

a/o October 2021

**Hike Leader reminders:** (for your information, no need to read this to hikers)

Please arrive 15 minutes before the start of the hike in order to assess and welcome your hikers. Prior to group talk, welcome new (to you) hikers 1:1 and assess their relevant hiking experience, stamina, etc in relation to your hike. As well, assess the group for proper footwear. Ensure everyone is prepared for the outdoor elements. *Hikers not properly equipped/prepared will need to be turned away.*

Please email registered hikers your planned driving directions to the trailhead the night before. We have found that getting this info ahead of the hike is greatly appreciated. Emails of hikers are on your hike registration list.

•For your info: Bruce Trail Conservancy strongly recommends masks be worn for everyone's safety on the trail. They are not mandatory.

As the hike leader you should know the symptoms of COVID-19

<https://ca.thrive.health/covid19/en> If

any participant shows the following signs, ask them not to participate:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or over 38°C
- feeling feverish
- chills
- fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache
- gastrointestinal symptoms (abdominal pain, diarrhea, vomiting)
- feeling very unwell

**Do not ask hikers if they have been vaccinated.**

*At the current time, we can have up to 100 hikers but obviously the number of hikers we will have in a group is largely dependent on parking and the number of people carpooling.*

Although we prefer that they register online for hikes, we are accepting hikers the morning of a hike.

*We have gone to a hybrid model. What does this mean?*

*Hikers who make a last minute decision to join scheduled hikes may show up at the meeting point to sign-in on a paper copy waiver. You must be a BTC member and you will need your membership number to sign-in.*

Hikers signing in the morning of a hike may be turned away if the group size (and parking) is an issue for that particular hike. Keep in mind, carpooling (while wearing masks) is permitted at this time.

With these changes, we hope to accommodate various hikers and have full groups for our hike leaders.

- Speed of the group is determined by the pace of the slowest person and this person should be behind the leader. With that said, hikers should be signing up for the appropriate hike Leisurely vs Medium paced.
- Share the talking duties with your co-lead or Sweep.

• **Download the what3words app**

Know your location(what3words location, the nearest fire number or gps location of trailhead) before the hike. In case of an emergency, call 911 and provide this number and/or what3words identification of your exact position.

**Safety Talk / Hike Meet and Greet  Briefing (Pre-hike talk): a/o October 2021**  
**(You may read or put into your own words the below information.)**

Make Introductions: yourself and Sweep and/or co-lead  
 In your talk **please cover the following** items:

**Let hikers know...**

*We have gone to a hybrid model. What does this mean? Although we prefer online registration, hikers may show up the morning of a hike. Hikers who make a last minute decision to join scheduled hikes may show up at the meeting point to sign-in on a paper copy waiver. You must be a BTC member and you will need your membership number to sign-in.*

**We trust you have completed a COVID-19 self-assessment of symptoms and are not experiencing any such symptoms today. As a hiker, we recommend you take your own precautions, not just with the COVID risk but also bearing in mind the type of weather ahead. We suggest updating your day pack to include:**

**FACE COVERING:** Make sure you have face mask to wear when 2 metres social distancing cannot be maintained

**HAND SANITIZER:** To use when water and soap are not available for handwashing.

**THREE LITRES OF WATER**

Your own first aid kit

Extra clothing for Fall and Winter weather

Please do not share anything.

**We remind you to hike single file and with a 2 metre distance between you and the hiker in front. You may want to warn a hiker behind you when you are stopping on the trail. Where it is not possible to maintain the two-metre distance, we ask that you wear a mask. For example, clustering or breaking when distancing is not possible except if you are with people who are part of your "bubble".**

**Keep this in mind when we stop for snack breaks.**

- **Please move aside to allow other hikers to pass by on the trail**
- **Pack out everything you bring in on the hike as we want to be practising the LEAVE NO TRACE policy. This includes biodegradable food items.**

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You, as a hiker, accept an electronic waiver or paper waiver sign-in as part of the registration of the organized hike. We expect all hikers to remain with the group unless there is an emergency. At that time another hiker (or two), knowledgeable of the trail will exit with you.

***Please advise the Sweep or myself, the hike leader, if you carry an epi-pen (and where it is located/if we can tell hikers near you) or if you have any medical issues prior to starting at the trailhead... heart, allergies, etc.***

**(Tailor the below info to your hike)**

**Today's hike** will be (name of your hike). It is approximately (length of hike) at a (Leisurely/Medium/Brisk/Fast Pace). The terrain will be.....(include any of your discoveries from pre-hike)....

Clearly identify where you are starting the hike and then give your directions to parking: .....  
Remind hikers, if they are comfortable carpooling they can do so, wearing a mask in the car is preferred.

**At the trailhead:**

Remind hikers who the Sweep is, and to remain between leader and Sweep as well as maintaining a 2 metre distance between the person in front of you.

We will stop for a clothing adjustment 10 min. into hike. And a couple times along our hike. Otherwise just let us know if you need a stop sooner or if you need a bio break. We will stop for a snack/lunch .....