

SLNC Biathlon Return to Play Guidelines- v3 Nov. 3, 2020

Registration	<ul style="list-style-type: none"> All athletes must have a BiCan/BiBC membership number for insurance purposes. Please register for membership HERE. To check if you have a current/valid BiBC membership number, you can check the confirmation list HERE. Before attending practice, please register for SLNC Programming HERE.
Practices	Please confirm if you will be attending practice on the google sign-up sheet. Winter shooting session will be Thursday at 4pm and Saturday at 1pm
Group Sizes	Practice cohort may be up to 20 athletes using 20 lanes in the range
Health	<p>Before arriving at the range, all athletes, coaches and parents will complete the BC Covid-19 Self-Assessment HERE</p> <p>It is critical that anyone who is sick or feeling unwell to stay home. The health of our community depends on this and is of the utmost importance to us. Please contact your family doctor or call 811 if you are unwell.</p>
Masks	Face masks are to be worn at all times inside SLNC facilities including out buildings (wax building, biathlon cabin).
On Site	<ul style="list-style-type: none"> Washrooms are available in the main lodge downstairs. There are out houses near the old day lodge When parking remain in your vehicle until you can keep 2 metres apart from others
Biathlon Cabin	The biathlon cabin will be open only during inclement weather to store personal belongings. Only one person in the cabin at a time unless you are from the same family.
Mats, Lanes & Rifles	<p>Only one person in the mat/rifle locker room at any given time.</p> <ul style="list-style-type: none"> Athletes will pick up and set up mats at assigned lanes. Designated person will bring out club rifles and ammo to rifle racks. All athletes will have their own assigned rifles to use for the season. Mats may be shared in field of play within training cohorts.
Target Ropes, Paper Set Up	<ul style="list-style-type: none"> Two volunteers with gloves on will hook up ropes to all lanes in use. Athlete will pick rope in their corresponding lane and bring back to lane marker. Designated person will staple paper targets to backboards. Ropes, lanes and rifle racks may be shared within training cohorts
End of Practice	<p>After each practice:</p> <ul style="list-style-type: none"> Athletes to clear shells off mats. Designated person will disinfect/clean the mats and athletes to return mats to indoor rack. Designated person will pick up club rifles and ammo and return to lock up.

All athletes and families are to familiarize themselves with SLNC's most updated Covid Protocols [HERE](#)