

HIKING IN THE “NEW NORMAL”

- For updated guidance from ADK, Lake George, [click here](#).
- We are requiring all participants over the age of 5 to show proof of vaccination upon arrival unless a valid medical or religious exemption is provided.
- The size of the NJR group on any particular hike is entirely at the discretion of the hike leader and must comply with local park limits on group size and must follow CDC guidelines for the vaccinated and unvaccinated.
- ADK NJR members in good standing get priority over members from other chapters, guests of NJR members, and Meetup people.
- An electronic Release of Liability form, which will be linked to the hike schedule, must be completed by each participant, including the leader, at least 48 hours before the hike. Alternatively, participants may sign the Release of Liability form at the trailhead at least 15 minutes before the hike, when they are approved to do so in advance by the hike leader.
- Each participant will be required to have personal protection equipment (PPE), including a face mask, gloves, and hand sanitizer.
- Participants will be required to answer the following questions. A “yes” answer to any question will result in a participant being ineligible to hike that day.
 1. Do you currently have any symptoms of a respiratory infection (including cough, fever, sore throat, shortness of breath, or loss of taste/smell)?
 2. Have you had any of the above symptoms in the past 10 days?
 3. Have you tested positive for COVID-19 in the past 10 days?
 4. Have you had contact with a confirmed or suspected COVID-19 case within the last 10 days?
- Face masks should be worn when sharing vehicles, regardless of vaccination status.
- The CDC has released a set of guidelines for fully vaccinated people. You can read their [current guidance here](#). You can see New York’s [current travel advisory here](#), and New Jersey’s at [covid19.nj.gov](#). All chapter activities and participants must comply with these state guidelines.
- As in the past, hike leaders retain the right to request any participant to leave the group if he/she is not adhering to any of the guidelines.