

# Nature Walks- Wildsight Creston Valley

To keep you safe while enjoying outdoor programs, we have developed the following safety protocols.

Participants must register, sign waiver and check that they have read and agree to the following:

- Stay home if you or your children have symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
- Stay home if you have been directed by Public Health to self-isolate.
- Stay home if you have arrived from outside of Canada or you have had contact with a confirmed COVID-19 case.
- Maintain 2 m distance yourself and other participants (outside your family)

## COVID Risks

- Gathering too closely during:
  - Start of hike/parking lot
  - Stops on trail
  - Passing/meeting other hikers/walkers on trail
- Touching Supplies/Materials
  - Examples of supplies: interpretive material, gear

## Protocols to Reduce Risks

- Registration will be limited to 15 people.
- Trip leader will do an introduction at the beginning of the walk around protocols around COVID and outdoor safety.
- Trip leader will lead the walk and stop for rests in areas that a better able to maintain distance between participants.
- Trip Leader will cancel the outdoor programming if feeling unwell with symptoms of a cold, flu or COVID-19, with any coughing or sneezing
- Hand Sanitizer will be available for participants to use
- Spray bottle with bleach solution to clean off supplies that participants use.
- Participants should use hand sanitizer before and after using any supplies and eating.
- We will monitor and update protocols after every walk to make sure they are still up to date.

