

Nordic Walking Nova Scotia COVID-19 Protocol

Nordic Walking Nova Scotia is committed to ensuring the safety of our instructors and our class participants. We will always err on the side of safety, and follow the directives and guidelines of Public Health officials.

- Class size will be limited to 10 participants so that we can accommodate 6 ft/2 m physical distancing between students and instructors.
- The host organization is responsible for providing both an indoor and an outdoor space for the class that can accommodate physical distancing. Class size may be adjusted downwards if this is not possible.
- 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.
- Participants must complete and sign our waiver which will include confirmation that they have not been outside the Atlantic bubble in the previous 14 days, they have not come into contact with anyone who has been outside the Atlantic bubble in the previous 14 days, they are not experiencing any symptoms of COVID-19 and have not been in contact with anyone who has or has experienced symptoms of COVID-19. Participants who answer yes to any of these questions will be turned away.
- Please do not come to the class if you are feeling at all unwell.
- Participants will be asked to sanitize their hands before entering the class.
- As per Public Health Orders, masks must be worn during the class and if participants do not have a mask of their own, one will be provided at a cost of \$1. We recognize that there are some health conditions that make it difficult or impossible for some participants to wear masks and will not mandate them for those individuals.
- Nordic Walking Nova Scotia will ensure that our loaner poles are sanitized before and after each class. Sanitary wipes will be provided to clean the handles of the poles before and after use.
- Those who wish to purchase poles after the class can do so with credit or debit cards (preferably equipped with tap). We will accept cash but would appreciate the correct change if possible.
- This is an extremely difficult time for everyone and we recognize that situations and Public Health guidelines and directives can 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 Public Health directives and puts others at risk will be asked to leave the class.