



BMTA COVID-19 Hiking Guidelines

BMTA normally schedules four or five hikes per month, some “leisure” hikes that are shorter and easier and some 5 to 8 miles and of moderate difficulty. In addition, we have occasional backpacking hikes and more difficult ones that might be called “hardy hikes.” Occasionally we co-sponsor hikes with other organizations. Some, but not all, of our hikes are “dog friendly.” Although more hikes are in Georgia than the other states, you will find hikes in all three BMT states: Georgia, North Carolina, and Tennessee.

These, however, are not normal times. Because hiking in the out of doors is good for one’s mental and physical health, we encourage BMTA members and others to continue hiking as much as possible during this national health crisis *and to do so safely*. To that end, we are continuing our hiking program and welcome people to hike with us, in the interests of safety, we have instituted some modifications that you need to know about:

- ◆ Only hikes that do not require shuttles are allowed under the auspices of BMTA
- ◆ All hikers must drive to the meeting place and trailhead in their own cars -- no carpooling except among family members.
- ◆ Any potential hiker who is feeling ill, has traveled within the past 14 days to a location with a significant number of cases of the novel corona virus (COVID-19), or has been exposed within the past 14 days to a person who has been confirmed as or is even suspected of having COVID-19 must not come on a hike.
- ◆ All hikes are limited to 10 participants including the hike leader.
- ◆ Before, during, and after a hike, participants must maintain an appropriate social distance from one another (an absolute minimum of six feet).