

Snowshoeing / X-country Skiing Events

FFOFC COVID-19 Guidelines

(effective November 10th, 2020)

- The “FUN” part of the event should be emphasized.
- Common sense should be used in all situations.
- **No Carpooling** - Participants should drive to the start of the event with only members of their household in their vehicle.
- **Stay home if Sick** - Anyone who is not feeling well or who has any symptoms of COVID-19 or has been exposed to someone with symptoms, should not participate. If you or anyone you have been exposed to has tested positive for COVID-19, please follow health district and physician guidance before joining a club event.
- **Physical Distance / Face coverings** - It is everyone’s responsibility to comply with State guidelines such as physical distancing and face coverings. The six-foot physical distance should be maintained. When this cannot be done, a face covering should be worn. Each snowshoer/skier should always carry a face covering with them.
- **Safety monitoring** - It is everyone’s responsibility to kindly remind others when they inadvertently digress from these guidelines. Individuals are encouraged to take these reminders with good will. If a member feels uncomfortable with these suggestions, that member should reconsider participating in the group events.
- **First Aid Kit** – The club’s first aid kit, radios, and emergency summoning equipment will be used on all events. It will be picked up and returned to Eileen Nicoll before and after each event. Eileen will keep and maintain all club snowshoeing equipment and ensure software remains current and all equipment is clean, sanitized and fully functional.
- **Club Equipment** – The club owns 4 pairs of snowshoes and poles that may be borrowed by club members. They are kept by Eileen Nicoll. Contact her to arrange pick up and return logistics. Before and after borrowing, the poles and snowshoes, first aid kit, and safety gear will be cleaned and sanitized.

These guidelines will remain in effect as long as the applicable State Orders are in effect and may be amended as new recommendations come down from the CDC, State, County, and City governments. Check the FFOFC website for latest version of guidelines.