

Mount Baker Club Release, Hold Harmless and Indemnity Agreement

I hereby state that I wish to participate in activities offered by the Mount Baker Club, a non-profit corporation. I understand and recognize that any outdoor activity may involve certain dangers including, but not limited to, the hazards of traveling on roads, trails, mountainous terrain or waterways; accidents or illness **INCLUDING, BUT NOT LIMITED TO, NOVEL CORONAVIRUS (COVID-19), AND LYME DISEASE OR ILLNESS CAUSED BY TICKS**; forces of nature; and the actions of activity leaders, coordinators or of other participants and other persons. I understand and agree to the following: (1) My participation in an activity is at the discretion of the trip leader. (2) I assume all risks traveling to and from the trip. (3) I assume all risks during the activity and if I leave the group at any time. (4) I may have to exercise extra care for myself and others in case of emergency. There may not be rescue facilities or expertise necessary to deal with injuries or damages to which I may be exposed. (5) The Mount Baker Club may use any photographs taken during the trip in which I appear without asking my permission and without payment. If any provision is invalid or unenforceable, the rest of the agreement remains in force. **I have read and reviewed the Mount Baker Club Interim Policies for COVID-19 and also agree to follow them.**

In consideration of the right to participate in the activities offered by the Mount Baker Club, I agree to RELEASE, HOLD HARMLESS AND INDEMNIFY the Mount Baker Club and its members from any and all liability, claims and causes of action arising out of or in any way connected with my participation, or the participation of any minor on whose behalf I am signing, in any activities offered by the Mount Baker Club. I personally assume all risks in connection with these activities. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, personal representatives and for all members of my family.

Mount Baker Club

Interim Policies For COVID-19

Last revised April 14, 2021

During the COVID-19 pandemic, Washington State counties allow gatherings of a limited number of people who must use currently accepted social distancing practices. To facilitate Mount Baker Club activities, the following policy will be implemented until further notice, subject to revisions as health recommendations change.

Pre-Event Self-Screening Questions

1. Within the last 14 days, have you been diagnosed with COVID-19?
2. Have you been in close contact (within 6 feet) with anyone who is confirmed or suspected by a health care provider to have COVID-19 within the last 14 days?
3. Are you currently, or have you in the last 72 hours, experienced any of the following symptoms that you cannot attribute to another health condition?
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

If any of these answers are YES, you should not sign up or participate in this group activity. If any of these answers change after you have registered, please contact the trip leader by phone or email to cancel as soon as possible.

Recommendation: According to the CDC and WHO, older adults and persons with pre-existing medical conditions or compromised immune systems are at a higher risk for severe illness from the virus. This includes people who have heart disease, lung disease, cancer, high blood pressure, or diabetes. Please consider whether attending an event is safe for you or your household members.

COVID-19 Social Distancing:

In order to be good citizens and protect the health of the community and our member participants, the following rules apply to all MBC group activities.

- Maintain a minimum of 6 ft distance when at all times.
- Wear a mask/face covering during stops or when unable to stay less than 6 ft apart.
- Wearing a mask throughout the activity is recommended to minimize exposure.
- No spitting, farmer's blows, or snot rockets!
- Wash your hands / sanitize your hands.
- Don't share snacks or bottles or tools.
- When riding, maintain at least 10-12 ft distance between bikes (back of the rear wheel of the bike in front of you to the front of your front wheel).
- Riders who have mechanical issues with their bikes should make their own roadside repairs.

What if I am vaccinated and what about Carpooling?

This is a rapidly evolving issue given the increasing amount of vaccinated individuals and increasing data about vaccine response. The MBC cannot officially endorse carpooling nor will assist in arranging carpooling until CDC guidelines indicate that it is safe, particularly if one of the riders is not vaccinated. If individuals choose to carpool, it is strongly recommended those sharing a car be fully vaccinated, that is, be more than 2 weeks out from the second dose (for Pfizer-Biotech or Moderna) or from the first dose if given Johnson & Johnson.

Even if fully vaccinated you need to wear a mask and adhere to the above social distancing guidelines to protect your non-vaccinated club mates as with all activities in public spaces.

Detailed Guidelines

All participants in Mount Baker Club group activities are required to follow these protocols. These protocols will be published on the MBC website and will be changed as needed by state and local guidelines. As a social club, we will follow the Washington State Guidelines for outdoor social gatherings.

