



THE SPREAD OF COVID-19

DO NOT:

DO NOT use the trail if you have symptoms (e.g. fever, cough, sneezing). Please stay home!

DO NOT ride/hike in large groups, especially not with people you don't live with.

DO NOT congregate in large groups at trailheads, viewpoints or other places along the trail. No tailgate gatherings pre or post hike/ride.

DO NOT shuttle or carpool to and from trails with anyone outside your immediate household.

DO NOT high-five, fist bump, hug, touch your eyes/nose/mouth, share water bottles, food or any other personal items.

DO NOT hike/ride outside of your own community.

DO:

DO ride/hike alone (and tell someone where you are going) or with people you live with.

DO keep at least 2 metres (6 feet) distance **AT ALL TIMES** from anyone outside your household. This includes driving separately to the trailhead if needed.

DO check in advance that those you ride/hike with are symptom-free (e.g. no fever, coughing, sneezing).

DO make smart and conservative choices on the trail you use. Now is **NOT** the time to get hurt, there may be no capacity to help you.

DO wash your hands when you get home.

Be responsible and show the community you care.

If you have questions please
contact: parks@cvrld.bc.ca

