



Nordic Pole Walking COVID-19 Procedures

Overview:

The Municipality of Magnetawan is following guidelines in accordance with the North Bay Parry Sound District Health Unit and Government of Ontario to help mitigate the spread of Covid-19. The health and safety of the Municipality of Magnetawan residents, staff, program participants and volunteers are of the utmost importance and the following procedures have been put in place to keep everyone safe. These procedures must be followed by all participants and staff.

Covid-19 Procedures:

Upon Arrival

- Participants are required to wear a face covering unless engaging in the Nordic Pole Walking activity. During the activity, participants must maintain a physical distance of at least 2 metres/ 6 feet
- A maximum of 25 participants can take part in each outdoor Nordic Pole Walking activity
- Participants must use the hand sanitizer upon arrival (hand sanitizing stations will be set up next to the Pavilion)
- A Covid-19 screening questionnaire will be provided to each participant upon arrival and participants must successfully pass the questionnaire to participate in the activity
- Participants must provide their name and phone number to the instructor, that in the event of a Covid-19 exposure, contact tracing can be facilitated
- Participants are encouraged to bring their own equipment however, there will be activity equipment available for use. All activity equipment (walking poles, snowshoes) will be cleaned prior to use and directly after use. The instructor will hand out the equipment to participants.
- Participants are to meet outside in the parking lot next to the Pavilion where they will walk on a variety of trails and roadways
- All participants must supply their own water and arrive dressed for the activity. No changerooms will be open, however the Pavilion washrooms will be open

During Activity

- All participants must maintain a physical distance of at least 2 metres/ 6 feet with no prolonged contact
- Participants should refrain from touching their face during the duration of the activity
- At the end of the activity, please give all equipment back to the instructor for cleaning and disinfecting

I _____, the undersigned, certify that I have read and fully understand the Nordic Pole Walking Covid-19 Procedures in its entirety and agree to abide by said procedures.

Signature

Date