

# GUIDANCE FOR OUTDOOR RECREATION

## Overview

To ensure the safety of children, families, and communities, the relaxing of restrictions on certain outdoor recreation opportunities will follow a measured approach, in accordance with public health guidance from Alberta Health. How participants engage, and how equipment and facilities are used, cleaned, and in some cases monitored, will be need to be adapted and modified. Outdoor recreation business should also follow [Workplace Guidance for Business Owners](#).

## COVID-19 Risk Mitigation

<b>Public Spaces</b>	<ul style="list-style-type: none"><li>• Groups must be limited to 15 people or fewer.</li><li>• Individuals should maintain physical distancing of at least 2 metres from others, unless they are from the same household.<ul style="list-style-type: none"><li>◦ Groups should also physically distance from other groups.</li></ul></li><li>• After activities, individuals should maintain physical distancing when returning to vehicles or homes.</li><li>• Subject to closures by the operator, outdoor recreation activities are permitted in parks, trails and opens spaces (e.g. soccer fields and ball diamonds).</li><li>• Municipalities may choose to open fields, playgrounds and courts for public use, but league play is not permitted.</li></ul>
<b>Activities</b>	<ul style="list-style-type: none"><li>• Activities in public spaces require physical distancing of at least 2 metres; consider physical barriers if a distance of 2 metres may not be maintained.</li><li>• Activities in public spaces should not include the sharing of common equipment, unless the individuals are from the same household.</li><li>• Clean and disinfect equipment prior to and after use.</li><li>• Individual or group instruction must only be conducted with appropriate physical distancing of at least 2 metres, unless the individuals are from the same household.</li></ul>
<b>Participating in outdoor recreation</b>	<ul style="list-style-type: none"><li>• Those who are sick or symptomatic must not participate.</li><li>• Choose to participate in activities that allow you to maintain physical distancing and you can bring/use your own equipment.</li><li>• Choose activities that do not include contact with other individuals.</li><li>• Limit congregating with other people when going to and from common areas (e.g. trailheads, boat launches, parks and fields).</li></ul>
<b>Individual Actions &amp; Precautions</b>	<ul style="list-style-type: none"><li>• Caution should be taken around common touch points; proper hand hygiene should be practiced.<ul style="list-style-type: none"><li>◦ Wash your hands frequently.</li><li>◦ Refrain from touching your face with unclean hands.</li><li>◦ Carry and use hand sanitizer containing at least 60% alcohol content.</li></ul></li><li>• Wear a mask in public places to help limit the risk of spread to others if you will be within 2 metres of people other than members of your own household.</li></ul>

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<b>Outdoor Recreation Businesses</b>	<ul style="list-style-type: none"><li>• Workers, volunteers and patrons must be screened for COVID-19 symptoms.</li><li>• Prohibit entry to any worker, volunteer or patron who is sick or symptomatic.</li><li>• Ensure staff are trained on hygiene, sanitation and food handling in order to prevent the spread of infection.</li><li>• Seasonal businesses that are allowed to operate under the existing Orders can open with mitigation strategies outlined in the <a href="#">Workplace Guidance for Business Owners</a>.</li><li>• Schedule frequent cleaning.</li><li>• Institute a log of daily cleaning, including inventory of gloves, masks and supplies.</li><li>• Regularly clean and disinfect any surfaces and equipment touched by workers, volunteers and patrons.</li><li>• Equipment rental:<ul style="list-style-type: none"><li>○ Equipment should be assigned to individuals only. Items may not be shared unless done so by members of the same household.</li><li>○ Items must be cleaned and disinfected after each use.</li></ul></li><li>• Make hand washing stations and/or hand sanitizer containing at least 60% alcohol available for patrons.</li><li>• Businesses should remove opportunities for surfaces to be touched by patrons.</li><li>• Any booking and payment should be done via online or telephone means, where possible.<ul style="list-style-type: none"><li>○ Space out booking times between individuals/groups.</li><li>○ Groups must be fewer than 15 people and be able to maintain physical distancing.</li></ul></li><li>• <a href="#">Place appropriate signs</a> outside all building entries, throughout the course, on power carts and any portable washrooms outlining policies and procedures such as:<ul style="list-style-type: none"><li>○ Physical distancing expectations,</li><li>○ Hand hygiene,</li><li>○ Coughing and sneezing etiquette,</li><li>○ Cleaning and disinfection practices, and</li><li>○ Play etiquette (e.g. no handshaking or loitering).</li></ul></li><li>• If portable restrooms are used, they must include hand sanitizer containing at least 60% alcohol or hand washing stations with soap, paper towel and foot-activated devices adjacent to the units.</li></ul>
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