

Rick Morson of:



# Strathcona Nordic Ski Club COVID-19 Protocols

## School Program

**Version 1: 2020-Dec-11**

Strathcona Nordic Ski Club considers the health and safety of all members and community top priority. Because of COVID-19, this ski season will be different from previous years. Strathcona Nordic Ski Club (SNSC) is committed to finding solutions to enable a safe and enjoyable ski season for our members and community.

Club programs, including the School Program will run this season, in accordance with health authority guidelines. The club has a Return to Sport Plan and a COVID-19 Safety Plan, posted on our [website](#). Guidelines are constantly evolving; we will update as necessary. All changes will be posted to our website and disseminated through our newsletter and/or email.

An important part in our operations involves working within the guidelines established by Mount Washington Alpine Resort. Please visit [MountWashington.ca](#) for more details; we will summarize the most relevant points here.

Nordic Operations at Mount Washington will look different this season. The relevant details for the school program are outlined below. Physical distancing starts in the parking lot. We ask school groups to be mindful, give space and take turns to other Mount Washington users. Masks are mandatory from the parking area to the start of the trails, including inside any building and outside buildings in high traffic areas. We also ask school programs to follow protocols set out by Mount Washington in addition to those set out for the school program. Please see the Raven Lodge protocols below and/or review those posted at [MountWashington.ca](#).

We are fortunate to be able to operate our programs this ski season. We recognize that being able to participate in nordic skiing is important for our healthy active outdoor lifestyles and we are committed to our community! Thank you for your patience and cooperation as we navigate the challenges presented by the pandemic. We will get through this together.

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## COVID-19 Agreements

For all activities provided through the club, the following rules are required:

1. Complete the COVID Self-Assessment on a daily basis (see below).
2. Stay home if sick, for any reason.
3. Wear a mask from car to trail, and inside/around any buildings.
4. Bring your own water, snacks, and hand sanitizer.
5. Comply with physical distancing measures at all times.
6. Avoid physical contact with those outside your bubble (e.g., hand shakes, high fives, etc.)
7. Leave as soon as possible after you finish your activities.

## COVID-19 Self-Assessment

For all individuals and family members participating in any Strathcona Nordic program activities, please complete the Self-Assessment by answering the following questions prior to each ski:

1. Are you experiencing any of the following:
  - Severe difficulty breathing (struggling to breathe, speaking in single words)
  - Severe chest pain
  - Having a very hard time waking up
  - Feeling confused
  - Losing consciousness

*If you are experiencing any of these symptoms, please call 9-1-1 or go directly to your nearest emergency department.*

2. Are you experiencing any of the following:
  - Mild to moderate shortness of breath
  - Inability to lie down because of difficulty breathing
  - Chronic health conditions that you are having difficulty managing because of difficulty breathing

*If you are experiencing any of these symptoms, please consult your family doctor or nurse practitioner.*

3. Are you experiencing cold, flu or COVID-19-like symptoms, even mild ones?
  - Symptoms include: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.

*If you are experiencing any of these symptoms, please get assessed for COVID-19, immediately self-isolate while waiting for test results and follow all health authority instructions.*

4. Have you travelled to any countries outside Canada (including the United States) within the last 14 days?

*If you respond yes to this question, please self-isolate for 14 days and self-monitor.*

5. Did you provide care or have close contact with a person with confirmed COVID-19?
  - This means you would have been contacted by your health authority's public health team.

*If you respond yes to this question, please self-isolate for 14 days and self-monitor.*

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## School Program Protocols

All School Program participants will be required to adhere to Mount Washington's and Strathcona Nordics COVID-19 protocols:

- Masks are mandatory from your vehicle until you hit the trails, including inside Raven Lodge and all public areas near the building.
- All students will be required to bring a mask on the trail in the event that physical distancing cannot be maintained (for example, if an instructor needs to help a student put on their ski).
- Capacity will be limited in all parts of the lodge (i.e., Café, retail, bathrooms, locker room and rental areas).
- Raven Café seating will be limited and reserved for paying guests only. As such, the upstairs area will not be used as a 'lunch room', 'room for socializing' or for bag storage.
- While in previous years, enjoying lunch or snack at the Raven Lodge was a great way to end the day, this will not be possible this year. For this year, it is best for students to bring a lunch and eat on the bus or outside rather than purchasing food.
- Bathrooms on the bottom floor of Raven are open to all, top floor bathrooms are for Raven Café and retail customers only.
- Morning program runs from 930-1130 and afternoon program runs from 1215-215 with 10-15 participants plus the instructor and parent/teacher volunteer in each group.
- There are no capacity restrictions on trails at this time.

Thank-you in advance for your flexibility in continuing the program in these challenging circumstances.