

Ridge Meadows Outdoor Club restart plan

Following [BC's Restart Plan](#), the club will re-open the schedule. Trips can start taking place on

June 9, 2020.

New health and safety measures for trips and trip attendees

All club trips and trip attendees are asked to follow new health and safety guidelines.

The guidelines are based on:

- the [BC Government Restart Plan](#);
- the BC Government Restart Plan's schedule of Phase 2 (mid-May to June), Phase 3 (June to September), and Phase 4 (September onwards);
- [BC Centre for Disease Control COVID-19 guidelines and recommendations](#);
- [BC Parks COVID-19 response information](#);
- [BC Search and Rescue Association COVID-19 safety recommendations](#);
- keeping groups small to allow for healthy separation within the group;
- potential travel restrictions or reduced/closed facilities on the travel route (e.g. public restrooms).

Health and safety guidelines when attending a trip

To attend any trip while this plan is in effect, please:

- contact the trip organizer to express interest;
- no carpooling unless you live together
- answer all questions in the Health and safety questionnaire;
- be aware that the organizer has the right to decline your attendance request based on their comfort level and group size.
- everyone should carry their own personal first aid kit and a personal hygiene kit (gloves, mask, hand sanitizer, wipes, toilet paper, etc)
- be self-sufficient so that there is no need to borrow equipment and/or supplies from other participants

Health and safety questionnaire

Please answer these questions when leading or wanting to attend a trip. If you answer "yes" to any question, please do not lead or attend the trip.

- Do you have any symptoms of cold, sore throat, fever, flu or COVID-19?
- Have you travelled outside of the province in the last 14 days?
- Have you been in contact with someone with cold, sore throat, fever, flu or COVID-19 symptoms in the last 14 days?
- Have you been in contact with someone who has travelled outside the province within the last 14 days?
- Are you – or have you recently been - in contact with someone currently in quarantine?

What to do on the trip day?

Per the BC Centre for Disease Control, wearing a mask is not required but you may choose to do so. Also:

- Please do not attend if you have any symptoms of cold, sore throat, fever, flu or COVID-19;
- no handshakes or hugs at this time please

Healthy separation guidelines

When hiking:

- maintain distance from other trip attendees
- maintain distance from other trail users as best as possible
- In order to practice social distancing larger groups must be split into smaller groups of 6 or less

When cycling:

- maintain distance from other cyclists, particularly when gathering at lights & crosswalks
- stay out of the slipstream or wake of other cyclists – leave longer distances than usual

When kayaking:

- be careful when assisting another kayaker with their kayak, unloading, carrying, loading

Guidelines for trip organizers

When you are planning and organizing a trip, please follow the guidelines described below. Also, please ensure you do not have any symptoms listed in the Health and safety questionnaire.

Trip planning guidelines

When deciding where to hike/cycle/paddle:

- pick trails that can accommodate physical distancing;
- pick trails that aren't too busy or crowded;
- pick a trailhead with enough parking to accommodate higher car usage;
- consider a trail that can be reached by public transit?
- check BC Parks, Metro Vancouver Parks or the local regional authority to see if the area you want to visit is open or closed.
- consider available facilities along the travel route to the trailhead—public restrooms may not be available
- leader is to fill out sign-up sheet with participants information; member's signature is not needed; in the signature box indicate with a checkmark or initials that you have asked the group or participants the questions in the health and safety questionnaire.
- Carry a copy of these guidelines for reference both for you and for the participant
- confirm that no one has any symptoms of cold, sore throat, fever, flu or COVID-19 before heading out.