



***This letter contains important pre- and post-course information pertaining to your health and wellbeing. Please retain this document until you return home from your course. Preventing the spread of disease is a shared responsibility between all Outward Bound Canada participants and staff.***

An Outward Bound Canada expedition is a group experience – one in which you and your new team will live, work, travel and play in a close-knit community. As you may already be aware, there will be times on your Outward Bound Canada course that you and your group members are in close physical proximity. Due to the nature of our programs, there is a risk that you can be exposed to contagious and infectious illness, like COVID-19 (the disease presented by the novel coronavirus), while on your course.

Outward Bound Canada is committed to mitigating the risks involved with our expeditions, and to minimizing the spread of infectious illness among our participants and staff. The risk of contracting COVID-19 is new for all of us, and cannot be eliminated completely. Given the long period of infection presented by COVID-19, there is a possibility that a participant can arrive for the program and unknowingly be infected and contagious. Here are some important reminders about our programs that you should know before making the decision to participate:

- Many of our courses take place in the remote backcountry, far away from immediate medical care.
- The nature of our expeditions, at times, involves being in physically close proximity to your fellow participants and your instructors.
- There is potential to become ill while on course, and experiencing flu like symptoms (cough, fever, respiratory symptoms, diarrhea, etc.)
- There is a potential to unknowingly contract and spread illness to your family and community upon returning home from the course.

Upon arrival, participants will be briefed on procedures to minimize the risk of spreading infectious illness. We work to carry out regular prevention measures and practice physical distancing and proper handwashing throughout the course. This situation is ever evolving and Outward Bound Canada is continuously monitoring updates from Federal and Provincial government, Health Canada and the local health units in the areas in which we operate. We are also working closely with our medical advisors and peer organizations to ensure that as things evolve, we are continuously implementing and updating our practices for preventing the spread of infection. It is important to emphasize that, due to the unpredictable nature of outdoor journeys, it may not be possible to fully prevent the transmission of COVID-19 or other infectious illnesses on our programs.

Before your program begins, we will be contacting you (and all other participants and staff) to ask:

- If you have travelled outside of your home province since the Covid-19 pandemic began?
- If you or anyone in your household has knowingly been in contact with someone exposed to Covid-19.
- If you have experienced any fever, new or worsening cough or flu-like symptoms in the past 14 days.

For 14 days before your course, please limit your exposure to others as much as possible and avoid high risk areas such as grocery stores, restaurants and crowded events. Upon arrival to the program, all participants will be asked these questions again, and have their temperature checked for signs of a fever. **There is a possibility that participants with any signs of symptoms of infectious illness will be asked to leave the program early to recover and reduce the risk of spreading illness.** The overall wellbeing of our community is our priority and we expect that all of our participants and staff take a shared responsibility in minimizing the risk of becoming infected and infecting others. We hope that you will be honest and provide as much information as possible, and we appreciate your patience with the extra steps. For additional information please investigate additional resources from Canada Public Health or your health care provider. Should you experience any symptoms of illness after returning home from your course, please speak to your health care provider for treatment and let us know. Thank you for your participation in the overall health and safety of our community!