

Mindfulness in the Mountains

We are all navigating this new normal of life in our own ways. The pandemic has affected us all differently. While some folks are bold and adventurous, others are skeptical and cautious as we begin to venture back out in to the world. Regardless of which side of the fence you're on, we ask you to please be mindful and respectful of these varying perspectives. That's the great thing about spending time in the mountains, it reminds us how important balance, patience, fresh air and stunning vistas really are.

With that, we ask that you practice Mindfulness in Mountains of Sun Valley and help us protect the people and places we love.

Best Practices to Help Keep Sun Valley Fun and Safe:

- We want you to be here and we want you to stay healthy!
- Please follow local protocols for all businesses and public places.
- Keep covered - please wear masks around others.
- Give people space on sidewalks, trails and in businesses: 6 feet is recommended.
- Pack it in, pack it out.
- Wash or sanitize your hands regularly.
- Stay home if you don't feel well.
- Respect others: everyone is impacted differently by COVID19.
- For more detailed community guidelines, visit www.blainerecovery.org.

Blaine Recovery Community Guidelines:

Common Ground For The Common Good

The **Blaine Recovery Committee** was established to support recovery from the COVID-19 pandemic. The Committee was tasked with identifying and prioritizing challenges facing the community's recovery and advancing solutions to address those challenges. As we transition through the recovery from the pandemic the need for more clearly defined guidelines for community behavior and etiquette has become increasingly clear.

Suggested guidelines for community behavior are simply recommended actions. No attempt is being made to legislate or mandate behaviors beyond what has been established by the State of Idaho or the national Center for Disease Control (CDC). That being said, there seems to be a local consensus that we share a community ethic and set of guidelines that will keep the residents and visitors of Sun Valley healthy both now and in the future. Here are rundown of these guidelines:

OUR COMMUNITY ETIQUETTE

As a visitor, you are more than welcome here! The reasons for you coming are the same that have drawn the rest of us here: year-round recreation like biking, hiking and fly fishing, world-class skiing, incredible and diverse fauna and flora, the eclectic vibe of our rural Idaho mountain community, and the caring spirit of the people who live here.

For the benefit of both residents and visitors, we encourage you to:

- Please honor protocols put in place at local businesses (wear a mask, limit group size, sanitize hands before handling merchandise, etc.) These businesses are doing their best to serve you, while at the same attempting to protect the health of their staffs.
- Maintain social distancing of at least 6 feet in both private and public settings.
- Wearing face covering while in public is not mandatory, but doing so shows that you respect the concerns and safety of others, especially when indoors.
- Maintain good hygiene, washing or sanitizing your hands often.
- If you are feeling sick, or have been exposed to someone who has tested positive for COVID-19, please self-quarantine.
- Be aware of the vulnerability of high-risk people, like the elderly and those with pre-existing medical conditions.
- If you are uncomfortable in any venue, politely advocate for what you and/or your family need to feel safe and comfortable.

SOCIAL GATHERING ETIQUETTE

- Avoid gathering in groups of over 10 people until the State of Idaho or CDC protocols shift to allow larger groups.
- Gather outside, instead of inside, whenever possible.
- Continue to follow the CDC guidelines for personal hygiene.
- Avoid using communal resources in public places, i.e. picnic tables, grills, etc.
- If gathering in a backyard, access these spaces through an outside entrance/exit.
- If eating communally, do not share cooking or eating utensils or food or drinks. Embrace BYOE: Bring Your Own Everything.
- Make arrangements to use the restroom before or after your visit. Try not use others' bathrooms.
- If you are hosting and others need to use your bathroom, consider providing disinfectant wipes, disposable towels for drying hands and an open trash can. Attempt to reduce the number of communal surfaces that must be touched in order to access the bathroom.
- Remember that etiquette applies in cars as well- cleaning surfaces, personal hygiene, social distancing, etc.

RECREATION AND CAMPING ETIQUETTE

- Be fully self-contained. Take everything you may need with you in order to avoid unnecessary contact with others.
- Please only travel with people from your own home.
- Avoid crowded campgrounds, boat and watercraft ramps, and trails whenever possible.
- Follow all local guidance regarding outdoor recreation, including guidance from local health agencies, state government and federal organizations.
- Pack it in, pack it out.
- Be prepared to manage bathroom breaks without facilities. Bring a plastic bag and toilet paper if necessary and take your waste with you.
- Use a mask when you cannot reasonably socially distance.
- Avoid using communal resources in public places (i.e., picnic tables, grills).
- If eating communally, the general rule is BYOE = Bring Your Own Everything and do not share kitchen items, food or beverages.
- Continue to follow the CDC guidelines for personal hygiene.