



COVID-19 Policy

This policy is current to Nov. 28, 2020 and may change from time to time

All Members are required to comply with the PMH COVID-19 Policy. Members are responsible to ensure their guests, if applicable, also comply with this policy.

Potential Exposure to COVID-19 is one of the risks of identified in the Informed Consent, Risk Acknowledgment Release of Liability and Indemnity Agreement. A signed copy of this COVID-19 Policy must accompany every signed copy of the Informed Consent, Risk Acknowledgment Release of Liability and Indemnity Agreement.

Follow Alberta Health Guidelines

Alberta Health Services (AHS) posts their COVID guidelines and mandatory measures for the public on its website, which guidance is amended from time to time. All PMH activities must be in compliance with the current guidelines posted on the AHS website on the date of any PMH activity. See:

https://www.alberta.ca/enhanced-public-health-measures.aspx?utm_source=google&utm_medium=sem&utm_campaign=Covid19&utm_term=newmeasures&utm_content=nov24&gclid=EAlaQobChMlr83MzsKe7QIV-wytBh1xbgJTEAAYASAAEgJOxFD_BwE

Pre-Trip Screening

Before leaving for a trip, every participant must do a personal pre-trip screening. To be eligible to participate on a trip, the participant must be able to answer NO to the following questions:

1. Do I have any of the following symptoms? Fever, cough, difficulty breathing, sore throat, runny nose, flu-like symptoms such as headache, chills or fatigue or any relevant symptoms identified by Alberta Health Services as potentially indicating COVID-19.
2. Do I live with or have I had close contact with a person who is a confirmed case of COVID-19 or who is a probable case of COVID-19?
3. Have I returned to Canada from outside the country (including the USA) in the past 14 days?
4. Do I live with or have I had close contact with a person who has returned from travel outside Canada in the past 14 days?

If the answer is YES to any of the above questions, they MUST NOT go on any PMH trip at the time the answer to these questions is YES and for a minimum of 14 days after the day they answered YES to any of these questions.

Trip Restrictions

The following trip restrictions are in place until further notice:

- a) A maximum of eight Members are allowed on each trip, including the trip co-ordinator.
- b) No guests are permitted at this time.
- c) No carpooling is allowed unless all occupants in the vehicle are members of the same household.
- d) All Members must carry a face mask as part of their personal gear.
- e) Face masks must be worn if it not practicable to maintain the required physical distancing.

Responsibilities after the trip: Core symptoms and Close Contact Protocols

A “close contact” of a person infected with COVID-19 is someone who:

- a) provides care, lives with, or has close physical contact without appropriate use of personal protective equipment, or
- b) comes into direct contact with infectious body fluids; or
- c) comes within 2 metres of them for more than 15 minutes.

“Core symptoms” of COVID-19 are cough, fever, shortness of breath, runny nose and sore throat that are not related to a pre-existing illness or health condition.

Core symptoms: If you have any of the core symptoms within 4 days of a trip, you must notify your trip co-ordinator to advise them of your condition. You are also required to arrange for a COVID-19 test at the earliest opportunity. Your trip co-ordinator will notify all participants on your trip and advise them that someone on the trip has core symptoms of COVID-19 and test results are pending. The trip co-ordinator will not identify you to the other trip participants. However, the trip co-ordinator will notify the PMH President or Vice-President of the situation, including your identity, and keep the Club Executive informed.

COVID-19 Test Results: Upon receipt of your COVID-19 test results you must immediately notify your trip co-ordinator of your test results, positive or negative. Your trip co-ordinator will notify the other participants on your trip of your test results. The trip co-ordinator will not identify you to the other trip participants.

Close contact with confirmed case of COVID-19: If you were on a trip with someone who has tested positive for COVID-19 you would be a “close contact” and you are required to notify your close contacts, quarantine for 14 days and monitor for symptoms. If you become sick with a known COVID-19 symptom during this time, you must notify your trip co-ordinator.

Isolation and Quarantine Requirements: All Members and guests must follow Alberta Health Services mandatory restrictions for isolation or quarantine.

Consent and Agreement

I agree that this COVID-19 Policy applies to each and every PMH hiking, winter micro-spike hiking and snowshoeing trip in which I participate during the membership year and only has to be signed once a year. The contents of this form do not have to be brought to my attention prior to each hiking, winter micro-spike hiking or snowshoeing trip in order to be effective and it does not have to be signed for each hiking, winter micro-spike hiking and snowshoeing trips in which I may participate.

Dated this ____ day of _____, 202__.

Signature of Witness

Signature of Member or Guest

Printed name of Witness

Printed name of Member or Guest