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COVID

Customer Information



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FOOTPRINT KAYAK & HIKE EXPLORATIONS

Dear Footprint Guest(s),

In order to make your outdoor experience memorable and safe during the Covid-19 pandemic, Footprint has implemented some extra guidelines and policies. These guidelines and policies will be adjusted according to federal- and provincial Health Orders if needed.

All paddlers and guide(s) or anyone else who will be part of the paddling environment should be acutely aware of and must continuously monitor their own personal health:

- 1) **Do you have a fever and a cough?**
- 2) **Do you have a fever and breathing difficulty?**
- 3) **Are you the subject of a provincial / territorial or local public health order?**

If **'yes'** is the answer to one or more of these questions you **must not** take part in any tours and / or lessons offered by Footprint.

- Any person who has had a confirmed case of COVID-19, or who has come into close contact with a person who has a confirmed case, should self-isolate, not be part of the paddling environment for at least 14 days and seek appropriate medical attention.
- All individuals in the paddling environment should self-monitor for symptoms of COVID-19 on a daily basis and any person showing symptoms should self-isolate, refrain from entering the paddling environment or coming into close contact with others and seek appropriate medical attention.
- Any individual who is at elevated risk for COVID-19 infection should take any necessary further precautions to protect themselves. Including considering not taking part in any of the tours and / or lessons offered by Footprint.
- Paddlers should arrive wearing their paddling clothing. Except for PFD and spray-skirt, which are provided by Footprint.

Group Size

- Day Tours: A maximum of 6 guest 1 guide per tour.
- Multi - Day Tours: A maximum of 6 guest 1 guide per tour.
- Private tours: A maximum of 6 guest from one extended social circle and 1 guide per tour.
- Lessons: A maximum of 4 guest per lesson.
- In order to increase safety, we highly recommend paddlers to use 2-person tandem kayaks during our tours

Physical Distance

- Always maintain 2 metres ('one paddle length') between all individuals before, during and after paddling activity.
- Paddlers enter kayak(s) one at a time. Members from the same extended social circle assist each other if needed. E.g. attaching spray-skirt around the cockpit-combing etc.
- During the guides assistance with launching or disembarking, further precaution should be taken to lower risk if this process may bring individuals closer than 2m. Face protection (e.g. a non-medical facemask, 'buff' etc.) should cover both nose and mouth.
- Paddlers should prepare and get on the water while remaining physically distanced (one paddle length in between individuals).
- Be conscious while on the water to respect physical distance between kayaks. A full paddle-length apart at any time is a good visual aid.

Sanitation

- All participants will bring their own sanitation-kit: hand sanitizer, soap, towel
- All surfaces which may be touched by multiple individuals will be sanitized.
- Equipment should not be shared between individuals in a group.
- All participants will bring their own non-medical facemask ('buff').

Food Handling

- During (half) day tours guests and guide(s) will bring their own drinks, snacks and lunch and food items won't be shared in order to prevent cross contamination.
- During multi-day tours, all food will be handled and prepared by the guide(s) only. Including cleaning / sanitizing the full camp kitchen. Including handling the dromedary (potable water) bladders.

Safety Contingencies

- Responding to an incident on or off the water (first aid situation) may cause a guide to come in physical contact with a paddler. As such, guide(s) should always have gloves, non medical facemask ('buff') and hand sanitizer available to protect themselves and paddlers should contact become necessary.
- Paddlers who are likely to capsize and need rescuing should use a more stable kayak (2-person tandem kayak).
- During this time, unnecessary risks should be avoided. Paddlers and guide(s) should use common sense to avoid any situation which involves undue risk and the potential need for emergency personnel to respond, or that unnecessary personal contact becomes necessary.



Hand Hygiene

SOAP OR ALCOHOL-BASED HAND RUB: Which is best?

Either will clean your hands: use soap and water if hands are visibly soiled.



Remove hand and wrist jewellery

HOW TO HAND WASH



1 Wet hands with warm (not hot or cold) running water



2 Apply liquid or foam soap



3 Lather soap covering all surfaces of hands for 20-30 seconds



4 Rinse thoroughly under running water



5 Pat hands dry thoroughly with paper towel



6 Use paper towel to turn off the tap

HOW TO USE HAND RUB



1 Ensure hands are visibly clean (if soiled, follow hand washing steps)



2 Apply about a loonie-sized amount to your hands



3 Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)