the 90 – Minute Park Sessions

Lower Woodland Park - New Parking and Meeting Spot:

Parking is now available at the lower end of the park. We will park in this open lot that runs along Green Lake Way N. and the Lower Woodland fields (baseball, soccer & track). If possible, do your best to park in a spot that is not right next to another car.

- Address: 5421-5461 Green Lake Way N. Seattle, WA 98103 After parking, walk through the play fields to the tennis courts (about a 5 minute walk). We will meet at the far end of the tennis courts (opposite the car entrance end). Cars are not allowed in this area so we will have room to spread out (6 feet apart) for our stick rolling, introductions and COVID-19 rules review. If at some point during the season the rest of the Lower Woodland parking lots open, we will go back to our usual meeting spot.
- Note that we won't be going back to the cars to put rolling sticks away, so be sure yours is small enough to fit in your day pack or you can use your hiking poles to do your stick rolling.

St Edward's State Park: (Discover Pass needed for this park)

Address: 14445 Juanita Drive NE., Kenmore, WA 98028

Road Construction: Currently there is on going road construction along 68th Ave NE and continues along Juanita Dr NE. This is the main road leading to the park. Plan for at least 5 minutes of extra drive time. I was stuck for 10 minutes once, but usually they only stop you for a minute or two at each stop. You can expect anywhere from 1-3 stops along this road.

Directions upon arrival to park entrance: turn into the park and go straight. You will come to a place where the choice is to go to the left (to Bastyr) or to go right. Go right. Do not go into Bastyr. Next, keep straight past a big field on your left. At this point you will come to your first parking lot on the left side. Turn into the first lot on the left and do your best to choose a parking spot that is not next to another car to ensure adequate personal space. If there is not enough room to park in this lot then you can park in the next lot just above this one.

Where to meet for stick rolling, introductions and COVID-19 rules: at the picnic tables just below this first parking lot. The picnic tables are close to the bathroom and shaded by trees. The Old Catholic Seminary will be in front of you. It is currently under construction. Choose a spot near the picnic tables that will ensure you are 6 feet away from others (Sheri will help organize this).

Yost Park:

Address: 9535 Bowdoin Way, Edmonds, WA 98020

Parking and Meeting Spot: Upon entering the park, do your best to choose a parking spot that is not next to another car to ensure adequate personal space. We will meet to the right of the outdoor swimming pool building. The area to the right of the building has a small playground (currently not in use). Find a spot in this area where you will be 6 feet away from others (Sheri will help). Sheri will go over all new COVID-19 rules prior

to each session as we do our stick rolling. If you don't have a rolling stick or if you don't want to bring one, you can use your hiking poles as your rolling stick.

COVID-19 Protocol During the 90 – Minute Sessions:

For the walking/hiking part of the warm-up and whenever we are walking to get to the next hill or to an area to do other trek specific exercises, wear your mask and do your best to maintain 6 feet of distance between each person. If you are having trouble with your mask or your glasses and need to adjust, drop to the back or pull off to the side and let others pass allowing for 6 feet or more of distance prior to adjusting your mask and/or glasses. Once adjusted and your mask is back on, please join the group again. 😊

During the balance work, dynamic stretches, glute work, squats, lunges etc. we will find an open area in each park that will allow us to maintain 6 feet apart. Again please keep your masks on. If you are having difficulties breathing during these exercises you can move further away (20 feet from others) to allow you to remove your mask and breathe properly during these exercises. If 20 feet is not available then resting during the exercises or doing half the amount would be recommended to allow you to slow your breathing and catch your breath. As you get in better shape, you will be able to do more and more with your mask on.

During our hill intervals, sideways shuffle, and walking backwards up hills, you will be staggered by 10 seconds of walking distance between each person. Faster paced clients will go first, and slower paced clients will go last. These exercises tend to increase breathing rate the most. As we are learning what our new pace is with our masks on, you will be encouraged to start at a slower pace. Normally with hill intervals you are instructed to walk at a pace where you would have a hard time holding a conversation, but never feeling like you are gasping for air. To build to this, however, we will need to progress more slowly as the mask creates an added challenge. The goal is to find a pace where you can keep your mask on throughout the interval without breathing difficulties. As we are learning our new pace, if you find yourself having trouble breathing, slow your pace and or step to the side, away from others (at least 6 feet or more) to remove your mask so you can breathe properly. If you are brand new to exercising with a mask on, it will probably take a few weeks before you feel you have it down. However, before long you will feel more and more comfortable wearing the mask as you hike and workout. As you get in better shape you will notice your pace increase as well. And there will come a time when you feel naked without the mask! 😊

Cool down – we will choose an area that will allow 6 feet of distance between each other and then do our usual static stretches. Again, please keep your mask on during this time.

COVID-19 Protocol During Wednesday's 2 – Hour Local Park Hikes:

Keep your mask on throughout the 2-hour hike unless you are having trouble breathing. If at anytime you are experiencing difficulty breathing, slow down, step to the side of the trail so you are away from others (at least 6 feet) and then remove your mask so you can breathe properly. Once you have caught your breath and your breathing is back to your normal exercise rate, please place your mask on and rejoin the group. **If you wear glasses and experience them fogging up,** pull off to the side, and stop hiking to adjust your mask and clear your glasses of fog. Ensure you have 6 feet of distance between you and others before adjusting your mask.

