

2020 International Walk to School Month Event COVID-19 Health and Safety Protocols

International Walk to School Month (IWALK) is an annual event held throughout the month of October that gives children, parents, teachers and community leaders an opportunity to be part of a celebration of the many benefits of walking. Schools with bussed students can organize walks on school property, in the community or on a local trail. Plan ahead and participate for a day, a week or all month long.

IWALK 2020 can be adapted to meet health and safety guidelines from the Nova Scotia Department of Health to reduce the risk of spreading the coronavirus.

Your school/group can continue to hold their outdoor IWALK event if the recommended protocol below is followed. Schools with larger student populations can consider holding their IWALK event(s) in a series of walks with smaller groups.

Please consider the following protocols when developing your IWALK event this year.

1. Venue

IWALK events are held outside, walking and rolling around local trail networks and neighbourhoods. While the risk of coronavirus transmission is lower outdoors than indoors, the following precautions will also be taken to further minimize risk.

2. Physical distancing

We encourage safe walking with a buddy for IWALK events, however all IWALK events should encourage participants to maintain a distance of 6 feet (2 meters) between each pair, when feasible. Facilitators/teachers are encouraged to remind participants to distance as needed throughout the event.

3. Wearing Facemasks

Non-surgical facemasks are highly encouraged during outdoor activities where physical distancing may be difficult.

4. Coughing and Sneezing Etiquette

Teachers, students and participants shall follow and encourage proper [cough and sneeze etiquette](#).

5. Equipment

Participating schools/groups are responsible for asking their attendees to bring any additional equipment they wish to incorporate into their particular event.

Up to date guidelines can be found at <https://novascotia.ca/coronavirus>.