

Winter Activities

Outdoor activities are good for both physical and mental health. The risk of transmission is lower outside as long as precautions like physical distancing and proper hand hygiene are followed.

The safest option is to choose activities that can be done with those who you live with. If you meet up with others, choose individual sports that allows you to keep a 2 metre (6 feet) of distance from others.

Tips for participating in winter activities safely:

- Enjoy these activities with those you live with. For example, when skiing, only share chairlifts/T-bars with people you live with.
- Keep a 2 metre (6 foot) distance from those you do not live with.
- Choose less popular locations if using public spaces for activities.
- If spaces are crowded, come back later or choose a different activity/location.
- Wear a face covering/mask when indoors or when physical distancing is not possible outdoors.
- Carpool only with those you live with.
- Avoid sharing food or drinks.
- Bring hand sanitizer to clean hands frequently, especially after touching rental equipment, commonly touched surfaces, and before/after eating.
- Remember the usual [winter activity safety tips](#) such as wearing helmets, dressing warmly, etc.

PARTICIPATING IN WINTER ACTIVITIES



Enjoy winter activities with those you live with.



Keep a 2 metre (6 foot) distance from those you do not live with.



If spaces are crowded, come back later or choose a different activity/location.



Wear a mask when indoors or when physical distancing is not possible outdoors.



Bring hand sanitizer to clean hands frequently, especially after touching rental equipment, commonly touched surfaces, and before/after eating.



Carpool only with those you live with.

Remember the usual winter activity safety tips such as wearing helmets and dressing warmly.

hamilton.ca/coronavirus

Activities you can enjoy outdoors this winter:

- Building a snowman
- Hiking or snowshoeing
- Building a snow fort
- Going for a walk around your neighbourhood to look at holiday lights
- Scavenger hunts
- Having a snow sculpture competition or building snow castles with sand pails
- Tobogganing or tubing
- Ice skating, cross-country or downhill skiing
- Ice fishing
- Playing soccer in the snow
- Making snow angels
- Creating a snow maze
- Having a backyard winter Olympics competition
- Snow painting

The City of Hamilton is offering an increased variety of outdoor activities for residents to enjoy throughout the winter season, such as outdoor skating, tobogganing, maintained trails, and winter golf. Find out more: www.hamilton.ca/winter

Consider your own risk factors before participating in any activity. For older adults or those with chronic medical conditions, the best decision may be to focus on individual activities, such as walking.

