



COVID-19 Protocols - 2021-2022 season

Updated August 17, 2021

The ongoing presence of the COVID-19 virus in the Ottawa area has resulted in significant restrictions on Club activities in order to reduce the risk of transmission of the virus through physical/close contact.

Participants must recognize that the failure to abide by these protocols could result in the reinstatement of activity restrictions, to the detriment of everyone.

These protocols and guidelines will continue to be updated in accordance with the latest information from provincial and local authorities and the RA centre. There may be several updates during the summer of 2021 and the 2021-2022 season. Please refer to the RA website – Ski & Outdoor Club page regularly.

Overall Protocols for Activities

Provincial/Local Regulations

All Club activities must comply with:

- all applicable provincial and local regulations and restrictions for the Ottawa area and the areas where the activities are to be undertaken; and
- any requirements from the RA Centre.

These protocols and guidelines are in addition to, not in substitution for, those regulations and restrictions.

Vaccinations

Current Ontario government rules do not have any exceptions for people who have 1 or 2 doses of COVID vaccinations. For now, people who have been vaccinated must follow the same rules as people who are not vaccinated.

Physical Distancing

Participants, who do not share the same household or bubble, shall maintain physical distancing of two meters from one another in Club activities. For example, cyclists and hikers will travel single file only (not two abreast) in order to maintain 2 m spacing safely on the road or pathway, etc. Snowshoe and Ski participants shall maintain safe distances on the trails and in lift lines.

Responsibility For Individual Safety

All Club members and their guests are responsible for their own safety. If anyone has a concern about safety on a Club activity, including COVID and non-COVID hazards, they should report it to the activity leader. Participants who do not feel that an activity is safe should not participate in the activity.

Signing Waivers

The RA's online waiver include clauses exempting the RA Centre and the activity leaders from any and all liability from any injury or illness arising from or in the course of undertaking the activity. This includes clauses related to COVID. The forms must be completed and submitted prior to undertaking the activity.

- All Club members must complete the online waiver once (for the season).
- Guests joining Club activities must complete and sign the online waiver each time.

Removal From an Activity

Any participant (Club member or guest) who is exhibiting or feeling any recognized symptoms of COVID-19 must withdraw from the Club activity immediately. In addition, if an activity leader considers that a participant may be exhibiting symptoms of COVID-19, the leader may require that person to cease participation in the activity and remove himself or herself from the group. Given the immediate risk that may be created for the group, the decision of the activity leader will be final and without right of appeal.

Notification of a COVID diagnosis

Any participant (Club member or guest) who receives a COVID-19 diagnosis within 14 days after participating in a Club activity shall notify the activity leader and a member of the Club Executive (Christine Hutton treasurer-2020@raski.ca) immediately. The leader or Executive Member will then notify RA management and the activity participants. Ottawa Public Health is primarily responsible for contact tracing however the Club will notify participants to ensure that the notification is made as quickly as possible.

Participant Lists

Within one day of any Club activity, the activity leader will email the participants' names to RA Club Coordinator Jill Laidlaw (jlaidlaw@racentre.com) with a copy to a member of the Club Executive (Christine Hutton treasurer-2020@raski.ca). The list will be used to contact participants in the case of a possible exposure COVID.

Activity Planning

COVID Screening

The activity leader must ensure that all participants have completed the questionnaire ([Appendix 1 Screening Questionnaire](#)) prior to participating in any Club activity. The screening need not be in writing nor do the results have to be written down for day outings but a participant may be required to complete and submit a copy just prior to departure for a multi-day trip.

Trip Planning/Safety

- **Pre-registration for trips may be required.** Please take note of which ones in advance.
- Participants should choose outings that are compatible (or one level below) their capabilities. This helps ensure safe skiing, riding or hiking, no fatigue induced injuries and reduces the chance of injuries and the need for medical intervention.
- Participants are encouraged to carry their own first aid provisions (medications, treatment for minor cuts and blisters).
- Cyclists should carry equipment and be capable of performing roadside repairs as needed (flat tires).

Size Limits

Ontario regulations limit the number of participants in outdoor activities depending on the stage of reopening. They are:

- Stage 1 - Limit of 10 people
- Stage 2 - Limit of 25 people
- Stage 3 - Limit not specified

Refreshment Stops

For activities with stops for snacks or lunches, each participant will be responsible for bringing, preparing and serving their own food. Food may only be shared among members of the same household. For trips/activities with restaurant stops, all applicable guidelines are to be followed.

Each participant should bring a mask (not just for carpooling) but for use in all public places where the physical distancing cannot be maintained or upon entering a building (i.e. washrooms)

Multi-day trips

Club participants will adhere to all current local, provincial, and federal guidelines (mask wearing, vaccination requirements, etc.) for all transports and activities required for a multi-day trip, including flights. The Club is not responsible for any participant refused access to booked transport failing to meet the travel requirements or for any infractions at the activity sites.

Bus trips

The Club will adhere to provincial guidelines for bus passengers. All passengers will be required to wear a mask at all times and exercise physical distancing of both passengers and workers (i.e. maintaining a distance of at least 2 m from others; preventing crowding in boarding and off-boarding areas; reducing the capacity of riders on vehicles to ensure space between passengers; and orderly on- and off-boarding, restricting passenger flow to a minimum.)

Carpooling

It has been among the best traditions of the Club to reduce the environmental footprint and increase social interaction by sharing rides, especially with Club members who do not own a vehicle. In order to reduce the number of vehicles, participants have travelled with several passengers in their vehicles and two or more bikes/sets of skis on/in their vehicles. Unfortunately, during the COVID-19 pandemic, different protocols apply.

Participants in activities must refrain from carpooling when possible. For example, if the sole reason to carpool is to save on gas, we ask members NOT to carpool.

Carpooling may be acceptable if participants:

- do not drive,
- do not have a car,
- can not arrange transportation with someone from their own home,
- are sharing a room on overnight or multi-day trips.

Otherwise, Carpooling participants must follow these procedures:

- Only one passenger per car;
- All people in the vehicle must wear masks;
- The passenger MUST sit in the back seat (diagonal from the driver);
- If possible, keep the windows open during your commute.
- Store personal belongings in the trunk where possible;
- Both driver and passenger MUST thoroughly sanitize their hands before entering the vehicle; and
- Avoid all contact between driver and passenger.
- More than one participant per row is allowed as long as all of the occupants of the vehicle are from the same household.

Concluding Comments

These protocols are designed to minimize the risk that COVID-19 presents to participants in Club activities. They do not provide any guarantee that a participant will not contract the virus during the course of a Club activity.

Club members who are concerned about the level of risk of contracting the virus during an activity (especially those that are at increased risk should they contract the COVID-19 virus) are encouraged to refrain from participating in the activity.

The Club understands that many of these protocols are inconvenient. Nevertheless, we hope that Club members will continue to enjoy Club activities.

Appendix 1 Screening Questionnaire

Screening tool in PDF

https://covid-19.ontario.ca/covid19-cms-assets/2021-07/EN_Patron_Screening_2021-07-16.pdf

On-line screening tool

<https://covid-19.ontario.ca/screening/customer/>