

## HIKING IN THE “NEW NORMAL”

- With the end of the Covid Health emergency, the North Jersey Ramapo Chapter of ADK, has updated it's Covid policy effective May 12, 2023.
- If you have any signs or symptoms of a respiratory infection, please do not participate in the outing. Additionally, if you have tested positive for COVID-19 within 10 days of the outing, please follow CDC guidelines.
- It is recommended that each participant has personal protection equipment (PPE), including a face mask, gloves, and hand sanitizer.
- Face masks are recommended when sharing vehicles.
- CDC's current guidance can be found [here](#). You can see New York's current travel advisory [here](#). and New Jersey's at [covid19.nj.gov](https://www.covid19.nj.gov).
- The size of the NJR group on any hike is entirely at the discretion of the hike leader and must comply with local park limits on group size.
- ADK NJR members in good standing get priority over members from other chapters, guests of NJR members, and Meetup people.
- 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.