



Halton Outdoor Club: Personal Safety Guidelines during COVID-19

03 March 2022

As a responsible volunteer-run organization, the Halton Outdoor Club has developed safety guidelines to protect participants and Trip Leaders doing Club activities during the COVID19 pandemic. These guidelines are based on recommendations from the Ontario Ministry of Health and will be updated as required to ensure consistency with government's recommendations as they change.

NOTE: The first list of guidelines is overarching, applicable to all Club activities, while later guidelines are specific to each sport. These guidelines apply to Club activities from the time they leave the launch site or trailhead and end as soon as they arrive at the destination.

Your health and the health of others is your responsibility. Please do your part to reduce the spread of COVID-19.

Overarching:

- Stay at home if you are feeling unwell or have been in contact with someone who has COVID-19 symptoms.
 - Review the self-assessment questions recommended by the Ontario Ministry of Health. <https://covid-19.ontario.ca/self-assessment/symptoms> If you answer any of the questions affirmatively, or have been in contact with anyone experiencing any of these symptoms, DO NOT ATTEND.
- The number of participants will be limited to that recommended by the Ontario Ministry of Health, although the Sport Director may further restrict group size.
 - Description of Ontario Ministry of Health guidelines can be found at <https://www.ontario.ca/page/reopening-ontario>
- You will be asked to complete a COVID-19 waiver on the Club website when you register for an event.
 - You may also be asked some questions based on the Ontario Ministry of Health protocol by the Trip Leader at the start of the event.
 - The Trip Leader has the right to deny your participation to protect others in the group.
- The Club will ensure that the destination is open and safe (i.e. physical distancing is possible, unlikely to be too crowded).
 - Destination may be changed at the last minute if new information suggests the original one may not be safe.
- Respect any trail or facility closures. Be aware that washrooms may not be available.

- Carpooling to and from the event is not recommended unless the individuals are from the same household.
 - Carpooling is allowed if comfortable with drivers or passengers.
 - At driver discretion.
- The Trip Leader will take attendance and provide this back to the Club as is usual practice.
- Any group instruction or conversations before the activity must be conducted maintaining physical distance of at least 2 metres, except for individuals from the same household.
- Participants should maintain physical distancing when going to and from common areas, e.g., parking lots, trailheads, assembly points.
- Do not share any equipment unless comfortable with fellow club member.
 - If assistance is required to unload or load equipment, maintain physical distancing of at least 2 metres.
- Wearing a mask reduces the risk of spread to others, and should be worn when adequate physical distancing cannot be maintained.
- Bring your own snacks and water.
- Take home everything you bring.

Trip Leaders may, at their discretion, deny participation or ask a participant to leave the group at any time if s/he determines this is necessary to protect other participants.

Cycling-specific:

- Practise physical distancing while on the trail by staying at least 2 metres apart.
- Avoid riding or walking side-by-side on the trails as it is hard to maintain physical distancing when doing so.
- Be aware of other participants, and pass them safely with enough separation to keep both of you safe.
- While passing through gates or crossing roads, continue to observe physical distancing rules.
- Yield to oncoming trail users when crossing bridges, boardwalks and passing through gates.
- If the assistance of others is required in the case of flat-tire or other emergency and physical distancing cannot be maintained, please use masks.

Paddling-specific:

- Use of self-rescue will be the primary rescue.
- Mask must be worn for unloading and loading purposes.
- Mask must be worn for off the water activities (campsite, parking lot etc.).
- The paddler to Trip Leader ratio will be no larger than 6:1. If more than 6 are participating, additional groups of up to 6 will be created with additional Trip Leaders.
- If at any time you begin to feel unwell, please contact the Trip Leader who will provide an exit plan while on a trip. This will be at the expense of the participant if evacuation is necessary.
- Follow best practices for car and wilderness camping :
 - a. Do not share food, cooking utensils
 - b. Do not tent share unless comfortable with fellow club member

Hiking-specific:

- Practise physical distancing while on the trail by staying at least 2 metres from other walkers/hikers.
- Walk in single file, especially on narrow trails.
- Wear face masks if adequate physical distancing is not possible.
- Move aside so other hikers/walkers can pass safely, at least 2 metres from you
- Do not share equipment such as hiking poles, water bottles, etc.