

UPDATE Regarding PHOC Response to COVID-19 Restrictions

Dec. 5, 2020

Dear PHOC Members,

We continue to follow Gov. Cooper's guidelines for restricting the spread of the virus which include Mass Gathering Limits of 10 people indoors and 50 people outdoors. Although outing leaders may use their discretion, most are limiting participants to about 10. All members wanting to participate should receive an acknowledgement from the outing leader before joining the group and should not show up unannounced. Providing the group leader your cell phone number will facilitate communication during travel to and from the outing. Members shouldn't join the group with symptoms consistent with COVID 19 infection unless testing has ruled it out. We will forego having participants sign a paper release form for official club hikes, however, all participants should understand that the waiver stated on the release form found on our web site's "Hiking and Outings" page applies. Participants should try to stay physically distanced at least 6 feet from other people, and wear face coverings when they are likely to be closer. Carpooling is not recommended due to prolonged small space exposure.

Pickup outings announced via Google Group emails are encouraged, but participants should recognize that these are not official club hikes and will be regulated at the discretion of the outing leader.

Thanks for everyone's help in finding the most healthful path through this pandemic.

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