



COVID-19 Guidelines for Resuming Chemeketans Activities

*Updated: 2/20/22 *Red text indicates a change from the previous guidelines**

Note: These guidelines are subject to change and will be revised by the Executive Council on a regular basis consistent with public health guidelines and feedback from members. These guidelines are intended to provide activity participants with the information they need to make responsible choices while participating in Chemeketans activities. In all Chemeketans activities, the primary responsibility for safety falls to participants.

Activity Leaders

- All Chemeketans activity/program leaders are encouraged to have up-to-date knowledge of local regulations for the destination of their trip and any locations where they will stop along the way. The Chemeketans will adhere to the most conservative guidelines that are in effect for a particular activity.
- Outdoor activities must be structured to maintain 6 ft. of distance between participants whenever possible. All participants must wear a mask when physical distancing (>6ft. between participants) is not possible.
- The leader is not responsible for enforcing individual masking, physical distancing, or hand sanitizing; these are individual participant responsibilities.

Activity Participants

- All activity participants, regardless of vaccination status, must wear a mask when indoors while participating in a Chemeketans activity.
- All activity participants, regardless of vaccination status, must wear a mask outdoors when it is not possible to maintain physical distancing (at least 6 feet between participants).
- A COVID-19 acknowledgement of risk statement has been added to the Liability Release Form and Trip Sign-Up Sheets and is required to be signed by all participants.
- Alcohol-based hand sanitizer and a mask have been added to the list of essential items.
- All individuals will monitor for symptoms, including taking temperature, 24 hours prior to the start of their program. Any symptomatic or feverish participants will be required to cancel themselves from the trip.
- Chemeketans activities begin at the trailhead. If you are carpooling with anyone outside of your household the Council strongly recommends wearing a mask.
- Sharing items including: food, drink, tents, cooking equipment, utensils, containers, or personal gear at any Chemeketans activities or events is not recommended.

What does it mean to be up to date on your vaccines?*

A participant is considered up to date on their vaccines if:

- they have completed their primary series of a 2-dose mRNA vaccine (Pfizer or Moderna) within the last 6 months; or,
- **they have received an mRNA booster dose; or,**
- they have completed their primary series of the Johnson & Johnson vaccine within the last 2 months.

*These guidelines have been adopted from the CDC's [guidance on vaccines](#) and [isolation recommendations](#).



What counts as a face covering or mask?

Face coverings should:

- Have 2 or more layers of washable, breathable fabric
- Completely cover your nose and mouth
- Fit snugly against the side of your face and not have any gaps
- Have a nose wire to prevent air from leaking out the top of your mask

Masks include:

- N95 or KN95 masks certified by the National Institute for Occupational Safety and Health

A face shield worn by itself is **NOT** considered as a face covering or mask