

## **HIKING SAFELY DURING THE COVID-19 PANDEMIC**

Luckily, nature and the outdoors have been scientifically proven to be superbly low risk in terms of COVID-19 transmission.

Current situation:

...Niagara Region - [PHASE 3] – Outdoor guiding and walking PERMITTED

...Province of Ontario – Groups of 25 PERMITTED

Signing the Waiver (this is NOT the Waiver) later will imply that you HAVE read this form.

-Your personal health first. You may book a hike only if you can verify the following about yourself and your party.

...You have NOT travelled outside of Canada in the past 3 months

...You have NOT had COVID-19

...You have NOT been in close contact with someone who HAS or has HAD COVID-19

...You have NOT recently felt sick, or currently feel sick

...You have NOT been in close contact with someone who HAS recently been sick

...Your workplace has NOT experienced a COVID-19 outbreak

-Groups of 20 hikers maximum.

-Practice social distancing. According to Ontario's Provincial health guidelines, we will do our part to maintain 2 m distance from other hikers outside of our group. Your Guide will respect the distance from your hiking party as well.

-No private fees. Providing Ontario remains under a State of Emergency and/or encourages smaller, more private groups, there will be no additional cost to have a private tour. All tours are currently assumed as private. Private rates will resume as regulations subside. Therefore, please note, if you book a date further into the future where regulations become removed, you will be presented the choice for a normal private rate, or public tour rate.

-COVID-safe on the trails. We will avoid areas where crowds may form, and safely move around common touch points on trails. Please respect the 2 m distance of others. Your Guide will step the group aside (and not into poison ivy!) should other people approach us on the same trail.

-Your COVID-safe guide. Unfortunately, I cannot supply toilet paper, water, lighters, or any touch-and-return items. I continue to provide certified first-aid with all the appropriate PPE (mask, gloves, etc)\*, as safety is always first in an emergency.

-No lunches provided at this time. We're keeping our partners safe, and their delicious lunch options off the menu for safety concerns. This option will resume later.

\*in addition to the usual recommended packing list available on [www.owenshikingandadventures.com](http://www.owenshikingandadventures.com), under "Booking" then "Welcome Hikers", please take note of COVID-19 related recommendations at the bottom of that document.