

# Nature Manitoba Outdoor Day Trip COVID-19 Protocol July 2021

Nature Manitoba is committed to ensuring a safe environment for all of its members. **Manitoba Nature strongly recommends that all members are fully vaccinated.** To reduce the risk of COVID-19 infection, Nature Manitoba members will adhere to all current provincial public health orders ([manitoba.ca/covid19/restartmb/prs/orders/index.html](https://www.manitoba.ca/covid19/restartmb/prs/orders/index.html)), recognizing that they may change from time to time.

COVID-19 information can be found at [gov.mb.ca/covid19](https://www.gov.mb.ca/covid19)

**Members must** assess their own risk tolerance before attending an outing, particularly COVID-19 vulnerable groups (those who are 60 years of age and older, and those with chronic health conditions or weakened immune systems).

## **Trip participants must adhere to the following:**

- Stay at home if you are experiencing any cold or flu-like symptoms such as a cough, fever, runny nose, sore throat, weakness, or headache.
- Adhere to current provincial public health orders regarding self isolating following out-of-province travel, or if you have been exposed to a person with COVID-19 in the 14 days prior to the outing.
- Physical distancing of 2 metres must be maintained at all times, except in emergency conditions where other risks are greater.
- Masks must be used when physical distancing is not possible.
- Group sizes should facilitate physical distancing. The size might vary dependent on the activity (hiking vs cycling vs paddling), but they must adhere to the current public health orders. If more people register for an activity than the current allowable gathering size limit:
  - groups of the allowable limit or less must be formed based on whatever criteria the trip leader and participants choose, and
  - an associate leader (who knows the activity) must be designated for each extra group, and
  - each group must have a separate sign-in sheet, and
  - people cannot move from one group to another
- Wash or sanitize hands frequently during outings. Trip participants must bring their own cleaning/sanitizing supplies. No sharing of food/drinks and supplies.
- Practice proper cough/sneeze hygiene by using a tissue, or cover your mouth and nose with your upper sleeve.

Carpooling is only permitted with members of the same household or bubble, or if all car occupants are fully immunized and masked.

Trip leaders will remind participants during the outing to practice physical distancing and other public health measures to ensure everyone's safety.

**Trip participants must be pre-registered** so that their name and contact information is readily available.

After the outing, **trip leaders must** complete the *Nature Manitoba Outdoor Trip Report* form. Nature Manitoba will retain all trip reports to facilitate public health contact tracing in case a participant is exposed to COVID-19 during an outing or it is learned they are infected with COVID-19 after the outing.

**Trip participants must** notify their Nature Manitoba trip leader if they are diagnosed with COVID-19 within 14 days after the outing, or if they have any concerns about the COVID-19 protocols being violated during the outing.

**Trip participants must send this statement to the trip leader:** "I acknowledge that I am aware of all the relevant provincial health orders and COVID-19 restrictions/recommendations, and I will adhere to the Nature Manitoba COVID-19 protocol".