



## **COVID-19 Guidelines for THUNDER BAY HIKING ASSOCIATION MEMBERS**

**Updated Sept.2021**

The TBHA asks that you help everyone stay safe by following the basic COVID-19 guidelines at all times, so we can all continue to enjoy this beautiful outdoors that we have:

- Stay 2 meters apart.
- Clean your hands.
- TBHA prefers our participants be double vaccinated for COVID-19. Some leaders may specify that the participants on their events be double vaccinated.
- Wear a mask when you can't maintain that distance, unless you are with a person from your bubble.
- According to public health guidelines the mask must completely cover your nose, mouth and chin. Buffs are not suitable because the weave is not tight enough and they're not cotton or linen. Three layer masks are recommended. Here's a link about masks:  
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html#a1>
- You have the option of wearing a mask throughout the entire hike if you wish.

## Participation

- The hiker must be able to answer “no” to all questions on the COVID-19 questionnaire at time of the hike.
- These questions are
  - Have you been out of Canada in the last two weeks?
  - Have you been exposed to anyone with a positive COVID-19 test or been with anyone who is currently self-isolating?
  - Are you suffering from any respiratory symptoms? New or worsening cough or shortness of breath?
  - Have you been suffering from fever, chills or sore throat?
  - Do you have any gastro intestinal symptoms such as nausea, vomiting or diarrhea?
- **Signing up for a hike on the TBHA website is mandatory.** Members must create a username and password for themselves (one time only) on the TBHA website and “log on” before they sign up for a hike. A confirmation email will be sent if you have successfully signed up. This email will contain the hike leader’s contact information and meeting site.
- At this time, TBHA activities are for **MEMBERS ONLY**. If a non-member wants to come they need to join the TBHA. Membership is purchased on-line through the TBHA website.( a link will take you to the registration)

- Group sizes are limited.
- Sign up for individual hikes will open a week before and close at 6 pm on the night before the hike. Sign up will not be available if the maximum number of hikers has been reached.
- **If you need to cancel**, please inform the hike leader or email [tbha@tbha.ca](mailto:tbha@tbha.ca).  
**Please be considerate** because there is a cap on the number of hikers/per hike.
- At the starting point, the leader will ask you that your answers to the health questions are still all "no", to confirm all of your answers and in case symptoms just appeared.
- During the outing and for 14 days afterwards, if **any** symptoms appear that might suggest COVID-19, please tell the hike leader immediately. You will be requested to isolate from the group as much as possible. In addition, you will not be permitted to participate in any TBHA outing for the next 14 days. The other participants in the outing will be informed.

## **Transportation to and from the starting point**

- We are not organizing carpooling. All participants must meet at the starting location. The outing will be finished once the participants have returned to their vehicles after the event.
  - If you are driving, you may take those in your bubble. All in the vehicle must be outing participants who have signed up and have been accepted for the outing. Do not consider this a round-about way to organize carpooling: if you do not have a vehicle, you should not ask a driver for a ride.
  - We recognize that this will make transportation to the starting point difficult or impossible for some.
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- **During the outing**
    - For hikes and walks, please maintain a distance of at least 2 metres from each other, unless you're from the same bubble. Distancing is one of the recognized ways of reducing your chance of passing along COVID-19 to others and your chance of acquiring COVID-19.

- You must bring a mask. The leader will indicate when a mask needs to be worn. If you do not put on your mask when requested, you will not be permitted to join future outings of any type with the TBHA, until this pandemic is declared officially over. There will be no exceptions.
- Stay in the group and away from other groups.
- Supply your own hand sanitizer and/or disinfectant wipes, etc.
- If possible, please take your own first aid kit.

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**We Thank-you**