

# Nature Manitoba Mantario Cabin Overnight Trips COVID-19 Protocol August 2021

Nature Manitoba is committed to ensuring a safe environment for all of its members. **Mantario Cabin trip participants in mixed household groups must be double-vaccinated for COVID-19.** 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://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://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 leaders will review COVID-19 protocols with trip participants before and throughout the trip to ensure everyone's safety.

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

## Trip participants must adhere to the following:

- **Mantario Cabin trip participants in mixed household groups must be double-vaccinated for COVID-19** if over the age of 12 years. Trips including children under the age of 12 are at the discretion of the trip leader and participants.
- Self-screen and pass using the Shared Health COVID screening tool <https://sharedhealthmb.ca/covid19/screening-tool/> just prior to leaving for the trip. Stay at home if you are experiencing cold or flu-like symptoms or are required to self-isolate due to contact with COVID-19 or travel.
- Physical distancing of 2 metres should be maintained between households, outdoors and indoors as much as possible.
- Mask use is strongly recommended when physical distancing is not possible such as inside the cabin.
- Wash or sanitize hands frequently during outings. Trip participants must bring their own hand cleaning/sanitizing supplies.
- Practice proper cough/sneeze hygiene by using a tissue, or cover your mouth and nose with your upper sleeve.
- Group sizes should facilitate physical distancing, and adhere to current public health orders.
  - **The maximum cabin occupancy for mixed household groups will be 8 people.** This ensures enough space in the cabin can maintain 6ft separation between individuals from different households while eating, sleeping and preparing food.
  - **Sleeping:** The cabin has 4 bunkrooms and screen porch for sleeping. Household members must group together in bunkrooms. If necessary, a maximum of 2 individuals from separate households can share a bunkroom but must sleep distanced at a minimum of 6ft (using upper and lower bunks on opposite beds for example), with window ventilation.
    - an associate leader (co-leader) must be designated for each group, and
    - no "drop-in" use of the cabin is permitted during reserved cabin stays (eg. Mantario trail hikers are not permitted to stop in at the cabin unless they have been included from the initial steps of trip planning)
    - Sauna occupancy will be **4 people** to ensure room for 6ft separation while using the space.
- **Carpooling to the trip is permitted among different households.** Participants in carpools are required to wear masks while carpooling.
- **Established Mantario Cabin health procedures** for dishwashing, surface cleaning, hand-washing and meal preparation must be followed.

After the outing, **trip leader must complete the *Mantario Cabin Use Form***, with inclusion of all participant contact information in the Trip Notes section. <https://www.naturemanitoba.ca/mantario?q=form/mantario-cabin-use-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.

**Trip participants must send this statement to the trip leader prior to participation:** “I acknowledge that I am aware of all the relevant provincial health orders and COVID-19 restrictions/recommendations, and I will adhere to the Mantario Cabin COVID-19 protocol”.