



# COVID-19 Trail Work Best Practices for Volunteers

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This resource is intended to provide best practices for all volunteers who provide services to your snowmobile club during COVID-19 restrictions.

## Basic Infection Prevention Measures When Working on Trails

All volunteers must exercise the following recommended practices for reducing the risk of transmission as identified by the Public Health Agency of Canada (PHAC), Health Canada, and Centers for Disease:

- Avoid touching eyes, nose, mouth or face
- If a worker must cough or sneeze
  - Cough or sneeze into a tissue or the bend of your arm, not your hand;
  - Remove yourself from the area if you are near other workers
  - Dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards;
- Clean and disinfect frequently touched objects and surfaces, including all reusable PPE;
- Do not share personal items or supplies such as phones, pens, notebooks, PPE, etc.;
- Avoid common physical greetings, such as handshakes;
- Maintain a minimum physical distance of two meters from others
- Wash hands often with soap and water for at least 20 seconds before and after using the washroom, when preparing food, after blowing nose, coughing, or sneezing, and when arriving to or leaving site. If hands are not visibly soiled, and soap and water are unavailable, alcohol-based hand sanitizer can be used.
- Remove footwear at the door, wash your clothes and shower as soon as you get home

## Before you leave home

The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. They include:

- Fever
- Chills
- Cough
- Shortness of breath
- Sore throat and painful swallowing - Stuffy or runny nose

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- Loss of sense of smell
- Headache
- Muscle aches
- Fatigue
- Loss of appetite

If you have any of the above symptoms, have traveled outside of Canada in the last 14 days or have been in contact with anyone who is suspected of having COVID-19 please stay home.

At the beginning of each work day and before you leave your home every Volunteer should self-assess their fitness to perform work using the Saskatchewan COVID-19 [Self Assessment Tool](#). If you answered yes to any of the questions included in the [Self Assessment Tool](#) you should stay home and follow the recommendations. Do not come to work until advised it is safe to do so by the Saskatchewan Health Authority.

## Travelling to Worksite

- Minimize the number of in person meetings. When required, meetings are to be held outdoors while maintaining physical distancing. Where this is not possible, conduct meetings, planning and discussions through teleconferencing or video conferencing.
- Discourage carpooling to/from or within the project site. Ensure vehicles, ATV's or UTV's only include members of the same household and encourage volunteers to provide their own transportation where possible. Where this is not possible, every effort to maintain physical distancing must be made such as limiting ride sharing to two volunteers with one in the front seat and one in the back seat, if possible keeping the same volunteers riding together and keeping windows cracked open to allow fresh air to circulate. Enhance sanitization measures must be implemented in this instance as well as provision of PPE such as face coverings.

## Worksite Best Practices

Sanitary measures must be implemented on site:

- An adequate supply of hand sanitizer and disinfecting wipes must be made available at site entries, exits, washrooms, eating areas, offices, and any other areas with commonly touched surfaces.
- There should be mandatory hand sanitization before entering site.

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- Do not share equipment, including hand tools, chain saws, mechanized equipment or work site items such as electronic equipment, PPE, coolers, water containers, etc.
- Bring your own tools if you can and any tool that is shared must be sanitized prior to use.
- Practice physical distancing by keeping 6' OR MORE away from others whenever possible. Wear appropriate PPE if you must work closer than 6' from others and make every effort to limit the duration of the task.
- Minimize trips to supply stores. Send only one person and consider having materials delivered by suppliers where possible. Wear appropriate PPE and carry hand sanitizer when in stores.
- Maintain a self-contained and self-sufficient work site if feasible. If people outside the work crew are in proximity to trail construction or the Volunteers, mandate that those individuals maintain at least 6 feet of distance.
- Volunteers should buy, store and prepare their own meals, drinks and snacks for the day and you should not share these items with people outside of your household. Meals should be eaten outside or in their personal vehicle, if available.
- When working in shelters or buildings limit the number of Volunteers in the building to only those necessary to carry out the work. It is recommended that there be only one person in the shelter at a time.

## Equipment Best Practices

Volunteers should maintain practices that limit the potential for cross-contamination of tools and equipment on the work site. Practices include but are not be limited to:

- Assign tools and equipment to a specific Volunteer for the day. This includes hand tools, machines, tool-specific PPE, electronics (iPads, GPS, radios) etc.
- At the end of each day, each Volunteer should be responsible for properly sanitizing and returning shared tool(s) and equipment to the storage area.
- Wipe down trucks, tools and equipment with disinfectant wipes, daily or more often, especially prior to and after a new volunteer utilizes the equipment. Give special attention to door handles, control knobs, steering wheels, gear shifters, keys and any other commonly touched surfaces. Use aerosol sanitizers in enclosed cabs.
- Sanitize reusable PPE as per manufacturer's recommendation prior to each use, and ensure non-reusable PPE is disposed of properly.

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## Staying Overnight

Precautions to implement if camped at the worksite:

- Volunteers are not to share accommodations.
- Each person should buy, store and prepare their own meals, drinks and snacks.
- Sanitize all surfaces regularly.
- Encourage self-sufficiency and discourage borrowing personal items.
- Set up tents/trailers/cooking areas at least 20 feet apart from others.
- Maintain at least 6' of physical distance in common areas such as toilets, wash areas, and campfires.
- Have soap and water or sanitizer in shared areas such as washrooms, and cooking areas.
- Ensure that common areas are disinfected regularly including door handles and washrooms.

## Response Measures

Possible cases of COVID-19

- Individuals who have been potentially exposed to the virus, or who are exhibiting flu-like symptoms such as fever, fatigue, coughing, or congestion are instructed to:
  - Not come to work;
  - Contact their supervisor;
  - Stay at home and self-isolate; and
  - Contact local health authorities for further direction.
- Such individuals are required to follow the recommendations of the local health authority and may not return to work until given approval by the proper health authorities.
- Individuals who begin to display flu-like symptoms while on site are instructed to avoid touching anything, take extra care to contain coughs and sneezes, and return home immediately to undergo a 14-day self-isolation period.
- All areas on site potentially infected by a confirmed or probable case are barricaded to keep individuals two meters away until the area is properly cleaned and disinfected.
- You may be asked to provide contact tracking information to health authorities

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