

**True North Nordic Walking  
Nordic Walking Nova Scotia  
COVID-19 Protocol**

True North Nordic Walking & Nordic Walking Nova Scotia are committed to ensuring the safety of our instructors and our class participants. Although Public Health has removed all requirements for masking, we strongly recommend that all participants wear masks while indoors where distancing is difficult.

We will always err on the side of safety, and follow the directives and guidelines of Public Health officials.

- Please do not come to the class if you are feeling at all unwell.
- Class sizes will be kept smaller than pre-COVID, not only to help maintain distancing, but also so that all participants get the individual attention they need.
- Participants MUST pre-register. Anyone who has not pre-registered will be turned away unless there is a cancellation that opens a space in the class.
- COVID-19 has not disappeared and even though Public Health restrictions have been removed, we recognize the possibility that situations and Public Health guidelines and directives may change quickly. We will do everything we can to adjust to changing situations and ask that our participants do the same. Be patient and kind with everyone. Any participant who is not willing to abide by our guidelines and puts others at risk will be asked to leave the class.