



Walking/Hiking Club COVID-19 Guidelines

March 12, 2021

Hike Nova Scotia (Hike NS) urges Nova Scotians to walk or hike while respecting [gathering limits](#), practice [social/physical distancing](#) and follow the [advice of public health officials](#).

To ensure walking or hiking club/group leaders and participants stay safe and follow provincial public health restrictions during the COVID-19 pandemic, Hike NS has created these guidelines to assist organizers and leaders of groups that regularly walk or hike together and would be considered a “club.” Hike NS urges organizers to always obey public health directives and keep them top of mind at all times.

If yours is a regular walking or hiking club, then “organized club” rules would apply. Go to the NS Government’s [gathering limits](#) page and scroll down to the bullet on “organized clubs” where it says:

“organized clubs (meetings can follow Guidelines for Return to Day Camp (PDF 525 kB) to have groups with up to 15 people in each group without maintaining a physical distance of 2 metres (6 feet); different groups of 15 must maintain physical distance)”

So, organized clubs can host activities for all ages with up to 15 people in each group without maintaining physical distancing. Different groups of 15 must maintain physical distance from one another. Activities need to follow the Guidelines for Return to Day Camp and indoor and outdoor gathering limits for events and activities hosted by a recognized business or organization.

For more details on running a guided walk or hike, see our more detailed [Guided Hike COVID-19 Guidelines](#).