

ANSC Covid 19 Policy and Procedures

Policy

Arrowhead Nordic Ski Club is committed to returning to sport safely. We are following the guidance of Cross Country Ski Ontario's **Safe Return to Sport** policy, <https://xcskiontario.ca/safe-sport/covid-19/> as well as local and provincial public health guidelines. We will update our protocols as conditions change and restrictions are eased or tightened.

This policy applies to all club programs and events, and to instructors, officials, volunteers, and all people registered in club programs,

Procedures for all participants and staff

Covid Screening

- All participants, instructors and volunteers must complete the club online Covid screening <http://arrowheadnordic.ca/blog/covid-19/> prior to coming to programs each day
- Instructors will ask if the screening has been done. If a participant has forgotten to do the Covid screening before they came, they may use the provincial tool on their phone and display the green checkmark at the end of the questions. If they do not have a phone, questions will be asked verbally.
- For the Muskoka Loppet – screening will be done verbally upon arrival

Double Vaccination is required for those born in 2009 and earlier.

- All participants, 12 years of age or older, (born in 2009 or earlier) must show proof of vaccination with a second dose dated at least 14 days before attending any class or event with ANSC.
- If the person is registered in a class (via zone4) we do not have to see identification - just proof of vaccination (above) as long as the name on the proof of vaccination matches the registrant name.
- People 18+ who are not pre registered in programs must also show government issued identification which includes name and birthdate that matches the proof of full vaccination documentation.
- Students in courses will only need to provide proof at their first class.
- Note that Arrowhead Provincial Park does not require vaccination to enter the park, so skiers may encounter people at the park who are not vaccinated.

Masks

- Masks are required indoors (warm up areas, wax room, washrooms, etc.)
- Masks are required outdoors wherever people are within 2 m of each other.
- Masks must fully cover the nose, mouth and chin. Masks should fit snugly against the face without gaps; cloth masks should have at least two layers of fabric.

Physical Distancing when training:

- Maintain a minimum of 2 metres in non-speed training
- Increase the minimum distance to greater than 2 metres between other people when engaged in higher speed training activities (ie. roller skiing, running, etc)
- When possible & safe, it is preferable to run / ski BESIDE others instead of BEHIND others
- Do not mingle pre or post-workout
- No physical touching (high fives, handshakes, etc.)

Hygiene:

- Sneeze or cough into your sleeve; Use a tissue to blow your nose, discard tissue immediately and wash your hands or use hand sanitizers afterward. Do not spit
- Avoid touching your face, particularly your eyes, nose, or mouth.
- Do not share equipment (ie. poles, water bottles, food, etc.)

Facilities

- All groups will meet outside. Skiers should come ready to ski. Participants and their families will not have access to indoor space prior to, during, or after lessons.
- Personal gear is stored in vehicles – not in facilities
- Waxing – limited number of people in the wax room; please wax at home if possible
- **Washrooms, Wax room, Rentals, and Visitor Center** are open to the public with occupancy limits and masking requirements. However, there is no screening or proof of vaccination required to enter these facilities at this time, so be aware that people using these facilities may not be vaccinated.

If a coach, program participant or volunteer develops symptoms of COVID-19 or has been in contact with someone who has COVID-19:

- Immediately self-isolate; take the COVID-19 Self-Assessment <https://covid-19.ontario.ca/self-assessment/> for further instructions or contact local public health for guidance
- Follow public health recommendations regarding suspension or continuance of group training
- Contact your coach – group training may be suspended for 5-7 days to ensure no other athletes develop symptoms if close contact with symptomatic individual has occurred

All athletes and coaches must respect physical distancing at all times. With the increase of the highly transmissible new variants, more fully vaccinated people are getting and transmitting Covid-19. We need to stay vigilant about masking and physical distancing. Failure to do so puts everyone at risk and will not be tolerated and may lead to removal from training for repeated infractions.

It is important to note that there is no such thing as zero risk and that although measures can be taken to ensure participation is as safe as possible, participating athletes, coaches and participants will still be at risk for COVID-19 while participating. FOLLOW PUBLIC HEALTH GUIDELINES AT ALL TIMES.