

## Hiking in the time of COVID-19

In March 2020, the Club Tread Executive cancelled Club activities in response to the COVID-19 pandemic. The Executive decided to restart Club events on a trial basis as of May 30, 2020. The following rules and guidelines should be followed by Club members on rides during this trial period.

### Three basic principles

1. Members participate in events at their own risk.
2. Maintain physical distancing at all times.
3. Respect the health of other hikers.

### The following rules flow from these principles

1. No Club Tread indoor events will be allowed in the contemplated trial period.
2. Maintain group size of a maximum of 6 participants including the leader, (existing Club Tread rules stipulate a minimum of 4 participants).
3. Hike locally on well-known trails that have access that is not too difficult in case a rescue is required by SARs teams. Limit your risks.
4. Always maintain a minimum of 2 metres between yourself and all others, including breaks, meals, viewpoints etc.
5. Carpooling is not recommended and will not be organised by the hike leader. No vehicle exchange or shuttle using others' vehicles (e.g. to complete a one-way hike)
6. Yield to other users on bridges, stairs, and narrow sections. Where it is safe to do so, step off the trail
7. Follow all posted park rules, including not touching/using facilities where prohibited

8. No member who is sick or has been in recent contact with a sick person may participate in a Club Tread event.
9. Only **paid-up** Club Tread members may participate while this policy is in effect.
10. It is up to the member to make sure the leader has a cell number and emergency contact number prior to the event.

**Members who do not comply with these rules may be banned from future events with Club Tread. Club Tread fully supports a leader's actions required to enforce the rules above.**

- a. In addition, here are some suggested guidelines for leaders and hikers: Avoid scheduling hikes for busy times and busy narrow trails.
- b. Where two or more leaders wish to schedule small group hiking in the same area, collaborate to either stagger start times or alter the hikes.
- c. Hikers should bring a pair of gloves, a mask and sanitizer in case of emergency.
- d. Masks may be worn by hikers but are not required

**The use of sign-up sheets will not be required during this period. All members are still bound by the waiver they have signed with Club Tread.**