



# Walking/Hiking Club COVID-19 Guidelines

October 14, 2021

Hike Nova Scotia (Hike NS) urges Nova Scotians to walk or hike while respecting [gathering limits](#) during the COVID-19 pandemic 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.

## Phase 5 Reopening Plan Guidance:

If yours is a regular walking or hiking club that is an official, registered organization, then no [gathering limits](#) are in place for events run by these organizations. No physical distancing is required and masks are not required outdoors. If yours is an informal group, then, there are gathering limits of 50 people outdoors without social distancing and masks. Masks are still required for indoor gatherings.

## Proof of Vaccination

For all events run by an official, registered businesses or organizations, the NS government now requires all volunteers and participants to show [proof of vaccination](#). Organizers should ask volunteers to show proof of vaccination prior to leading events and participants can simply bring a copy of their COVID-19 vaccine receipt with them (electronic or printed) and show it to organizers/volunteers before joining the event.

Even for informal groups that are not official organizations, public health states that if you’re posting an invitation for anyone to join, you’re creating an organized event that brings different people together. So in this case, you would need to check for proof of vaccination.

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