

CODE OF CONDUCT FOR HIKERS

IN THE TIME OF COVID-19

AT ALL TIMES...

You must respect :



If you show symptoms of COVID-19, please stay home and get yourself tested.



Personal hygiene (wash hands frequently, cough and sneeze in your elbow, avoid touching your face, etc.) to limit the spread of COVID-19.



Physical distancing (a minimum of 2 m between people) and the use of a face covering if it is impossible to maintain this distance).



Avoid gathering (You may hike alone or as a member of a cell living at the same address and maintaining a distance of 2 m, if you find yourself in a group).



Signs and postings in public spaces.

BEFORE HEADING OFF...

You must inform yourself about :



The **restrictions concerning travelling** from one region to another or from one city to another.



Services available, particularities related to the site and the **current restrictions** (e.g. closed toilet).



The status of the park and the trails which you intend to visit (Are they open? Are they now one-way? Etc.).

Be autonomous by bringing: **water, food, face-covering, hydro-alcoholic gel, sunglasses or prescription eyeglasses** (eye protection), **repair and first-aid kits, personal protective equipment** according to the weather forecast and **communication equipment** in case of an emergency.



OUTDOORS...

Your activity should be adapted to the current context :



Bring a **bottle of hydro-alcoholic gel** for your hands and use it after coming into contact with a surface that has been touched by other visitors.



Increase your vigilance with respect to the **personal hygiene**.



Respect all closures of sites, trails or buildings and **avoid gathering points**.



Use your own personal equipment and do not share it with others.

Adopt a **safe behaviour** to avoid situations requiring emergency interventions.



Keep your dogs, if permitted, on a leash at all time. Use a leash of maximum 1,5 m to avoid contact with other hikers.



Respect the **'Leave no Trace' outdoor ethics**.



For more information, please visit randoquebec.ca/info-covid-19/

Be safe... and enjoy your hike!

Lerpa

UQAC

Laboratoire d'expertise
et de recherche en plein air
Université du Québec à Chicoutimi

CODE OF CONDUCT FOR HIKERS

IN THE TIME OF COVID-19

ON THE TRAILS...

Adopt courteous, respectful, and safe behaviour



Respect the site capacity. If the parking lot is full or if it is announced that a trail has reached its limited capacity, change your plans, and opt for an alternative trail or site.



Choose a hike suiting your level, to avoid injury and situations requiring emergency intervention.



Respect the trail signs, especially directional traffic indications, as applicable.



Respect the capacity of each infrastructure: lookouts, viewpoints, rest sites. **Give your place to hikers arriving** when the maximum capacity has been reached.



Always **keep your distance from other hikers.**



When crossing other hikers, give priority to people hiking uphill. Upon seeing them, wait in a secure position, turn away to have your back to the people passing or cover your face during the crossing.



When passing, announce your intention to the other hikers.

When other hikers wish to pass you, be courteous and give way as soon as the trail permits to stop safely and follow the same measures as during a crossing.



Avoid as much as possible the use of progression aids (handrails, trees, branches, and rocks) except when necessary for your safety. After coming into contact with a progression aid **disinfect your hands** with hydro-alcoholic gel.



Try to avoid outhouses on trails, except when necessary. After using an outhouse **wash your hands** with hydro-alcoholic gel.

On **multi-day backpacking and long-duration walks** (when Public Health authorities will permit):

- Use trails or routes **that stay near roadways.**
- Plan hikes that are **not too far backcountry** or with high risk.
- Adopt **respectful, courteous, and responsible behaviour** in the communities through which you pass.
- **Be autonomous** as much as possible (water, food, etc.).



For any questions or comments, please contact us at info@randoquebec.ca

For more information, please visit randoquebec.ca/info-covid-19/

Be safe... and enjoy your hike!

Lerpa

UQAC

Laboratoire d'expertise
et de recherche en plein air
Université du Québec à Chicoutimi