



Friday, April 23rd, 2021

Outdoor Recreational Activity Guidelines Explained

Dear NSEF Members,

Today, the Government of Nova Scotia provided provincial sport organizations with an update on the outdoor recreational activity guidelines for the restricted areas of **Halifax Regional Municipality, Hubbards, Milford, Lantz, Elmsdale, Enfield, South Uniacke, Ecum Secum and Trafalgar regions.**

Individuals taking part in an outdoor recreational equestrian activity (**trail riding/driving**) must follow the [Nova Scotia Provincial Government Coronavirus Guidelines](#) .

To be clear - organized equestrian activity is NOT permitted, including but not limited to lessons, programs, training and competitions. Essential exercising for horse health and fitness maintenance is the only permissible function.

All outdoor recreational riding/driving must have the ability to meet the following guidelines:

Environment

- Take place outdoors
- Any access to a facility either before or after taking part in the activity, for the purpose of accessing necessary equipment must be limited, and the facility must be able to comply with all COVID-19 Nova Scotia Public Health Regulations that are currently in place.

Physical Distancing and Gathering limits

- All physical & social distancing requirements set by NS Public Health remain in effect.
- All gathering limits in the NS Public Health Guidelines must be adhered to.
- Individuals must maintain physical distancing of at least 2 metres from others.
- After activities, individuals must maintain physical distancing when returning to vehicles or homes.

Equipment

- Activities in public spaces should not include the sharing of common equipment, unless the individuals are from the same household.
- Clean and disinfect equipment prior to and after use.

Individual Precautions

- Caution should be taken around common touch points; proper hand hygiene should be practiced.
- Wash your hands frequently.
- Refrain from touching your face with unclean hands.
- Carry and use hand sanitizer containing at least 60% alcohol content.

For the most up-to-date information about coronavirus, please refer to the provincial government [website](#).