



Rural Recreation Opportunities Summer 2020

Sheet Harbour, North Preston, Musquodoboit Harbour, and Musquodoboit Valley

Children, youth and family are invited to attend a wide range of recreation activities throughout the summer in the communities of Sheet Harbour, Musquodoboit Harbour, Musquodoboit Valley, and North Preston.

A monthly calendar is filled with activities that include: guided hikes with an emphasis on connecting to nature, creating art through activities like painting, print making, and found objects, best of the best camp games, and practicing sport skills to name just a few. This is a great opportunity to come together with friends while maintaining all public health guidelines for recreation camp activities.

For dates and times of all activities, please refer the Rural Recreation Scheduling Guide.

Registration Dates

Registration for rural programming will take place weekly throughout the summer months as follows:

Registration Date/Time	For programs during:
<i>All registrations will open at 9 AM</i>	<i>Programs will be FREE of charge. Most activities require pre-registration.</i>
June 29	July 6–10
July 6	July 13–17
July 13	July 20–24
July 20	July 27–31
July 27	August 4–7
August 4	August 10–14
August 14	August 17–21
August 17	August 24–28

Registration Process

1. Online: www.halifax.ca/myrec
(Course codes and locations are available in the Scheduling Guide)
2. Phone
 - a. Sheet Harbour 902.885.2988
 - b. North Preston 902.462.4161
 - c. Middle Musquodoboit 902.384.3008
 - d. Musquodoboit Harbour 902.889.4050

Cancellations

- Should a cancellation be required, all registrants will be informed through email and/or the voice mail at the local recreation facilities will be updated by 9:00 A.M. each day.
- Children should not come the program if sick. Please contact the following if your child is sick:
 - a. Sheet Harbour 902.885.2988
 - b. North Preston 902.462.4161
 - c. Middle Musquodoboit 902.384.3008
 - d. Musquodoboit Harbour 902.889.4050
- Families need to monitor their participants daily for any symptoms for COVID-19, as identified on the provincial 811 website. Parents/guardians will be asked daily to confirm that their participant has no symptoms and is not required to otherwise self-isolate.

Public health & safety

Physical Distancing

- All rural programming will operate with physical distancing rules in place, with group activities spaced throughout available outdoor greenspace and indoor spaces may be used upon inclement weather.
- Any group activities will allow for physical distancing and activities that cluster around an item or small area will be avoided.
- During any family activities, the parents/guardians will be responsible of their children to ensure all health requirements are enforced.
- The use of non-medical masks (cloth or home-made masks) within the programming setting is not required where physical distancing is maintained. However, some children may choose to bring and wear a non-medical mask while at the program.
- Group sizes will not exceed the maximum gathering limits set out in the Health Protection Act Order (currently 10, including both participants and staff).
- Some individuals are considered at a higher risk of severe illness with COVID-19 (including those over 65 and those with compromised immune systems or underlying medical conditions) and parents/guardians are encouraged to consult their health care provider if they have concerns about their child's health, or the health of other household contacts.

Personal Hygiene & Protective Precautions

- All program areas will have designated entrance and exit plans, and washroom use will be monitored to limit capacity within these spaces.
- Frequent hand washing or hand sanitizing by campers and staff will be taught, reinforced and monitored. If a family activity, parents/guardians will be responsible to ensure the appropriate hand washing is maintained within their family group.
- Participants will be reminded to cover coughs and sneeze with a tissue. If a tissue isn't available, cough or sneeze into elbows, not hands.
- Participants will be encouraged to avoid touching their mouth, nose and eyes during the summer programs.
- Equipment and/or supplies will be managed and cleaned with appropriate disinfecting cleaner before and after use, and between use by different participants.

Illness

- If a child develops symptoms while attending a rural program, the child will be isolated from other children and the parent/guardian will be notified to collect the child immediately. If a family activity, parents/guardians will be responsible to ensure the child/ren are withdrawn from the activity or program.
- If a child requires close contact and care, staff will continue to care for the child until the parent/guardian is able to pick them up.

Drop off & pick up

- Drop off and pick up procedures for each location will be implemented at the beginning and end of each activity. These procedures will be specific to each site location and will be forwarded to registrants prior to the start date of the program.
- If a family activity, parents/guardians will be responsible to ensure the appropriate physical distancing guidelines are maintained during arrival/departure to and from the program.
- There should be no non-essential visitors at these activities. Parents/guardians are asked to minimize any time spent at each location.
- Hand sanitizer will be placed at all entrances and exits at each location for use by staff, parents/guardians, and other essential visitors.

