

## Start up Guidelines for the Vernon Outdoors Club (VOC)

(In effect July 5, 2020, subject to any changes to the BC provincial COVID-19 management guidelines and the BC Restart Plan)

### Target dates for return of activities are:

Hiking: Sunday July 5<sup>th</sup>, 2020

Rambles: Tuesday July 7<sup>th</sup>, 2020

Cycling: September 2020, TBA

Based on the current conditions in BC on the control of the COVID-19 virus, the VOC has decided to offer limited activities. To reduce the risk of COVID-19 exposure, the club has developed the following guidelines that must be adhered to by all participants:

1. Activities in 2020 will only be open to members, and no guest participants will be allowed to join in.
2. Participants will adhere to BC provincial COVID-19 guidelines, including but not limited to:
  - Maintaining 6ft or 2m distance from anyone external to your safety bubble
  - Participating only when healthy and completely free of any COVID-19 symptoms
  - Agreeing not to attend any VOC event for two weeks after having returned from abroad or having had contact with anyone who has confirmed or probable COVID-19.Please consider carrying a face mask in your pack, in case circumstances necessitate its use, such as an injury requiring close contact.
3. There will be no sign-up sheet passed around at the meeting place, and participants must pre-register with the leader for an event, preferably by email. This should occur no later than 7 p.m. the evening before the event. Please notify the leader if you must cancel, as this will open a spot for somebody else who may be on a waiting list.
4. The leader will state on the website calendar whether to meet in the regular Sunday hike or Rambles meeting place, or at the trail head. Directions to the latter will be provided in the event calendar.
5. There will be no organized carpooling, and participants will need to make their own arrangements for transport to the trail head.
6. There will be a maximum of 12 participants for each hike including leaders, unless otherwise stated in the schedule. Two groups of six or less, each with its own leader, will remain separate during the hike to maximize social distancing.
7. We are here to have fun but let us all do our part and respects people's space during the pandemic.