



SLNC Program COVID-19 Protocols

We are thrilled to be sharing another great season of cross-country skiing with you.

The impact COVID-19 is having on almost all aspects of our activities and daily life is considerable and has shaped our ability to open our club. The advice from Health Authorities, Nordiq Canada, Biathlon Canada, Cross Country BC, and Biathlon BC will continue to determine our programs and activities direction.

Cross country and Biathlon programs must reflect the restrictions that are so important to maintaining our community health, and demonstrate to the wider community the values of our sport and club. Team work, trust, patience and discipline will all be needed to make our season a success.

Below is the first phase for our return to sport that has been designed with your health and safety in mind. We hope you understand and support these changes and we also hope that they will be adapted and relaxed as soon as possible.

The second phase plan is also included. This is a draft and will be adapted as needed and implemented as soon as practicable. The gradual resumption of our programs will rely on updates from Health Authorities, and our sport governing bodies.

It is important that we all understand, embrace and respect these changes. We hope that the ability for our club to demonstrate that we are able to keep our community safe, while still participating in a sport we love, will be a rewarding experience for us all.

Safety is extremely important to us as always. Heightened awareness for considerations such as cold temperatures, snow and wind will be carefully assessed prior to each practice. The decision to cancel a practice with skiers' safety in mind will continue to be made by the Program Director, with the full support of Club Management.

Please remember this is a challenging time to be planning programming. Our hope is that a collaborative effort between our coaches and skiers will ensure our environment is safe, allowing us to share in a great season of skiing. The COVID-19 situation is extremely fluid and we will continue to obey all directions from Health Authorities, including ceasing programs as required.

Finally, it is critically important that the changes that are in place and detailed in this document are fully understood. Program registration MUST be completed prior to any club training or skiing activities and participants will need to attend a group video call to discuss protocols and agree by email to these new protocols.

Initial Program	
Health	It is critical that anyone who is feeling at all unwell stays home. The health of our ski community, staff and the wider community depends on this and is of the utmost importance to us. Please contact your family doctor or call 811 if you are unwell. Self-screening for COVID-19 symptoms will need to be done prior to every session.
Practices	Athletes must sanitize hands upon arrival and prior to departure. A personal supply of hand sanitizer must be provided by each athlete.
Group Sizes	A list of athletes attending practice will be kept by the lead coach of each program and must be updated each session and signed off by the group coach.
Skiing Outside of Program Hours	We will be training in groups up to 6. This may mean that start times will need to be staggered. Your group time will be emailed to you if this needs to be the case.
Sovereign Lake Nordic Club Facility	Athletes may train outside of the practice schedule. This is subject to compliance with the conditions detailed in the SLNC COVID-19 Safety Plan. Athletes should NOT travel with friends to training sessions if social distancing rules are in place.
On Site	Sovereign Lake Nordic lodge hours will be reduced in response to the COVID-19 outbreak. The new hours will be 9:00-5:00. Tuesday and Thursday evenings the lodge will remain open until 8pm for training. There must be wide separation between cars, a minimum of 2 metres.
Belongings	Please allow a minimum of 2 metres space around yourself and others at all times. Your coach will ensure this is maintained. It is best if training occurs side by side as opposed to one behind the other.
Group Sizes	No personal belongings may be left on site (in lodge) at any time. Personal belongings should remain in a vehicle.
Safety	SLNC may limit numbers up to 6 participants in a group. Start times of practice sessions may be staggered.
Ending the Practice	As always, safety is as important as the enjoyment of skiing. Making smart decisions, notifying the coach should you need to leave the group will result in a safe environment for everyone. Should a first aid incident take place, staff and volunteer helpers will have appropriately available PPE in each First Aid bag.
Non-compliance	Upon completion of training, athletes will be asked to remain physically distant in a quick session debrief before leaving the training venue.
	The health and safety of everyone during the pandemic is paramount. Accordingly, non-compliance with these protocols will not be tolerated and may result in exclusion from access to SLNC facilities, Penalties for non-compliance can be found in the SLNC COVID-19 Safety Plan