

## Protocols for Westman Naturalists Outdoor Activities

We will follow current rules from public health to minimize risk, but please be aware that the risk will not be zero. Please take into account your risk tolerance before deciding to attend an event, especially if you are in a group that is at high risk for negative consequences from COVID -19 (60 years of age and older, and people with chronic health conditions or weakened immune systems).

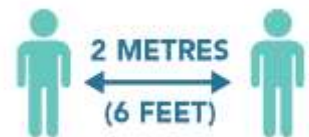
### STAY AT HOME IF YOU ARE SICK

**People cannot attend if they have:**

- **Travelled outside Manitoba** in the last 14 days
- **Been in contact** with someone that is confirmed to have COVID -19 in the last 14 days
- **A new onset of any of the following symptoms:** Fever/chills; Cough; Loss of taste or smell; Sore throat/hoarse voice; Shortness of breath; Vomiting or diarrhea for more than 24 hours
- **A new onset of two or more of the following symptoms:** Runny nose; Muscle aches; Fatigue; Conjunctivitis; Headache; Nausea or loss of appetite; Skin rash of unknown origin

**We will encourage/enforce/expect:**

- **Physical distancing** - keeping at least 6 feet from others
- **Hand hygiene** – wash hands frequently or use hand sanitizer
- **Covering coughs** and sneezes



**Additional protocols:**

- Sign-up in advance is required – first come first served
- Please don't attend if you have not signed-up for an outing
- Car pooling is discouraged
- No sharing: optics, other devices, food, drink etc
- We will maintain a list of those attending for 21 days, to allow for public health follow-up if it should be needed