



## COVID-19 – Recommended Actions to Stay Safe for FMCBC clubs

Chief Medical Health Officer, Dr. Bonnie Henry has emphasized that outdoor activities the FMCBC membership participate in remain some of the safest recreation options available. The Ministry of Health continues to state clearly it was **not** a ministry order that closed BC Parks. It was a political decision that has not been clearly explained. It's important we understand the relative risks and realities around COVID that are grounded in science, respect the recommendations to prevent it spreading and adjust our practices to protect ourselves and others based on the advice provided and the orders in place.

### **The most effective means of risk reduction** include basic hygiene and physical distancing

- avoid handshakes and close contact. If you feel inclined greet with an elbow bump, wave or smile
- wash your hands *often* with soap & water - for 20 seconds!
- avoid touching your face
- as possible, use alcohol-based sanitizer after contact with common public surfaces, and have no access to water. Wash hands as soon as possible
- maintain 2 metres from others as you are able
- sharing food from common containers or sharing serving utensils is **not** recommended
- cough or sneeze into a tissue or into your elbow
- limit groups to less than 50 – *that's the law!*

### Preventative Practices for hikes and other backcountry trips & club events

- car-pooling is not recommended
- those who choose to provide transport should consider wiping down vehicle interiors before & after with an appropriate cleaner
- maintain *at least* 1 pole length between individuals while hiking or snowshoeing
- avoid sharing unpackaged food
- for trips, bring your own supply of hand sanitizer, wipes or tissues & a zip-lock plastic bag to contain and carry out waste for disposal
- club slide shows, social events and meetings may need to be rescheduled or cancelled depending on presenter preference, location availability and local situation. Remember the recommendation for physical spacing and the order limits numbers to a maximum of 50
- food and beverages should not be provided at slide shows or club meetings if they do occur

### Stay home if you have:

- a cough, fever or **any** symptoms of illness
- returned within 14 days from travel outside of Canada. This is a PHO order.
- recently (within 14 days) been in contact with a case of COVID. This is a PHO order.

This document has been reviewed and amended with input from Dr. Mark Lysyshyn, Deputy Chief Medical Health Officer, Vancouver Coastal Health and was circulated to the provincial Public Health Office in Victoria. My great thanks to the Caledonia Ramblers for their assistance in drafting this document.

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