

Gantouw Covid-19 Policy

Please be sure to familiarise yourself with the information with due regard for Covid-19 and regulatory compliance. In terms of GHC indemnity, hikers must assume responsibility for their own Covid-19 safety and protection of co-hikers. GHC officials will not be held responsible for non-Covid-19 compliance and the consequences thereof.

General:

- Wear a mask over your mouth and nose.
- Do not join a hike if you are feeling the slightest bit unwell.
- Do not join a hike if you have been in contact with anyone who is symptomatic in the last 20 days.
- Do not join a hike if you have been in contact with family or friends who are profiled as high risk.
- Do not attempt a hike that is above your grade capability, which may possibly require physical assistance.
- Avoid physical contact amongst each other e.g. greetings in the car-park.
- Apply extreme hygiene practices re hand washing, coughing/sneezing and social distancing.
- Carry own hand sanitizer or wet wipes at all times.

Pool cars:

If drivers are willing to pool their cars, this is done at the participant's own risk. In which case it is suggested that:

- Drivers keep a record of passenger names for later traceability.
- Passengers to wipe down arm-rests, head-rests and seats in the car at the end of the journey with a wet-wipe or sanitizer.

Traceability:

- If a hiker becomes symptomatic post-hike they must notify hike leadership immediately (do not wait for lab results). They must provide dates of recent hikes they participated in so that hike leadership can provide prompt cautionary notification to all other co-hikers and pool-car passengers for the days hiked.
- The relevant hiker to notify the hike leader as to confirmed positive or negative test results as soon as they are available for prompt dissemination to all affected persons by hike leadership.

Preventative:

- Pay attention to all medical professionals' and regulatory recommendations for Covid-19 infection prevention.
- Hikers are encouraged to avoid bus tours, flights, and close physical contact with the general public.