



Coronavirus (COVID-19) Return to the Hiking Program Plan November 2020 Update – Masks are Strongly Recommended

This has been, and continues to be, a challenging and unprecedented time for the BTC. Our highest priority is to ensure the safety and wellbeing of all our staff and volunteers. The BTC will be flexible in its decision making for returning to volunteer programs. New additions to this plan are highlighted in yellow.

This coronavirus (COVID-19) return to the hiking program plan is susceptible to changes with the introduction of additional governmental guidelines. When changes occur, Hike Directors and Hike Leaders will be updated, as soon as possible, by email. As the situation develops, changes to this plan may occur.

The hiking program will continue to be restricted to members and their guests only at this time. This will show loyalty to our members and encourage people to renew or join. Once restrictions on group sizes are lifted, then the hiking program will be opened up to non-members.

To allow non-member guests, each guest should register for a hike using the membership number of the member who invited them, but adding their own name and contact information. This method can also be used for members from the same household. For new members, the number 12349 can be used to register for a hike.

Please note, due to new regulations, the limit of participants on a hike will be restricted to 10 at this time, as of November 17, 2020

- At this time there will be no overnight hiking trips permitted.
- There will be no full end to ends this year. However, there may be Club end to ends if the full Club section is open.
- There will be no car shuttles on hikes – all hikes must be out and back or loop hikes, no buses are to be provided at this time.
- No Hike Leader should feel that they are being forced to lead hikes. This will be up to each individual volunteer to decide.

Personal Protective Equipment:

- **It is strongly recommended that both Hikers and Hike Leaders wear face masks during the hike.**
- Hike Leaders and Hikers can carry hand sanitizer, but should not be sharing it with the group.

Health and Covid-19 symptoms:

- Each hiker must perform a self-screening check before hiking <https://covid-19.ontario.ca/self-assessment/>

- Hikers and Hike Leaders are to follow the protocols laid out on the BTC website for safe hiking
- Hikers who may come down with Covid-19 symptoms following a hike, must inform Public Health. Public Health will be responsible for contact tracing.

Waivers and Registration:

- A new system has been developed for online waivers and registration for hikes.
- Training has been provided on how to use the new system.
- Hike Leaders must remind their hikers to remain in their cars while they are being checked in for the hike.
- Registration is limited and those hikers who are not registered will be turned away from the hike.

Safety Talk for Hike Leaders

At the beginning of any organized hike please perform the following safety talk to inform the participants of the protocol for COVID 19.

As the hike leader you should know the symptoms of COVID-19 <https://ca.thrive.health/covid19/en>. If any participants show the following signs, ask them not to participate:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or over 38°C
- feeling feverish
- chills
- fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache
- gastrointestinal symptoms (abdominal pain, diarrhea, vomiting)
- feeling very unwell

In your talk please cover the following items:

- Remind people not to share anything including bug repellent, sunscreen, hand sanitizer, water etc.
- Remind hikers to bring their own first aid kits.
- Inform people to keep a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible.
- At the current time, ensure no more than 10 people are in the group. This will change as provincial guidelines change.
- Ensure people move aside to allow others to pass.
- Pack out everything you bring on your hike. Garbage cans will not be available.
- Inform hikers that masks are strongly recommended for everyone's safety.
- Know your location before the hike and in case of an emergency call 911.