

# North Bay Nordic Ski Club COVID-19 Guidelines 2021-22

The North Bay Nordic Ski Club (NBNSC) is pleased to welcome members and day users for another season of outdoor physical activity and family fun. The NBNSC considers the health and wellbeing of our members, day users, volunteers, employees, and the local community our highest priority – and what could be better for your health than getting outside into the fresh air this winter!

The NBNSC has identified and compiled guidelines and protocols for Covid-19 that have been established by the North Bay Parry Sound Health Unit, the Ontario Government (O Reg 364/20), and our governing sport bodies (Cross Country Ontario (XCOS) and Nordiq Canada) to ensure that the winter season is safe and fun for all. The guidelines and protocols will be re-evaluated and updated as necessary. We encourage everyone to stay safe and healthy by following Public Health Guidelines.

## **Prior to Arriving**

- All club members and visitors must follow the Public Health guidelines of the North Bay Parry Sound District Health Unit.
- All attendees of the club (including staff, volunteers, participants, and visitors) are required to perform a self-assessment of their personal health and self-screening prior to attending the NBNSC – as per current Health regulations (<https://covid-19.ontario.ca/self-assessment/>)
- We ask that anyone who does not meet the screening criteria or feels unwell does not visit the NBNSC

## **Parking**

Participants should arrive at the NBNSC in their ski gear, prepared to ski, in order to limit the use of shared common spaces such as change rooms and locker rooms.

## **Trail Use**

- All are required to maintain a physical spacing of more than 2 metres while outdoors. Face coverings are required where a physical spacing of 2 metres is not possible.
- Two access points to the trails will be maintained: the main access adjacent to the wax room / garage and the access through the gates at the end of the main parking lot.
- Members may access the trails directly
- Day-users will be required to purchase a trail pass in the clubhouse

## **Clubhouse**

- Day passes and rental equipment will be available when the Snack Bar is open and are to be paid for and picked up inside the clubhouse. Hours of operation will be posted and are expected to remain similar to previous years.
- Face coverings will be required at all times when inside the clubhouse (with the exception of the food service area, see below)
- Indoor washrooms will be available and cleaned frequently to ensure sanitary conditions.
- There will be two entry and exits points to the clubhouse (one upstairs and one downstairs)
- The total number of people permitted in the clubhouse one any time is limited to the number that can maintain 2 metres physical distance (to a maximum of 50% capacity). The capacity limit will be posted on the doors. Be prepared to wait outside if the clubhouse capacity is reached
- A hand sanitizing station will be located at the entrance of the clubhouse and the entrance/exit of the washrooms / change rooms. The NBNSC will follow best practices per Public Health Guidelines for cleaning of the clubhouse.

## **Food Service**

- The Snack Bar will be open during normal operating hours and food service will be available
- A separate seating area in the clubhouse (with limited capacity) will be available for eating and drinking
- If you wish to sit in the separate area to eat or drink (i.e. remove your face covering), proof of vaccination is required and you must record your name and contact information as per Ontario Regulation 364/20. You must show proof of vaccination and provide contact information to snack bar staff prior to entering the food service seating area.

## **Wax Room and Lockers**

- The locker and wax room will be open and face coverings will be required at all times when inside
- Physical distancing of at least 2 metres is required at all times when in the locker and wax room and when entering and exiting. The capacity limit will be placed on the door.
- A hand sanitizing station will be located provided in the locker and wax room.

## **Programs and Lessons**

The NBNSC programs and lessons will be running for the 2021/22 season. This includes Bunnies, Jackrabbits, the North Bay Nordic Ski Racers, and lessons.

- All participants must present proof of daily covid screening
- Indoor warm up time for children will be on an “as needed” basis, with only one cohort inside a space at one time (face covering will be required)

## **Events and Competitions**

All events and competitions held at the NBNSC will comply Ontario Regulations and local Health Unit Guidelines for indoor and outdoor spaces. Competitions held under the “XCSO banner” will be subject to their protocols and policies.