COVID-19 Protocol for All Sessions:

Using public bathrooms: If the restroom has soap but doesn't have warm water than also use your hand sanitizer spray or wipes. If the restroom doesn't have soap then be sure to use your own hand sanitizer and scrub/rub in for 20 seconds. Open the bathroom door with a paper towel or a hand sanitizer wipe. Most of the public outdoor bathrooms don't have paper towels, so be prepared with your own hand wipes/paper towels. ☺

If at anytime you feel uncomfortable during a session – possibly you see someone in the group who is forgetting one or more of the group rules and it makes you feel unsafe - please find a way to discretely let the instructor know, so they can gently talk with the individual or to the group as a whole depending on the situation. Usually it is a matter of a quick reminder as we are all learning in this process and it takes practice to remember all the requirements. Or if you feel uncomfortable with the above rules, email or call me and voice your opinions. I am very open to ideas, and suggestions. My highest priority is your health and safety and that you feel safe while working out in this group environment.

What to Bring, Wear and Weather Protocol

What to bring:

1. Hiking Poles – Mandatory!
2. Rolling Stick for warm-ups and cool downs (Look for *The Stick* on Amazon. I recommend the smaller-sized travel stick so you can take it with you on your adventures.) **If this is your first time out to trek training**, you can wait to see what others in the group are using before purchasing. You can also use your hiking poles as a substitute until you find a rolling stick you like.
3. Hand Sanitizer – use anytime you need to touch a picnic table or handrail for balance purposes. Rub the hand sanitizer in for 20 seconds just like when you wash your hands.
4. Two masks that cover your nose and mouth – one to use and one in case the first becomes unusable.
5. Daypack to hold your water, valuables, extra mask, plastic gloves/paper towels (for public bathrooms) and layers of clothes. I use an Osprey 20-Liter Pack for the training sessions, but I prefer a 30-Liter for the 3-4 hour hikes. This Osprey day backpacks have **hip belts for maximum comfort and support**. I highly recommend that any backpack you use have a hip belt. If you are purchasing one for the first time, be sure to be properly fitted. REI does a great job of fitting you with the proper-sized backpack.
6. Water bladder (32-64 ounces): Osprey or Platypus are both good brands you can find at REI. If you are new and do not have one, feel free to bring a water bottle until you purchase one. The water bladders help us to keep the training sessions moving along, Whereas water bottles tend to slow the group down.
7. Training snack and/or Nuun Tablet or Gatorade powder to put in a small water bottle, but not in your water bladder.
8. Hand towel – in case it rains and you need to dry your face, pack, hands etc

What to wear for weekly sessions:

Dress for the weather! Basically wear comfortable workout clothing. **Summer/fall gear** could be shorts, t-shirt and a hat or cool long sleeve shirt and/or cool hiking pants that are easy to move in. Of course, rain is always possible so having a rain coat handy is a good idea! **During the winter:** long sleeve workout shirts (may also need a fleece or down jacket), raincoat or rain resistant workout jacket, hat or ear-warmers, gloves, long tights or hiking pants. **Later Spring:** lighter gear may be appropriate such as t-shirts, a light-weight workout jacket, capri-type workout pants, light-weight hiking pants or possibly shorts. **For footwear:** running shoes or trail-running shoes for 90 minute sessions, and hiking boots or other trail-appropriate shoes such as trail runners for our hikes. **During COVID-19 everyone is required to wear a mask that covers you nose and mouth.** It is best to bring 2-3 masks in case one falls and gets dirty or one breaks.

Will sessions be canceled due to bad weather? The only time sessions will be canceled will be in the event of a **bad** snowstorm, windstorm, lightning storm or earthquake. I will let you know ahead of time via email or text. If by chance any of these develop while we are working out, we will assess and cancel if need be. Safety of all will always be the number one deciding factor!

When it is raining, and it often does in Seattle, bring your raincoat! We will still workout! Let this group be the motivation to keep you working out even when it rains!

When it rains, be sure to dress appropriately:

- Rain coat, with rain hat
- Rain resistant or waterproof pants or pants that are easy to workout in while they may be wet (sometimes I wear running tights - very similar to yoga pants - but not cotton.)
- Gloves that you don't mind getting a bit wet and possibly a bit dirty
- Line your daypack with a heavy-duty plastic garbage bag to keep all contents inside dry!
- Small towel to keep in your pack, in case you need it during the session. Large towel to dry yourself off with after the session and to sit on to help keep your car seat dry :)
- Change of socks and shoes for after the session, dry top to change into just in case!
- To reiterate, it is especially important to have on hand your hiking poles (due to the condition of the trails), and to make sure you have drinking water (you may not feel thirsty in the rain, but you still need to hydrate!)

I know rain can sometimes be a deterrent to working out in the outdoors. But remember, when you are out on your adventure, sunny weather is never a sure thing and you will most likely experience some very rainy days that you will have to walk through. Rainy workouts can make great memories, stories and provide a wonderful sense of accomplishment! You will also find out which clothes and shoes work well in the rain and which don't! This will help you to be even more prepared for your adventure!

Cheers and until we start, keep on trekking! ☺

-Sheri Goodwin

