

## GUEMES ISLAND COMMUNITY CENTER ASSOCIATION



# Guemes Walks Tips

The purpose of these walks is to build *positive social connections* among residents of Guemes Island in a *safe, healthy environment*. Here's what we ask of walkers:

1. Please observe current Covid-19 guidelines:
  - a. wear a mask.
  - b. maintain physical distancing of 6 feet or more.
  - c. walk in groups of less than 5 people. Otherwise, split into smaller walking clusters.
  - d. stay home if you're not feeling well.
2. Please check the weather and dress accordingly.
  - a. walks may be canceled without notice due to high winds (white caps on the water) or stormy conditions (such as sleet, hail, thunder, or lightning).
  - b. however, don't let a little rain deter you. Walking (and singing!) in the rain can be quite pleasant!
3. Dogs are welcome as long as:
  - a. they are friendly towards other people, and
  - b. they are not aggressive towards other dogs, and
  - c. they remain on leash (out of an abundance of caution) and
  - d. owners pick up their pet's waste.
4. When walking on roads, it is recommended that you keep to the left and always be respectful of vehicles.
5. Please arrive early enough to park your vehicle or secure your bike before the walk time begins. Note that parking may be limited at some locations, especially the land trust properties.
6. Please check the walk schedule at <https://myguemes.org/social-connections/>
7. Please feel free to give us your feedback at [4gicca@gmail.com](mailto:4gicca@gmail.com).
8. By participating in this activity, you assume your own risk. (See statement in box below.)
9. Feel free to create your own walking group or find a friend to walk with you on your own schedule. The important thing is to keep moving!

### IMPORTANT NOTICE: ASSUMPTION OF RISK AND LIMITATION OF LIABILITY

Participating in this activity shall serve as a full release of liability and assumption of risk by you and any others in your group. You assume all risks and will hold owners or organizations harmless from and defend them against all liability from any loss or injury which may be sustained while participating in this activity.