



Unified Hiking Program Return to Play Plan 2020

Arrival

- Upon arrival at the hiking club practice, please report to your coach/assigned team volunteer to complete the COVID-19 questionnaire/temperature check.
- If you arrive early, please stay in your car.
- Masks must be worn in the parking lot/gathering area before starting your hike, and while walking to and from any public bathroom.
(Please be aware that any public restroom, like a port-o-john, is most likely not sanitized regularly.)

During Practice

- You must wear a mask if you are within 6 feet of a person you do not live with. This includes while you are hiking.
- Coaches should pre-assign groups of no more than 5 individuals to hike together and those groups will remain the same throughout the whole season.
- If there is someone not participating in the practice, they are to stay in their car until the end of practice and not gather outside with others.
- Please provide your own water bottles, snacks, etc. Do not share these items with others.
- No high 5's, hugging, or touching of any kind during practice. Please keep a 6 feet distance when at all possible.

Important Information to Follow

- **Proper footwear is required to participate in hiking club!** Hiking shoes/boots are preferred, but a sturdy sneaker would be appropriate as well.
- **Please dress appropriately, keeping the weather in mind.** Wear hats and gloves. Dress in layers.
- Wash your hands frequently for 20 seconds with soap and water. Suggested times are before and after practice.
- Please carry hand sanitizer with you in case you need it during your hike.
- Wear masks while in the parking lot/gathering area, bathrooms, and any other public or gathering area.
- Please be mindful of gathering with only your assigned hiking group.
- Please arrive on time and leave as soon as you are finished.
- Please do not attend practice if you are not feeling well.
- **Athlete medical forms must be up-to-date.**
- **Unified partners must have up-to-date Class A certifications.**

Please be safe and smart as we ease back into sports!