

# RESPONSIBLE RECREATION

## COVID-19 OUTDOOR GUIDELINES:

### 1 MAKE THE HEALTH OF OTHERS YOUR PRIORITY - KEEP YOUR DISTANCE & BRING A MASK !

COVID-19 is life threatening for many people. Even if you have no symptoms you can be a vector for transmitting the virus. Act with this in mind at all times and follow the CDC guidelines carefully. The Mono County Public Health Order requires the use of facial coverings while in public and interacting with people outside of your household unit. This order applies to trails, sidewalks and pathways where a distance of 6 feet or more cannot be maintained between yourself and members of the public who do not live with you.



### 2 RESPECT CLOSURES & THE LAW !

From parking and litter to allowed uses, laws and rules apply now as much as ever. Closures can mean visitor centers, restrooms, water faucets, campgrounds, service stations, restaurants, ski areas, parks, and entire outdoor areas. Research before heading out. Be self-sufficient with water and food, know that things may change quickly, and use the bathroom before you leave home. Pack out all of your own waste, pet waste, and trash.



### 3 STAY AT HOME OR KEEP IT LOCAL

The best thing to do is to stay home. Even if you are not symptomatic. And absolutely if you are sick. If recreation is allowed in an area and you choose to go outdoors do so **LOCALLY**. Avoid traveling to recreate and explore your own backyard instead. The small and rural communities that serve as gateways to many of our favorite outdoor spaces do not have the capacity to care for extra people at this time.



### 4 AVOID TIMES & PLACES OF HIGH USE

Social physical distancing applies outdoors too. Avoid creating large groups outside by going to less popular spots. Avoid times of highest use. If an outdoor area is crowded or there isn't adequate parking, adjust your plans and go elsewhere.



### 5 DON'T GET HURT

Do not engage in high risk activities and know your limits. Hospitals, ambulances, and first responders are under tremendous stress. Activities such as climbing, bouldering, backpacking, aggressive mountain biking, and backcountry skiing, snowboarding or snowmobiling, are considered high risk.



### 6 LEAVE NO TRACE

And this means **NO TRACE!** Pack out ALL of your trash and recyclables - dog and people poop too!



For information about recreation closures in the Eastern Sierra...  
<https://www.essrp.org/covid19closuresessrp>



For information about the Eastern Sierra Sustainable Recreation Partnership...  
<https://www.essrp.org/>

