



# GETTING OUTDOORS WITH WO FRIENDS

## COVID-19 Message

**Update April 2022:** We hope that all of you, our valued members, are still keeping safe and healthy during these unprecedented times. We know that it has been a challenge to come together and to safely enjoy the outdoors and the company of others as the pandemic was spreading, and may continue to do so. As many states are starting to open, we have modified our plans to help you get out and safely enjoy the outdoors.

Regional Contacts or Trip Leaders should review the latest CDC guidelines and mask recommendations for their locale before holding meetings, trips, or programs to determine the current risk level and appropriate attendee number limits and rules. Go to <https://www.cdc.gov> to view the specific guidelines for your U.S. County.

Admin view

During the full blown pandemic, as we were limiting the number of attendees at events, events were restricted to our paid members, in order to give them the best chance to get in their RSVP before it was full. **Now that attendee limits are rising or removed, non-members will be invited again to some of our events to try us out.** Opening events to all will be at the discretion of the event leader.

If you have any questions, or need to report COVID-19 symptoms to us for contact tracing, Contact us at [covid@womenoutdoors.org](mailto:covid@womenoutdoors.org).

## WO's Expectations for all Event Participants

**With restrictions easing across our regions, we have adopted the following policies to help us get outdoors safely:**

- Attendees must mask indoors (including in vehicles) and maintain 6 feet distancing outdoors.
- Event/Trip leaders will collect names and phone numbers to allow for contact tracing.
- Event/Trip leaders may decide to limit the number of attendees, as well as to vaccinated only.
- Unvaccinated attendees should mask at all times.
- Note that some events are for paid members only - You can join now by clicking on [Join Us](#).
- Some of our regions have returned to using Meetup where everyone in the Meetup group is invited.
- For those regions that are using the calendar module on our womenoutdoors.org website, we have eliminated the paper sign-in sheet/assumption of risk statement. Instead, you will have the opportunity to enter your emergency contact online, as well as agree to our new [Assumption of Risk Statement](#) during the registration process.

Check on your region's page for calendar information.

# HIKE

# SNOW

Admin view

In addition to the general restrictions above, we recommend the following for hiking, snow shoeing, and cross-country skiing:

- Select a location with wide trails - best to avoid county and state parks that might be crowded.
- Have an alternative nearby destination in mind if your initial meeting place is crowded or parking is unavailable.
- Wear a mask for the meet & greet, and on the trail whenever you cannot properly separate by at least 6 feet.
- Keep your mask handy to put back on when passing other hikers.

# PADDLE

In addition to the general restrictions above, we recommend the following for kayaking and canoeing:

- Car-pooling is now allowed, but if you'd like to avoid one-way trips, select a location at a lake, pond, or slow-moving river where you can launch and end your trip at the same location.
- Follow local restrictions on boat launches, and have an alternative destination in mind if your initial meeting place is crowded or parking is unavailable.
- Attendees should be able to unload, launch, and reload their gear on their own. With many restrictions lifted, assistance from other attendees is likely, but not guaranteed.
- You may still want to wear a mask until you are out on the water.

# BIKE

---

In addition to the general restrictions above, we recommend the following for biking:

- Select a location with wide trails.
- Wear a mask until you are properly spaced out.
- Maintain a physical distance of at least 1 bike length when following another cyclist. Be aware that you're traveling in the air stream of the bicyclist in front of you and will therefore be exposed to what could be a larger load of virus particles for an extended period of time.

Like 0

Share

Tweet