In order to do our part to reduce the risk of COVID-19 transmission, all IGA in-person courses will adhere to the following rules and recommendations provided by the Government of Canada and the Government of Alberta.

**Please note:** We are mandated to ensure the safety of our staff, instructors, members and course participants and will be enforcing these rules and recommendations stringently.

**At all times course participants must**

- Self-identify if you have any COVID-19 symptoms: cough, fever, shortness of breath, runny nose or sore throat (even if they appear mild or resemble a cold). Course participants exhibiting these symptoms will be excluded from the in-person component of the course. Course rescheduling will be dealt with on a case-by-case basis. Please contact courses@interpretiveguides.org if you are experiencing symptoms.

- Adhere to the requirement of mandated physical distancing and keep 2 metres (about the length of a hockey stick) from others.

- Wash hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizers if soap and water are not available.

- Refrain from high-risk activities that promote infection (these include singing, and cheering, shaking hands, hugging, and sharing beverages, food, and utensils).

- Carry and use your own equipment. Equipment must not be shared. This includes outdoor gear, sunscreen, sunglasses, clothing, bug spray, water, food, books, binoculars, knives, papers/handbooks, pens, etc.

**Personal protective equipment requirements**

Course participants must:

- Carry a minimum of two non-medical face masks with them at all times. The masks must meet the specifications outlined by the Government of Canada and:
  - allow for easy breathing
  - fit securely to the head with ties or ear loops
  - maintain their shape after washing and drying
  - be changed as soon as possible if damp or dirty
  - be comfortable and not require frequent adjustment
● be made of at least 2 layers of tightly woven material fabric (such as cotton or linen)
● be large enough to completely and comfortably cover the nose and mouth without gaping.

● Carry an adequate amount of hand sanitizer (minimum 60% alcohol content) for the duration of each outing.

Carpooling

Students will be responsible for transporting themselves to and from all course locations or arranging pick-up and drop-off with a resident of their household. Carpooling will not be arranged and is not allowed.

Other things you should do

● download and use the ABTraceTogether mobile contact tracing app while out in public
● cover coughs and sneezes with a tissue or your elbow
● avoid touching your face with unwashed hands
● avoid travel outside Canada
● watch for COVID-19 symptoms (see the full symptom list)
● take the COVID-19 self-assessment to arrange testing if you have any symptoms

Mandatory self-isolation

Please be aware that in Alberta you are legally required to self-isolate if you:

1. have symptoms of COVID-19 (10 days)
2. have been in contact with someone with the virus (14 days)
3. have returned from international travel (14 days).

Personal Health Attestation

I attest that in the past 14-day period I have not returned from international travel or been in close contact with someone with COVID-19, and that in the past 14-day period I have not experienced a cough, fever, shortness of breath, runny nose or sore throat that is not related to a pre-existing illness or health condition.

Signature (Mandatory for Course Participation):

Witness

Date