



FITNESS WALKS (restarting Monday, Oct. 19, 2020 w/COVID-19 protocol)

Maintain your fitness or get into better shape by joining us for weekday morning fitness walks. Enjoy the company of other hikers while perusing SaddleBrooke. The sessions last about one hour and are suitable for walkers of all ability levels. No advanced signup is required to participate in these walks. Please view the chart below for the start times.

Monday thru Friday fitness walks will start at the parking lot just west of the SaddleBrooke HOA #1 Fitness Center. If you have any questions please contact Michael Hovan (330-801-6453) or Michael Reale (825-8286).

Fitness Walk Start Times (Mon. – Fri. only)

Date	Start times
Sept 1 – Oct 31 (Fall)	6:30 AM
Nov 1 – March 31 (Winter)	7:00 AM
April 1 – May 31 (Spring)	6:30 AM
June 1 – Aug 31 (Summer)	6:00 AM

COVID-19 Fitness Walk Protocol (in effect until further notice)

1. Masks must be worn when the group first assembles. Thereafter, they must also be worn unless the walkers can maintain 6-foot social distancing. They should choose a mask that is effective yet comfortable for extended use while walking. Disposable paper masks may be suitable.
2. The leader must advise the group to don masks when approaching an intersection where it isn't practical to maintain the 6-foot separation because of interference with vehicular traffic.
3. Walkers should consider not participating at this time if they or a member of their household are at increased risk of contracting COVID-19.
4. If a walker tests positive for COVID-19, he or she must notify the Assistant Chief Hiking Guide immediately. If that individual cannot be reached, any other member of the BOD must be notified.
Fitness Walks will be suspended for 14 days.
5. To enable contact tracing, the Assistant Chief Hiking Guide will send an email blast to the walking group, informing them that a person tested positive on a certain date and that he or she might have been exposed during a walk a week prior or after that date. Those in contact should consider getting tested.
6. The leader each day will inform a new walker that he or she must be a member of SBHC, and of the precautions we are following.
7. A member's guest will continue to be allowed to walk with the group provided the member has informed the person of the above precautions and that the guest adheres to them.