

# Summer Activity Safety Sheet

## Best practices and recommendations

**Note: Check with your local public health office for up to date information, as rules and restrictions are subject to change per jurisdiction.**

COVID-19 restrictions are starting to lift in some cities. This does not mean we can let our guard down. Precautions around physical distancing are still necessary.

- Can I visit my parents?
- What should I do to ensure no one ends up sick?
- Can we go camping?
- Can we go to the cottage?
- Can we see parents in their house?

These are just some of the questions we all have.

This resource from CanAge will help you answer these questions with tips on how to visit safely and enjoy your summer activities.

## Basic Guidelines

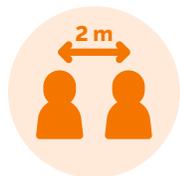
It is really important to remember that if any of your loved ones have health concerns (for example: swallowing issues, heart conditions, compromised immune system, etc) that you take extra precautions.



If you are exhibiting any signs of COVID-19, do not visit.



Wear a mask (if you can't physically distance).



Physical distancing is still important.



Please be mindful if you have any respiratory concerns (COPD, asthma, trouble breathing, ARDS) that it is **not recommended** to wear a mask during the warmer months.



Practice proper hand hygiene\*

*(see page 2 for details)*

## Activity Guidelines

1



### Visits to friends' and relatives' homes

- Outside visits 6 feet apart.
- Masks are recommended but not mandatory.
- If the visit has to be indoors, wear a mask, physically distance 6 feet apart, and practice proper hand hygiene.\*
- Do not share utensils, glasses, or dishware.

2



### Camping

- Use separate tents.
- Stay six feet apart at all times, especially around the campfire.
- Do not share utensils, glasses or dishware.
- Use hand sanitizer if you do not have access to soap and water.

3



### Cottage

- Encourage day visitors for visits on the dock or deck while sitting 6 feet apart.
- Consider visiting with your neighbours instead of having guests.
- If having overnight guests, have them bring their own tents and sleep outside.
- Practice proper hand hygiene\* frequently.
- Have a sanitizing station near the front door for people to use on their way in or out.
- Disinfect washroom after use, including the toilet seat, shower and sink taps, door handles, light switches.
- Sit six feet apart whether inside or outside.
- If indoors, wear a mask with guests.

#### \*Hand Hygiene



#### Reminder:

Proper hand hygiene means washing your hands for 20 seconds with warm water and soap or using hand sanitizer.

Wash all surfaces, front and back, of your hands.



## Boating

- Consider not motor boating or sailing, as safe physical distancing is not usually possible.
- Canoeing with participants wearing masks is a good alternative.
- Practice proper hand hygiene\* before and after.



## Day Trips

- Check the location's website to see their policy around visiting; have your hand sanitizer, masks, maybe even gloves, if you think you will be touching a lot of surfaces.
- Reminder: not all public washrooms are open, so call in advance to confirm which precautions are in effect.



## Picnics/BBQ's in public places

- Practice proper hand hygiene,\* bring your own picnic supplies, food, containers, utensils and drink containers. Be sure to wear gloves while cooking food.
- Practice safe physical distancing.



## Restaurants

- Call in advance to make a reservation and ensure Covid-19 precautions are implemented.
- Use your hand sanitizer after you sit down and don't touch your face.
- Do not share from the same plate.
- Use hand sanitizer as soon as you exit the restaurant.
- Not all public washrooms are open. Check with the restaurant.

For more resources, visit [canage.ca/tools](https://canage.ca/tools)