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| Sovereign Lake Nordic Programs  |
| Registration  | Program registration will open June 1, 2020. Please contact eric@sovereignlake.com if you would like to discuss this. |
| Practices  | Notifications will be sent our prior to programs commencing as to the protocols and designated meeting spots for group activities. |
| 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.  |
| Practice Parking  | Practices happen in areas with plenty of parking space. When parking is busy please allow appropriate distancing measures. |
| On Site (at Sovereign) | Washroom facilities are available to the public in the basement of the lodge with distancing and hand sanitizing procedures in place. Should you need to use the outhouse, please ensure the use of the supplied hand sanitizer is used. Please allow a minimum of 2 metres space around yourself and others at all times and if unable to do so please wear a face mask or appropriate face covering. Your coach will ensure this is maintained as well as co-ordinating group instruction to allow for appropriate distance is maintained.  |
| Lodge  | The lodge will be open for washrooms, rentals and emergencies. There will be no public seating available for the foreseeable future. This will ensure that there is no contamination or potential sharing of the virus on shared surfaces. Athletes are expected to change clothing/boots in their respective vehicles.  |
| Rental Equipment  | Rental equipment will be available as it has been in past seasons. |
| Duration of Practice and Distance  | Practices will operate under normal timelines unless cold and or wind become factors. At that time practices may be shortened or cancelled. |
| Safety  | As always safety is as important as the enjoyment of skiing. All program participants and passholders must scan their pass prior to each session at the ticket kiosk situated at the front door of the lodge or inside for night skiing.  |
| Ending the Practice  | After a quick debrief from the lead coach, athletes should directly depart from Sovereign. |