



BMTA COVID-19 Hiking Guidelines

BMTA normally schedules four or five hikes per month, some “leisure” hikes that are shorter and easier and some 5 to 8 miles and of moderate difficulty. In addition, we have occasional backpacking hikes and more difficult ones that might be called “hardy hikes.” Occasionally we co-sponsor hikes with other organizations. Some, but not all, of our hikes are “dog friendly.” Although more hikes are in Georgia than the other states, you will find hikes in all three BMT states: Georgia, North Carolina, and Tennessee.

Because hiking in the outdoors is good for one’s mental and physical health, we encouraged BMTA members and others to continue hiking during the COVID-19 health crisis *and to do so safely*. Thus, we continued our hiking program during 2020 and 2021.

Due to the availability of COVID-19 vaccines, we have further modified our hiking program:

- ◆ We have resumed allowing shuttle hikes but caution that (a) no hikers should ride with another or have another ride with them if they are concerned about their safety and (b) unvaccinated hikers should not assume that others will want to ride in vehicles with them.
- ◆ Carpooling is permitted but not required.
- ◆ Any potential hiker who is feeling ill or has been exposed recently to a person with an active case of COVID-19 must not come on a hike.
- ◆ Hikes are limited to a maximum of 10 participants in Tennessee and North Carolina and 12 participants in Georgia. Hike leaders may impose lower limits.
- ◆ Masks are optional, but hikers should maintain an appropriate distance from one another.