

## SLNC Biathlon Return to Play Guidelines- Winter

Registration	<ul style="list-style-type: none"> <li>All athletes must have a BiCan/BiBC membership number for insurance purposes. Please register for membership <a href="#">HERE</a>.</li> <li>To check if you have a current/valid BiBC membership number, you can check the confirmation list <a href="#">HERE</a>.</li> <li>Before attending practice, please register for SLNC Programming <a href="#">HERE</a>.</li> </ul>
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 <b>BC Covid-19 Self-Assessment</b> <a href="#">HERE</a></p> <p><b>It is critical that anyone who is sick or feeling unwell to stay home.</b> 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"> <li>Washrooms are available in the main lodge downstairs. There are out houses near the old day lodge</li> <li>When parking remain in your vehicle until you can keep 2 metres apart from others</li> </ul>
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"> <li>Athletes will pick up and set up mats at assigned lanes.</li> <li>Designated person will bring out club rifles and ammo to rifle racks.</li> <li>All athletes will have their own assigned rifles to use for the season.</li> </ul>
Target Ropes, Paper Set Up	<ul style="list-style-type: none"> <li>Two volunteers with gloves on will hook up ropes to all lanes in use</li> <li>Athlete will pick rope in their corresponding lane and bring back to lane marker</li> <li>Designated person will staple paper targets to backboards</li> </ul>
End of Practice	<p>After each practice:</p> <ul style="list-style-type: none"> <li>Athletes to clear shells off mats. Designated person will spray/mop down mats and athletes to return mats to indoor rack.</li> <li>Designated person will pick up club rifles and ammo and return to lock up.</li> </ul>

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