



SOCIAL-WISE.CA

Winter Activities

Outdoor activities are good for both physical and mental health and usually carry a **lower** risk of COVID transmission than indoor activities.

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.

Ottawa Public Health highly recommends **wearing a mask** when skating on public ice rinks and participating in other outdoor recreation activities that do not allow you to keep a two metre (six feet) distance from others.

PLEASE NOTE: There is a **25-person capacity limit** on the public rinks, at the top of tobogganing hills and trail heads.

Examples on how to stay active this winter:

Outdoor play and leisure

- ❄ Build a snowman.
- ❄ Build a snow fort.
- ❄ Go for a walk in your own community.



Ice skating

- ❄ Choose open spaces where it is easier to maintain a two metre (six feet) distance from other people.
- ❄ Avoid crowded rinks.



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 two metre (six 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 or one close friend if you live alone but keep a two metre (six feet) distance from people outside of your household or chosen social support person.
- ❄ Carpool only with people in your own household and keep a two metre (six feet) distance with others before and after doing your sport together.
- ❄ Avoid any shared food or drinks.
- ❄ Avoid crowded trail heads and/or parking lots.



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 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.

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