

# Walk to Remember      Trek de Tellico

Thank you for taking part in Trek de Tellico's **Walk to Remember**. In order to keep everyone as safe as possible, we have created the following guidelines.

Please read carefully.

## Covid-19 Compliance and Guidelines

Trek de Tellico is taking the Covid-19 pandemic very seriously. Because of this threat, we have some procedures to ensure the safety of our walkers, hikers, and volunteers. We politely ask that you work with us and follow the guidelines below. We apologize in advance for any inconveniences these procedures might create.

1. **Before you come**: We ask that you not participate in Trek de Tellico if you are experiencing Covid-19 related symptoms or if you have been exposed to someone who has tested positive for Covid-19 in the 14 days leading up to Trek de Tellico.
2. **Outdoors Pre-Walk**: We encourage 6 feet social distancing from others while registering and as you prepare to walk in the start area. Try to maintain a safe distance from other walkers. If safe distance is impossible, please wear a mask before and after the walk.
3. **When indoors**: Please wear a mask to use the restroom facilities at our host site, the First Baptist Church of Tellico Village.
4. **Start Times – Walks & Hikes**: We will have a start window (rather than a rigid 9:30 AM start) that is open from 9:30 AM to 10:30 AM. If you are part of a group, please leave when your group is ready within the 9:30 AM to 10:30 AM start window.
5. **While Walking**: Please practice social distancing. If that's impossible, consider wearing a mask.
6. **Volunteers**: Host site and rest stop volunteers will be wearing masks while around walkers.
7. **Food Handling**: Any un-packaged food will be handled by volunteers wearing gloves as well as masks.
8. **Post-walk**: For the post-walk cool-down, please enjoy one of our smoothies, post-walk snacks, and drinks. Again, please practice social distancing as you sit at tables and chairs which will be safely scattered about.

Tellico Lake Rotary Club and Trek de Tellico greatly appreciate your cooperation and support of the '**Walk to Remember**'. Ultimately, we want to offer the safest environment while still making your walk experience as enjoyable as possible. See you October 10<sup>th</sup>.