



# TRAILHEAD SAFETY PLAN

COVID-19

## CREW OR HIKE LEADER RESPONSIBILITIES

- + Review current NCTA COVID-19 Guidelines.
- + Ensure each volunteer/participant records information on the Participation Agreement form provided by the NCTA.
- + Share Crew or Hike Leader's contact information with participants and provide instructions for post-project follow-up.
- + Walk through the Questions for Volunteers/Participants (below) with the group.
- + Review the relevant Job Hazard Analysis (JHA) for your task (if applicable), and provide supplemental information including recommendations for the following:
  - + Social distancing
  - + Hand washing
  - + Facial coverings
- + Ensure all participants have appropriate PPE and access to hand washing or sanitizing.

## QUESTIONS FOR VOLUNTEERS/PARTICIPANTS

*(Adapted from the CDC.)* Leaders should walk through the following question list with the full group and request that if individuals answer "yes" to any question that they go home and join a future project or program. Leaders are not required to get individual responses, just ask that participants self-select out of participation, if applicable.

- + Have you experienced symptoms consistent with COVID-19 in the past 48 hours?
  - + 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
- + Within the past 14 days, have you been in close physical contact (six feet or closer for a cumulative total of 15+ minutes) with anyone who is known to have tested positive for COVID-19? With anyone who has any symptoms consistent with COVID-19?
- + Are you currently waiting on the results of a COVID-19 test?

## LINKS

- + [NPS Job Hazard Analysis \(JHA\)](#) (clickable)
- + [North Country Trail Association, Trail Alerts](#) (clickable)