

## Glacier Probus COVID-19 Safety Plan (Vers. 2)

as of: August 16 2020

The goals of the Glacier Probus Safety Plan are to protect our members and communities, to do our part in the effort to slow the spread of COVID-19, and to adhere to the recommendations and restrictions of BC Public Health (see link below). The plan is subject to revisions as recommendations and restrictions change.

### Personal Responsibility

Each Glacier Probus member planning to engage in a group activity is expected to evaluate their health and state of mind prior to the start of the activity. Only participate if you are healthy, take extra care and pay attention to your surroundings.

### General Requirements

- If you have any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath), you should NOT participate in a group activity. If these symptoms begin during an activity, you must leave immediately and contact your local public health office for recommendations.
- All participants must practice recommended safe distancing by keeping a minimum of 2 meters apart. Individuals can choose to stay further than 2 meters away from others (if cycling in a line for example). Respect each other's choice.
- Cover your mouth and nose with a tissue or the crease of your elbow when you sneeze or cough.
- Do not touch your face, eyes, nose, or mouth with unwashed hands.
- Be self-sufficient– leave prepared for nutrition and hydration. Bring your own hand sanitizer.
- Do not share equipment, food, or drinks, or shake hands, hug, etc.
- Car pool only with members of your own household.

### Activity Leader Requirements

- Meeting place must be large enough to allow for all participants to be 2 meters apart.
- Outdoor venues preferred but indoor are permitted if all requirements can be met.
- Group size not to exceed 6 people total.
- Members in good standing only due to limited capacity. No guests at this time.
- Ensure all participants have read this Safety Plan, signed the COVID waiver, and are recorded on the activity attendance sheet.
- Retain signed waivers and attendance sheets for 6 months
- Take stops and lunch breaks in places that provide enough space to practice safe distancing.
- No debriefs unless safe distancing can be assured and max group size not exceeded.

### COVID-19 Resources

[BC Restart Plan](#)