

# **CODE OF CONDUCT FOR HIKERS**

IN THE TIME OF COVID-19



#### AT ALL TIMES...



# 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).



#### Gathering restrictions. (You may hike

alone or with people inside your immediate household.)



## Signs and postings in public spaces.



The residents of villages and regions visited, if visiting is permitted, by adopting respectful and exemplary behaviour.

### **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. day hikes only).



## 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.



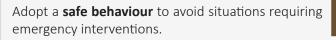
#### **OUTDOORS...**

#### 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.

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

Respect the 'Leave no Trace' outdoor ethics.





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

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



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#### 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 longduration 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