

Responsible RestartOhio

Hiking and Mountain Biking



Hiker/ Mountain Bikers

Mandatory

- Outdoor recreation is highly encouraged for physical and mental well-being. However, it is advised that hikers/mountain bikers conduct symptom assessments prior to travel or outdoor recreation activities*. Symptomatic individuals should stay at home and perform daily symptom assessment before interacting with others.
- Keep in mind that public lands, trails, restrooms, and other facilities, including overnight accommodations, may be closed or not accepting walk-in reservations. Plan your trip accordingly and have a backup plan in case of closures.
- Immediately return to home, isolate and/or seek medical care if you develop symptoms during an event.

Recommended Best Practices

- If you plan to recreate on a trail with others, discuss results of your daily health checks before group activities
- When using a trail with others, use face coverings:
 - Stay informed on proper use, disposal, and maintenance of face coverings.
 - **Disposable:** Plan to wear multiple coverings per day and dispose of properly.
 - **Reusable:** Plan to wear multiple coverings per day and stow properly for daily washing.
- Develop a checklist of personal items (not shared) that you will need for each trip to avoid stopping at stores, gas stations, or other public areas.
- Bring all personal items for the day (e.g., food, drinks, hand sanitizer, sanitizing wipes) and do not share food, drinks, or coolers unless with people who live in your household.
- Wear eye protection (sunglasses or goggles).
- Do not touch face or eyes.
- Frequently wash hands with soap and water for at least 20 seconds or use hand sanitizer.
- Conduct deep sanitation of day packs, bicycles, other equipment, and vehicle prior to additional trips.

Physical Spaces

- **Maintain six-foot distance from other trail users outside of your household to the greatest extent possible when hiking/mountain biking.**
- **Maintain six-foot distance from others outside of your household to the greatest extent possible when entering or leaving public area parking lots or trailheads.**
- Educate yourself on site-specific regulations. When passing other visitors, step off the trail (if allowed) or to the side to allow a six-foot distance between you.

- Ideally, hike/mountain bike alone or with people that live in your home. If you go out alone, please carry a cell phone and let others know of your plans and when to expect you to return.
- Hike/mountain bike locally and plan an alternate location if your first choice is crowded. Seek access areas less prone to crowds or congestion.
- Choose days and times to hike/mountain bike when public areas are less likely to be crowded (e.g., weekdays and early mornings).
- Consideration should be given to cancelling a hiking/mountain biking trip for individuals who live with, or have traveled with, someone who is symptomatic.

Trail Managers

Post information throughout the trail and surrounding areas to frequently remind users to take steps to prevent the spread of COVID-19. These messages should include information about:

- Staying home if you are sick or do not feel well.
- Using social distancing and maintaining at least six feet between individuals in all areas of the trail
- Not gathering in groups.
- Wearing a mask or face covering when entering buildings or interacting in close proximity to other trail users, practicing good personal hygiene including washing hands often with soap and water for at least 20 seconds, using hand sanitizer, refraining from touching eyes, nose, and mouth with unwashed hands, coughing and sneezing into an elbow, etc.

- In areas with a lot of cross traffic, direct pedestrian traffic to enter/exit these locations in specific ways, expand the available space (e.g. use underutilized parking lots or roads) or indicate one-way traffic wherever possible.
- Routinely wipe down high touch surfaces like handrails, benches, and educational displays with an EPA approved disinfectant.
- In areas of concern, mark six-foot spacers to help visitors visualize safe distancing.

*Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, and new loss of taste or smell.

Confirmed Cases

Mandatory

- Immediately isolate and seek medical care for any individual who develops symptoms.
- Contact the local health district about suspected cases or exposure.
- Shut down affected areas for deep sanitation, if possible.

Recommended Best Practices

- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.
- Once testing is readily available, test all suspected infections or exposures.
- Following testing, contact local health department to initiate appropriate care and tracing.
- Collect guest contact information as appropriate that can be shared with the health department for contact tracing purposes.