



## Parks, Recreation & Cultural Services – Outdoor Programs

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Dear Participant:

Thank you for registering in our program. We'll provide the required equipment and guide....you provide the enthusiasm and sense of adventure while keeping safe! Please ensure you have read the guidelines and emailed your signed waiver before the program; participants under the age of 19 will need their parent/guardian to sign the waiver.

What To Before the Program:

- ✓ Please email your program waiver two days before the program starts for each individual
- ✓ Please self-evaluate the morning of and should you feel unwell and show any symptoms you will not be permitted to participate and should not attend. Please call the coordinator should this happen
- ✓ The program will run rain or shine. Please come prepared and dressed for the weather
- ✓ We will cancel if the winds exceed 39km/hr or more (for water programs)
- ✓ Arrive no more than ten minutes prior to the course, and leave directly after program completes

What to Bring:

- ✓ Please bring your own water bottle, hat, face mask, pencil/notebook and sun screen when applicable
- ✓ Other added items that may be useful is a towel and change of clothes. This is strongly encouraged to have on hand if you are accompanying a child
- ✓ Face masks are required when indoors, and safe health practice is encouraged

What to Expect:

- ✓ On arrival wash your hands or use hand sanitizer to prevent the spread of germs
- ✓ Keep a physical distancing of 2 meters throughout the duration of the program. If physical distance cannot be adhered too at any time masks will be required to keep all participants safe
- ✓ Minimize and limit your contact and touching of unnecessary equipment
- ✓ You will be asked your PFD size beforehand and staff will safely prepare the equipment needed
- ✓ Participants will be strongly encouraged to launch their boat independently
- ✓ If assistance is required and closer proximity to a staff member (less than 2m) is required, staff and participants will use precaution and wear face masks
- ✓ Participants should be prepared to get in the water while remaining physically distant, for example one person on the dock at a time
- ✓ When paddling please physical distance 4 meters from others
- ✓ To minimize risk while performing rescues we are attempting to use a "hands-off" approach. We will safely talk you through using: towing, redirection by paddle or boat, etc. These strategies will be discussed with the group before going out to make sure all participants understand new procedures and are comfortable performing them
- ✓ CPR protocols have been modified to minimize COVID risks. Instructors will place a mask or cloth on the injured party and only perform chest compressions, there will be no mouth to mouth breaths
- ✓ No pets permitted
- ✓ Should the program need to cancel due to new PHO's you will be advised & refunds will be processed

Please review the safety information mentioned above, and return via email the signed attached waiver document to the programmer to acknowledge you understand the safety guidelines. If you have any further questions please do not hesitate to call the Outdoor Recreation Coordinator at 604-294-7224. Thank you.

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