

TRANSFORMATIONAL TREKKING

Train, Trek, Transform!
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COVID-19 Protocol & Important Information for Monthly Hikes

Welcome Wonderful Trekkers! I am very excited for the start of the fall trek training season. Prior to coming to your first 3- to 4-hour hike it is very important that you take the time to read this trek training document. In this document you will find:

1. New COVID-19 Rules for Hikes
2. What to Bring
3. What to Wear
4. Carpooling
5. Weather & Cancellations
6. Using Public Bathrooms
7. The Ten Essentials

New COVID-19 Rules for Hikes:

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

- In order to participate you will need to have signed the COVID-19 DocuSign forms.
- Please come to the hike 15 -20 minutes early, this will allow for stick rolling, introductions and COVID-19 rules review that is required prior to each hike. Everyone has to be present for the rule review. The goal is to start hiking right at the start time. Thank you for your understanding.
- Wear a mask that covers your nose and mouth.
- We will keep the mask on throughout the hike. It is important that you find a pace you can maintain with the mask on. **We advise that you attend the 90-minute training sessions prior to going on the hikes as they will help you find your pace and help you get used to wearing a mask while exercising.** If you do have trouble breathing while on the hike, slow your pace down, step to the side of the trail where you can maintain 6 feet or more of distance between you and others and then take your mask off to catch your breath. After catching your breath, place the mask back on and rejoin the group. You will most likely need to slow your pace a bit to help you maintain a comfortable breathing pattern while wearing your mask.
- At snack/lunch time we will find an area with enough room for 6 feet or more of space between each other so it is safe to take our masks off and eat.

- Take your temperature prior to the hike. 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! ☺

What to Bring:

- Two masks in case one breaks
- Hand sanitizer
- Daypack or larger pack (20-30 liters) lined with a large plastic garbage bag or some form of waterproof liner (you can find water-proof liners at REI)
- 10 essentials (see below for list) placed inside the plastic bag/waterproof liner to keep them dry
- Hiking poles & rolling stick
- Fully-charged cell phone with Sheri's phone number (206-465-1795)
- Discover Pass for most hikes
- And... toilet paper, smaller plastic bags, small hand towel, lunch + snacks, electrolytes (Nuun Tablets or Gatorade etc.) and a bath towel in case you need it to dry off before getting into your car

What to Wear:

Layers - dress for the weather: hiking pants & rain pants, hiking t-shirt (dry-fit), or long sleeve shirt (dry-fit), warmer layer over the shirt (fleece or down), windbreaker – which could be your raincoat and, of course, your hiking shoes. During the winter season you will most likely also need a warm hat, gloves, an extra top layer and extra socks. Bring a pair of shoes to change into after the hike.

Carpooling:

During COVID-19 it is advised that only members of the same household carpool to the trailhead.

Weather and Cancellations:

Snow - If there is a possibility of light snow, bring micro spikes or yak tracks that you can wear in the snow, and be sure you bring your hiking poles (make sure the tips have

the attached snow baskets). If there is a lot of snow the hike will be re-scheduled or a new hiking location will be chosen.

Thunder/lightning storms - The hike will be cancelled and rescheduled if thunder/lightning is predicted to occur during the hike. If thunder and lightning occur without warning during our hike, we will safely make our way back to our cars after taking all necessary precautions to avoid being struck by lightning.

Big windstorms - Hikes will be re-scheduled or a new hiking location will be chosen

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. ☺

Ten Essential "Systems"

1. **Navigation** (map, guidebook / notes, compass) – Notes from Washington Trails Association website are useful for these hikes
2. **Sun protection** (sunglasses and sunscreen)
3. **Insulation** (extra clothing)
4. **Illumination** (headlamp/flashlight)
5. **First-aid supplies** – Band-Aids, sport tape, duct tape, Neosporin, clean wipes etc.
6. **Fire** (waterproof matches/lighter/candles)
7. **Repair kit and tools**
8. **Nutrition (extra food)** – Lunch and snacks
9. **Hydration (extra water):** Water bladder + water bottle to put electrolytes in (bring around 64 ounces or more of water)
10. **Emergency shelter** (emergency blankets are fine for these hikes)

Check out this REI article about the 10 essentials: <https://www.rei.com/learn/expert-advice/ten-essentials.html>

Requirement for our hikes: always bring the 10 essentials for the 3-4-hour hikes. In case of an emergency these can save your life. Do not rely on your leader or others to provide these for you. Getting into the habit of bringing the 10 essentials on our group hikes will make it easy for you to remember what to bring with you when you go on your own or with friends. The last thing you want when hiking in the mountains is finding yourself in an emergency situation without the 10 essentials.