

Hello Mono County Residents, 2<sup>nd</sup> Homeowners, and Visitors:

We are now approaching 8 weeks of shelter-in-place, and like you, we at Mono County Sheriff Search and Rescue (SAR) are weary of it. All of us who choose to live in this somewhat remote and isolated place are here for a reason – to enjoy the recreational opportunities, low population density, and overall quality of life.

Good health includes not only the physical aspects, but mental as well. It is well-known that vigorous physical activity is beneficial to mood and helps to hold depression at bay. The Governor is moving toward Stage 2 of the plan to re-open California, and we urge you to go out and enjoy our local trails and backcountry in a dispersed manner for your well-being.

While we encourage you to get out and exercise, we ask that you limit your pursuits to those that are low risk, and unlikely to result in a mishap that might require SAR response or a hospital visit. We have been fortunate in the 7 weeks of shelter in place that we have had no SAR calls in Mono County. Inyo County has not been as fortunate as they have responded to backcountry calls for assistance.

Please be advised that if assistance is requested, the SAR team is operating in a diminished capacity as some members are unable to respond due to personal risk factors such as age, compromised immune systems, or self-isolation to protect their families and loved ones. So please get out there for some Vitamin D therapy but do it in a conservative manner.

Day hikes and trail runs are good for everyone; ski mountaineering, rock climbing, fording snow-melt swollen streams, and backcountry unicycle riding will need to wait until the coronavirus risks diminish.

Respectfully, your volunteer friends and neighbors from the Mono County Sheriff Search and Rescue Team.