

RECREATING & COVID-19

Backcountry Skiing and Riding

BE PREPARED

You are entering a remote, unpatrolled area where hidden hazards, changing conditions and varied terrain all affect your safety. Be prepared for a backcountry emergency by carrying enough gear and extra warm clothing to be self-sufficient for an extended period of time.

KEEP YOUR DISTANCE

Give people outside your household at least 6 feet or more of space. When yielding to other groups move well off the trail. Please leash your dog.

KNOW BEFORE YOU GO

Backcountry use peaks between 10am and 2pm on Saturdays. Go early. Go late. Go during the week. Check the Catamount Trail website for in-season trail/zone updates.

WEAR A MASK

Anytime you're around people outside your household you should cover your face with a cloth facial covering.

STAY HOME

If you're not feeling healthy, have been exposed to COVID-19, or have traveled from locations requiring quarantine per the Governor's Executive Order, please stay home. **Do not risk the health of others.**

TAKE IT EASY

Help can be difficult to summon and there may be significant delay in receiving emergency assistance. Please plan your trip responsibly, and do not take unnecessary risks that burden our healthcare system and emergency responders.

BE CONSIDERATE

Parking space at trailheads is often limited. Have a backup plan to go somewhere else in case you encounter a full lot. Additionally, private landowners make many of our backcountry experiences possible. Be a good steward and remember you represent all of us.

RESPECT TRAVEL GUIDELINES

Please respect out-of-state travel guidance and only drive in your personal vehicle with members of your household. Follow quarantine requirements available at: accd.vermont.gov/travel

For more information visit
CATAMOUNTTRAIL.ORG/COVID
HEALTHVERMONT.GOV/COVID-19

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