



COVID-19 Outdoor Recreation Program Requirements & Preventative Measures

This guidance covers general principles and strategies to mitigate the spread of COVID-19.

These guidelines are based off of the Washington State Governor's Outdoor Recreation Phase 1 Clarification and Phase 2- Update No 3 COVID 19 Requirements.

Guided Operation for Kayaking, Canoeing, Stand Up Paddle boarding, Hiking, Snowshoeing, XC Skiing and Biking.

- Registration process is through spokanerec.org or by calling 509-755-2489 ext 3. No payment will be accepted onsite.
- All participants and staff are required to wear face coverings when meeting onsite during on land briefings and instruction. Participants may remove their masks during the physical activity. Participants must have their mask available to put on when encountering other people or when grouping up.
- Hikers, bikers, snowshoes and xc skiers will need to maintain at least an 6 foot physical distance from the other person(s) on the trail or road.
- A roster/log of each individual will be kept including, name, phone number, email address, and mailing address for contact tracing.
- In Phase 2 group of mixed households are allowed with a maximum of 8 household and maximum of 12 individual. Physical distancing will be required between participants of different households.
- Participant's forms and waivers will be emailed to prior to the trip, please fill out the form and email back to the office prior to trip. If you must sign on site please bring you own pen.
- Cones will be placed 6 feet apart at the trip arrival location check in to ensure physical distancing. During safety briefings and land instructions cones will be spaced 6 feet apart.
- When staff are outfitting participants with gear such as paddles and PFDs. Staff will maintain physical distancing.
- COVID 19 Parks and Rec information signage will be placed at meeting location sign in area.

- Hand sanitizer will be provided and required to be used before individual equipment is issued.
- Participants using tandem paddle craft must be of the same household.
- PFD's will be sanitized after each use with alcohol spray, hung dry and not used by another person for at least 72 hours.
- Hiking poles, xc skis and snowshoes will be wiped down and disinfected after each use.
- All equipment, gear and vehicles used by participants and staff will be cleaned and sanitized before and after each use. Proper cleaning materials to be used based on CDC & EPA approved products.
- Please bring your own face covering that covers your nose and mouth. You will need to wear the face covering during check in and dry land instruction. Once the physical activity is taking place such as hiking you will be able to remove your face covering but must maintain 6 feet of physical distance. When we return to the take out or meeting location or grouped up for any reason masks must be put back on. Extra face covering will be available if needed.
- Please check your temperature before leaving for the trip. Cancel if you have a fever of 100.4 or higher, chills, or body aches, cough, shortness of breath, sore throat, new loss of taste or smell, and gastrointestinal problems such as nausea, diarrhea and vomiting prior to their trip. There will be no penalty and you may reschedule when feeling better or receive a full refund.
- You will be asked upon arrival the following; Do you or an immediate family members have exhibited known symptoms, such as:
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Fever 100.4 or higher and/or chills
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

If you, or anyone in their household, has recently had an illness with a fever or a new cough, please remain at home until:

- At least 10 days after illness onset; AND
- 72 hours after the fever is gone, without the use of fever-reducing medication; AND
- Symptoms are improving.

Participants or staff who have had direct exposure to COVID-19, will not be able to return until 14 days after the exposure, assuming they do not develop symptoms.

- Transportation will be provided for some trip with the option and discount for participants to drive themselves. Vehicle sanitation, distancing, wearing facial covering, and reduced vehicle capacity procedures will be implemented by staff.
- Staff are trained in preventative measures and the City's COVID-19 policies.
- Please bring your own food; this includes lunch, snacks and water bottles with water.
- Please do not share food with other participants.