

COVIDWise Winter Activities

Outdoor activities are good for both physical and mental health and usually **carry a lower risk of COVID transmission** than indoor activities. Lower the risk of COVID-19 with some of the alternatives below.

The safest option is to choose activities that can be done with just your household contacts or, if you live alone, with one or two of your chosen social support persons. If you get together with others, choose individual sports that can be done with other people, but still allows for 2 metres (6 feet) of spacing.

Outdoor play and leisure

- Build a snowman.
- Build a snow fort.
- Go for a walk to look at holiday lights.



Ice skating

- Sit on a bench outside to put your skates on instead of inside a changing hut.
- Choose open spaces where it is easier to maintain a 2 metre (6 feet) distance from other people.



Downhill Skiing

- Share chairlifts or T-bars only with people in your household or if you live alone with one or two of your chosen social support persons.
- Stay outdoors and on the slopes to avoid the ski resort lodge and crowded places.
- Remember to wear a mask and practice physical distancing when indoors with others.



Tobogganing

- Stay with your household members or, if you live alone, with one or two of your chosen social support persons.
- Keep at least a 2 metre (6 feet) distance from everyone else.
- Avoid crowded hills – come back at a different time.



Cross Country Skiing, Hiking or Snowshoeing

- Find a multi-use winter trail to enjoy with family and close friends but keep a 2 metre (6 feet) distance from people outside of your household or chosen social support persons.
- Carpool only with people in your own household and keep a 2 metre (6 feet) distance with others before and after doing your sport together, such as in the parking lot.
- Avoid any shared snacks or drinks.



Please consider your own risk factors before participating in any outdoor group activity. For an older person or someone with chronic medical problems the best decision may be to not participate in group activities at all, and instead focus on individual activities, like walking. Ottawa Public Health recommends the **Centers for Disease Control (CDC) website** to all persons wishing to better understand their personal risks for COVID-19 infection.

OttawaPublicHealth.ca/SocialWISE

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