

Whaleback Nordic Ski Club 2020/21

Return to Sport Guidelines

Note: These guidelines are consistent with the Government of NL Covid-19 Guidelines.

Upon Arrival

- When parking and where possible, leave a cars width between vehicles to allow for physical distancing guidelines to be followed.
- Before leaving your vehicle, please put on your mask. Mask should remain on while at the ski rack and in the chalet. Once you are ready to ski, you can remove your mask.

At the Chalet

- The main entrance will be used to enter chalet. To exit chalet, use door located by wood room and locker room.
- Non-medical masks must be worn in the chalet at all times.
- Minimum of 2 metres between all household bubbles. Direction markers will be placed on the floor.
- Once inside the chalet, proceed to the counter to register with the attendant, then exit the chalet by following the arrows to the back.

Note: Members only have the option of calling the chalet at 643-3841 to register their visit if they do not wish to enter chalet.

- Once your ski ends and you return to the ski rack, put on your mask and proceed to the chalet to notify the chalet attendant that you are leaving. If you have a locker, enter through the front and notify attendant that you are leaving on your way to locker room. Masks must be worn until you are back in your vehicle. Remember to keep the two metre rule.

- The only washroom open is the wheelchair accessible one in the main lobby. This will be male / female / wheelchair. Please sanitize hands upon entry and leaving.
- Obey Covid-19 signage.
- In the chalet, do not sit in a spot marked with a red X.
- Cleaning log sheets and inventory of cleaning supplies, disinfectants and PPE will be maintained.
- Non-touch trash containers are available.
- Rental equipment will be sanitized after usage.
- Attendant must maintain a record of all skiers and visitors to the ski park for Contact Tracing purposes as directed by NL Covid guidelines -- Outdoor Recreation (p. 3)
- The canteen will not operate this year.
- Participants must bring their own water, energy drinks, etc. Chalet glasses, cups and water will **not** be available.
- Online membership registration only. Electronic payment through debit machine will be available at chalet for day passes, rentals, etc.

Locker Room

- Limit use to only one person at a time. Before entering, sanitize hands. Remove skis and poles from locker and exit to the stadium area via the side door of the Chalet.
- Upon completing your ski, masks must be put on by the ski rack. Then enter Main Door to return your skis and poles to the Locker room, sanitize hands and exit the side door. Notify the Attendant that you are leaving as you pass through the chalet.
- Remember to maintain the two metre rule at all times.

On the Ski Trails

- When on the ski trails and you meet another skier or pass a skier, please remember the two metre rule. This would also apply to any time that you would stop to talk with other skiers.
- All trails are designated as **One Way** except: Chickadee Hollow and Lower Raven's Ridge from the exit of Beaver Tail Flat back to the chalet. Follow directional signs.
- We are asking all skiers not to have any conversations with Kenny while he is operating the groomer as he is in an enclosed cab space area. Any questions or concerns can be directed to any executive member.
- Don's Den is closed but if anyone wishes to book it, they can contact Greg Noonan.

Jack Rabbit

See Jackrabbit Page