



COVID Guidelines

It is in everybody's best interest to abide by the following additional guidelines to ensure a safe environment for all.

- If you are sick, stay home.
- If you have recently travelled outside the province or country or believe you have been exposed to the virus, stay home until your 14 days of self-quarantine has ended.
- Non-members must sign a liability waiver prior to participating in each outing. A waiver can be found [HERE](#) and must be read, printed and signed before arriving at the meeting place.
- There will be no carpooling associated with outings
- Physical distancing of two metres or six feet is required at all times, including at the beginning and ending of outings as well as at any stops along the way. Please hike in a single line when on a trail.
- The wearing of a mask outdoors is not required by participants if physical distancing can be maintained. Masks may be worn at one's personal discretion.
- No sharing of food, water or equipment.
- Any after outing gatherings will be compliant with provincial/state mandates

