

# Challenge 2021



## IN ORDER TO ENSURE A SAFE ACTIVITY, PLEASE FOLLOW THESE GUIDELINES:

- Please complete the COVID-19 self-assessment before the activity and participate only if you have no signs of the coronavirus. Follow this link for the assessment: <https://covid-19.ontario.ca/self-assessment/>
- Follow the arrows and the orange flags and please stay on the one-way trails.
- Although masks aren't mandatory, keep 3 meters between each other, on the trail and at challenges, unless your group is from the same household/social circle.
- Don't share any items that you brought on site. Please make sure these items are disinfected.
- Use your own hand sanitizer and wash your hands before and after the activity. There are no washing stations or sanitizer on site.
- There are no portable toilets or drinking water stations on the trails.
- Avoid touching your eyes, nose or mouth.
- Follow good respiratory etiquette (i.e., sneezing or coughing into the crook of the elbow, coughing or sneezing into a tissue and sanitize hands after, no spitting, no clearing of nasal passages).
- Cheering, chanting and yelling is discouraged as these practices present a high risk of spreading droplets.
- No physical contact during or after the activity (i.e., high fives).
- If someone needs first aid, participants should have a family member administer the first aid care. If no family member is present, another person could administer first aid wearing gloves and a mask.
- No lingering in the parking lot or park afterwards.
- Medals will be on sale at the kiosk located at the entrance of the Lavigne Natural Park all weekends of September. They will then be sold from our website and sent by mail.

Thank you for your participation. We appreciate everyone's help in making this a great event.

[www.coureurchallenge.ca](http://www.coureurchallenge.ca)

THANKS TO THE  
MAYOR'S TOURNAMENT  
FOUNDATION



Clarence-Rockland