SMHC COVID Committee updates COVID guidelines

As we have done throughout the pandemic, we are updating our Club COVID recommendations based on CDC recommendations. According to the CDC, in communities with "Low" levels of COVID transmission, the following is recommended:

- Stay up to date with COVID-19 vaccines
- Get tested if you have symptoms

With the exception of Washington Co., TN, and Mitchell Co. in NC, all of east TN and western NC are at the LOW level of transmission.

We are therefore pleased to end most prior COVID Club restrictions at this time. We are monitoring the Omicron BA.2 variant and will issue recommendations as needed going forward. It is always your personal decision as to preventative measures you use going forward, and we would ask Club members to continue to show the excellent mutual respect towards others that they have in the past. The guidelines going forward are therefore:

1. One hike leader will serve as pre-registration contact with email and phone number available in the write-up. Pre-registration at smhclub.org is still required for all hikes.
2. Hikers must sign a release form with accurate contact information.
3. Inform hikers if anyone becomes ill within a few days of the event, with symptoms concerning for COVID-19, to contact the hike leader immediately. For regular pre-hike prep, see: https://www.smhclub.org/Preparing-for-a-Hike
4. All participants should have hand sanitizer or wipes.
5. If leader(s) or any participant feels sick, please stay at home.
6. If leader(s) need to alter planned activity please contact an SMHC Board member ASAP to discuss proposed changes.

Stay safe and healthy!

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