

Whaleback Nordic

Jackrabbit Program: Covid-19 Guidelines



Whaleback Nordic Ski Club

Jackrabbit Program Return to Sport Guidelines

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

Registration for Jackrabbits

In order to avoid as much contact as possible, registration this year will be done by email.

Please go to Whaleback Nordic Website, it can be located at whalebacknordic.com

Click on JR Registration, 2021. Complete the information and send to

megansryland@gmail.com or whalebackskiclub@gmail.com

Parents should note that there are special COVID 19 guidelines in place for Jackrabbits and participants are required to read and adhere to them.

Fees can be paid at chalet by cheque or debit.

PRE-ARRIVAL

Day Before Jackrabbit Session

1) If you require equipment rentals from Whaleback, you must contact the designated program volunteers via text or phone call in order to make arrangements.

Carla Crocker - 649-6708

Megan Ryland - 649-6214

Day of Jackrabbit Session

1) Use the COVID-19 Screener at the following link to do a self check prior to coming to Jackrabbit.

<https://www.gov.nl.ca/education/files/Screening-Questionnaire-2.pdf>

2) Ensure you and your child(ren) use the washroom prior to arriving at Whaleback in order to reduce people in the chalet.

3) Ensure you and your child(ren) are dressed for skiing right from home, including ski boots, mitts, hats etc.

4) Bring your own water bottle as the chalet is not permitted to provide food or drinks this year, including water.

5) Make a habit of checking the webpage before coming for your session in the event that a session plan has changed or a session has been cancelled. Eg., due to extreme cold advisory/stormy weather

6) This year it will be especially important to be on time for your session due to our need to be in control of people traffic due to precautionary pandemic measures in place.

Scheduled Session Times

1. Jackrabbit - Start time is 1:30PM.
2. Bunny Rabbits - Start time is 1:45PM.
3. End time for all groups is 2:30PM

Jackrabbit participants will be provided with a prepackaged snack, outside, at the end of the session.

***Note that all bunny rabbit participants must be accompanied for their session by a parent/guardian.**

UPON ARRIVAL

- When parking and where possible, leave a car's width between vehicles to allow for physical distancing guidelines to be followed.
- Before leaving your vehicle, you must put on your mask and have your child(ren) do the same. Masks must remain on while at the ski rack, when checking in outside the chalet with your designated check in person and if you happen to need to go into the chalet. Once ready to ski, masks can be removed. The outside volunteer attendant will direct jackrabbit/bunny rabbit participants to their appropriate separate location in front of the chalet where the ski session will be starting
- At the end of your child(ren)'s session, you must put on your mask upon returning to the ski rack and until you are back in your vehicle. Remember to keep the 2 metre distancing rule from others who are not in your bubble.

AT THE CHALET

- As much as possible it is recommended to avoid having to go into the chalet, however, if entry into the chalet is absolutely necessary, the following guidelines must be followed:
 - Non-medical masks must be worn in the chalet at all times.
 - Keep a minimum of 2 metres between all household bubbles. Follow the direction markers on the floor for positioning guidelines.
 - Use the main entrance only to go into the chalet. You must use the door located by the wood room and locker room to exit the chalet. Please note that the exit door locks behind you upon leaving and the only way back into the chalet again will be around the front to the main entrance door.
 - The only washroom open for use in the chalet is the wheelchair accessible one in the main lobby; available for people of all genders and abilities. You are required to sanitize your hands upon entering and exiting the washroom.
 - You must obey all posted COVID-19 signage

- If needing to sit while in the chalet, do not sit in a spot that is marked with a red X
- Use non-touch trash container for any garbage disposal.
- The canteen will not operate this year and there will be no available use of chalet cups, glasses or drinking water.

WHEN ON THE SKI TRAILS

- Follow the directions of your instructor at all times
- When on the ski trails and you meet or pass another skier, please follow the 2 metre rule. This also applies if you stop to speak with other skiers.
- Snowy Owl, Braveheart Oliver's Twist trails are set as ONE WAY ONLY. Please follow the directional signs.

Please see the website for all other Whaleback Club participation guidelines outside of Jackrabbit Program sessions.