



Hiking During COVID-19

The Centers for Disease Control has determined that activities conducted outdoors have a lower risk of transmission of COVID-19 than those activities held indoors. In order to ensure the highest levels of safety for staff and participants, the YMCA of San Francisco will require participants to wear masks at certain times while in the BOLD & GOLD program this summer.

We ask that while you are hiking that you wear your mask any time you are within six feet of another person. To help with this, we ask that all participants:

- Keep their mask with you at all times,
- All participants bring at least three masks with them on their trip,
- Respect the need to protect themselves and others from harm, and
- Find a face covering that you will be comfortable wearing for long periods of time.

When can I take my mask off?

- When you're at least 6-feet away from others
- When taking a drink of water (stay hydrated!)
- When eating meals
- When sleeping

When should I have my mask on?

- Any time you are within 6 feet of others
- When going to the bathroom
- When preparing group meals
- When serving yourself your portion of meals
- When setting up camp
- When touching anything that others will be touching

Do I have to wear a mask the entire time I'm hiking?

It's ok to take off your mask as long as you're keeping a safe distance from others (at least six feet). Only take your mask off when the instructor lets you know that it's ok to do so. Always have your mask ready at a moment's notice to be put back on if the group needs to gather back together or if the group passes other hikers.

If you're not sure if you need your mask on or if you can take it off, **please ask your trip leaders!** They're there to help.