

B KEY MESSAGES TO USERS ABOUT HOW TO STAY SAFE ON THE TRAIL

The following messages should be incorporated into all visitor information and education programs and communications.

Before Leaving for the Trail:

- If you are at higher risk of serious consequences from COVID-19, consider staying home.
- Plan outdoor activities with people from a shared household or cohort family.
- Do not go to the trail if you are feeling unwell or are in isolation / quarantine.
- Know the rules regarding travel within and between communities in your province or territory.
- Expect closures – confirm that the trail and amenities are open, and research the rules and restrictions for the trail.
- Plan your trip to avoid times and places of high use.
- Choose your trails wisely. Respect local communities that are discouraging visitation and follow all rules regarding travel.
- Keep the adventure factor low - pick a trail that you deem to be easy to moderate difficulty.
- Be sure to have an emergency plan should you get sick while on a multi-day trail trip.
- Be prepared, bring a “Clean Trip Kit” with hand sanitizer, toilet paper and face covering – Don’t forget your normal safety gear and appropriate clothing.

When you Arrive at the Trail:

- Your actions help ensure our trails stay open.
- If the parking lot is full or trail operators indicate that the trail has reached its capacity find another trail to enjoy, there are plenty of local trail gems.
- Staying apart starts in the parking lot. Stay in your car until you can keep 2m apart.

While On the Trail:

- ☑ Manage your own risk.
- ☑ Maintain a distance of 2m from all other visitors who are not from your household or cohort family.
- ☑ Travel in single file when approaching others.
- ☑ Be courteous when passing others on the trail:
 - » Announce that you wish to pass if approaching another visitor from behind.
 - » Move to the right edge of the trail to maintain a 2m distance
 - » Where possible, pass others while remaining on the trail surface.
 - » If you must step off the trail to allow safe passing, try to use a durable surface that won't impact vegetation or lead to trail widening or braiding.
- ☑ Minimize contact with high-touch surfaces (handrails, gates, benches). Wash your hands with soap and warm water for 20 seconds or sanitize your hands with an alcohol-based rub after touching surfaces.
- ☑ Practice good respiratory hygiene by covering your mouth and nose with the inside of your arm when you cough or sneeze.
- ☑ Avoid gathering at viewpoints, interpretive signs and other attractions on the trail. When gathering is necessary, line up, maintain 2m distance and wait your turn.
- ☑ Abide by all direction of travel requirements where they exist (e.g. one-way travel).
- ☑ Respect the direction contained within trail signage and the closure of trail amenities.
- ☑ Limit the use of washroom / toilets (where open). If open, sanitize your hands before and after using the facility. If washroom / toilet is not open, dispose of your waste properly in line with Leave No Trace practices (www.leavenotrace.ca).
- ☑ Avoid the sharing of personal equipment, water bottles and food (e.g. packs, GPS, water bottles).
- ☑ Dispose of your waste properly. Pack out your trash if waste receptacles are closed.
- ☑ Avoid higher risk activities on the trail that increase the potential for needing emergency services.
- ☑ Where permitted on the trail, keep all pets on a short leash.
- ☑ Be considerate and kind to other visitors and trail operators.
- ☑ Adopt and apply the 7 Principles of Leave No Trace (www.leavenotrace.ca)

While visitors are preoccupied with minimizing their exposure to COVID-19, it is essential that trail operators remind visitors that they must also continue efforts to minimize their impacts on environmental and historic resource values and the experience of others.

The seven Leave No Trace principles, skills and ethics should continue to be promoted to visitors:

1. Plan Ahead and Prepare
2. Travel & Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Others

- www.leavenotrace.ca

When You Return from the Trail:

- ☑ Share your stories and pictures of how you practiced COVID-19 measures while on the trail. Be sure to use geotagging responsibly.

The following infographics can be distributed through the social media channels, websites and installed at trail heads.

THE GREAT TRAIL **STAY SAFE**

Before leaving for the Trail

Plan ahead and be prepared. Choose trails close to home, research the status of the Trail, avoid the busiest times and bring a "Clean Trip Kit" (sanitizer, face covering, toilet paper). Stay home if you are sick.

When you arrive at the Trail

Verify the rules of the Trail. Remember, your actions help ensure our trails stay open. If the Trail is busy, adjust your plan and come back another time.

While you're on the Trail

Manage your own risk. Keep 2m from others and avoid congested areas. Respect public health guidelines by practicing good respiratory etiquette and the environment by adopting **Leave No Trace** principles (www.leaveonotrace.ca). Be friendly!

When you return from the Trail

Be an ambassador for the Trail. Share your stories and pictures of how you practiced COVID-19 measures while on the Trail. Be sure to geotag responsibly.



BEFORE YOU GO

Stay home if you are sick



Know the status and the rules of the Trail section



Prepare a Clean Trip Kit
(sanitizer, face covering, toilet paper)



Stay close to home



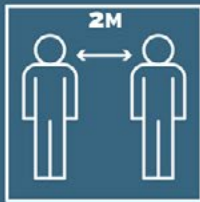
Avoid the busiest times



Play it safe and keep the risk low



**Stay 2 metres
apart**



**Cover your mouth
when you cough
or sneeze**



**Adopt and apply
Leave No Trace**
(www.leaveonotrace.ca)



**Share the Trail,
pass others safely**



**Keep pets on
a leash**



**Keep the
risk factor low**



Respect closed amenities



**Sanitize hands frequently
and avoid high-touch surfaces**





WHEN YOU RETURN

**Wash your hands
with soap and water**



**Share your stories
and pictures of how you
helped prevent the
spread of COVID-19**



**Geotag
responsibly**