1. Group activities will be limited to the maximum permissible by local/county COVID-19 guidelines including the Hike, Bike, or other Trip Leader. Those two groups should remain distinctly separated at all times to avoid inadvertent mixing of the two groups. Note that local sites may have additional limitations, such as Wilderness areas have and continue to be limited to 12 people regardless of COVID. If more wish to participate in groups larger than permitted by wilderness or COVID-19 guidelines, the Trip Leader, at his or her discretion, may designate or identify a second Trip Leader and that group must stay separate from the other at all times.
2. Registration of participants using the MBC Google form is **required**.
 - a. The form link should be sent to participants once they have emailed or otherwise contacted the trip leader.
 - b. Registration will help facilitate contact tracing, if necessary.
 - c. Registration will include acceptance of the MBC Release, Hold Harmless and Indemnity Agreement.
 - d. Participants are strongly encouraged to contact the Trip Leader by email to cancel if unable to attend. This will permit others to fill that spot.
 - e. If a participant is unable to sign up digitally because of lack of access to a computer/the internet, the trip leader may complete the form provided the participant signs a paper release, which can be done by printing out the first page of this, and having the participant sign and date that paper, including their name printed for legibility and the event name. That paper should be scanned or photographed with the image sent to mtbakerclub@gmail.com.
3. Trip Leaders are empowered (and required) to turn away riders who have not registered for the ride.
 - a. All participants (including the Trip Leader) should register electronically, prior to the start of the ride, to participate in an MBC activity
 - b. The Trip Leader should verify that all attendees have registered.
 - c. All participants must be present for the safety measures briefing at the ride start while COVID-19 safety measures are in effect.
4. Face Covering use (e.g. masks, buffs, bandanas, etc. to cover nose and mouth) during rides and hikes is required in the following manner:

- a. Face coverings are necessary when less than 6 feet apart and during activities such as pre-trip briefings, passing other hikers on tight spots of trails, rest and break stops, cafe and grocery store stops, stops for mechanical issues, etc. Masks should be only lowered during food and rest stops to allow eating or drinking.
 - b. If the Trip Leader needs to make an announcement at a momentary stop, they should make sure their face covering is in place prior to doing so. (e.g. turn or safety directions at a controlled intersection or regroup point.)
5. Pre-trip briefings should include the following items:
 - a. A reminder from the trip leader about the self-screening requirements for participation (health questions -- see above)
 - b. Face covering usage requirements
 - c. Recommended hand washing/sanitizing strategies for rest stops.
 - Participants should have their own hand sanitizer and tissues.
 - d. Prohibition on spitting and “snot-rockets” during activities.
 - e. Social distancing spacing requirements:
 - Hikers, snowshoers, and others moving slower than most bicyclists: keep at least 6 feet of distance from other participants if not from the same household.
 - Bicyclists: Consider greater distances than slower moving users because of slipstream effects: 10-12 ft between riders, approximately two bike lengths-- from front of your front wheel to back of rear wheel directly in front of you.
6. Trips Leaders should keep their groups appropriately distanced from other groups that may be on the same roadway, path or trail. Trip Leaders should also advise their groups to keep their distance from other groups/users of facilities to help ensure proper social distancing.
7. If a bicyclist has a mechanical issue, please attempt to have that bicyclist perform the repairs.
8. On rare occasions, medical emergencies require immediate first aid. Responders may be hesitant to provide close-contact first aid to others.
 - a. The American Red Cross recommends first aid providers caring for people with suspected COVID-19 should follow standard precautions. If possible, have the injured person place a face mask over their nose and mouth, and limit contact by staying back at least 6 feet, if possible, until that person has done so.
 - Try to limit the number of individuals in contact with the sick person. Those who provide direct care for someone who may have COVID-19 should wear respiratory protection (e.g. N-95 mask), eye protection, disposable gloves and a disposable isolation gown, if possible.
 - Following care, first aid providers should perform hand hygiene as they would normally do and discard personal protective equipment (PPE) following usual procedures.

- b. The American Heart Association recently released interim guidelines for rescuers responding to victims of cardiac arrest with suspected or confirmed cases of COVID-19. Lay rescuers should:
- Wear personal protective equipment (PPE) if available
 - At a minimum, perform compression-only/hands-only CPR (continuous compressions, no breaths)
 - Rescuers and/or victims should wear a face mask or cloth that covers the nose and mouth while compressions are performed, as this may help reduce the risk of transmission
 - AEDs should still be used whenever available