

SOVEREIGN LAKE NORDIC - Masters XC Program - Return to Play Policy

Registration	<ul style="list-style-type: none"> • The total number of registrants has been limited to 100 members • All registrants must be members of Sovereign Lake Nordic and adhere to all club requirements and directives • All members will sign the Sovereign Lake Nordic Participant Agreement
Sessions	<ul style="list-style-type: none"> • There are two training sessions a week <ul style="list-style-type: none"> Thursday am Thursday pm Sunday am
Groups	<ul style="list-style-type: none"> • Number of Coaches: 17 • Average participation rate per session: 60 • Average group size: 4 • Maximum group size: 8 • Group members will be designated to train with the same coach each session for the duration of the program
Health	<ul style="list-style-type: none"> • At home, all members and coaches will complete the BC Covid-19 self assessment • Those who are sick or unwell must stay at home.
Arriving On Site	<ul style="list-style-type: none"> • On arrival, members will change in their vehicles in the parking lot. • Meeting times will be staggered, to reduce the number of members arriving in the parking lot • This will also reduce the number of members seeking access to the lodges washrooms • If needing to use the washroom, access will be available on the lower level, where no further access to the building will be available • Members will use their pass to automatically register-in without having to enter the lodge.
Practise Session	<ul style="list-style-type: none"> • Each group will meet with their coach at their own specified and separate location, which will be distanced by a minimum of 30m from the next group • While receiving instructions from the coach, members will distance themselves from others in the group by 2m • Face masks are to be worn whenever 2m distancing cannot be maintained • At the discretion of the coach, face covering will be required as an additional precautionary measure even while maintaining distance outside • At the conclusion of a session, members will be reminded to maintain distancing while returning to change at their vehicle.
Departure	<ul style="list-style-type: none"> • Before departing members will use their season pass to register out. • Again, entry to the building isn't required