

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 and Cross Country BC will continue to inform our programs and activities.

The cross-country programs must reflect the restrictions that are so important to maintaining our community’s 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 return to sport policy 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.

This is phase 3 and will be adapted as needed and implemented as soon as practical. The operation of our programs will rely on updates from Health authorities, Nordiq Canada and Cross Country BC.

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.**

**Please remember this is a challenging time to be planning programming. Our hope is that a collaborative effort between our coaches and skiers to ensure our environment is safe will allow us to share 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. As well as needing to have all registrations in place prior to training/skiing (Nordiq Canada, SLNC Program Registration and Payment), skiers will need to agree by email to the protocols.**

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| All Sovereign Winter Programs | |
| **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.  Athletes must sanitize hands upon arrival and prior to departure. A personal supply of hand sanitizer must be provided by each participant. |
| **Practices** | A list of athletes attending practice will be kept by the lead coach and stored in the bottom of the technical building. (clip boards with roll call checklists by program) |
| **Group Sizes** | We will be attempting to train in groups up to 10. This may mean that start times may need to be staggered. Your group time will be emailed to you if this needs to be the case. |
| **Skiing Outside of Program Hours** | Athletes may train outside of the practice schedule. This is subject to compliance with the conditions detailed in the SLNC COVID-19 Safety Plan. |
| **Sovereign Lake Nordic Club Facility** | Sovereign Lake Nordic lodge hours will be reduced in response to the COVID-19 outbreak. The lodge hours: Monday 9:00-17:00, Tuesday 9:00-20:00, Wednesday 9:00-20:00, Thursday 9:00-20:00, Friday 9:00-17:00, Saturday 9:00-17:00, Sunday 9:00-17:00  Face masks must be worn in all SLNC facilities. |
| **On Site** | **Please allow a minimum of 2 metres space around yourself and others at all times. If not possible, please wear your face mask (buff/neck tube outside, actual face mask indoors)** Your coach will ensure this is maintained. It is best if training occurs side by side as opposed to one behind the other. |
| **Belongings** | No personal belongings may be left on site (in lodge) at any time. Personal belongings should remain in a vehicle |
| **Group Sizes** | SLNC may limit the number of participants in a group. Start times of practice sessions may be staggered. |
| **Safety** | 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. |
| **Ending the Practice** | Upon completion of training, athletes will be asked to remain physically distant in a quick session debrief before leaving the venue. |
| **Non-compliance** | 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 |
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