

XCSO COVID-19 Return to Skiing for Facilities Guidelines

Preamble: Returning to cross country skiing in our new environment will be conducted in accordance with Public Health Guidelines. It is imperative that all members understand their personal responsibility and accountability to ensure we do so safely. Club facility staff and volunteers must ensure that they understand and are briefed on the following protocols. **At all times local PUBLIC HEALTH GUIDELINES must be followed by athletes, coaches, volunteers, officials, members and spectators.**

It is strongly advisable that all clubs/facilities develop an event plan tailored to your facility and capacity. The facility plan must then be vetted with your [Local Public Health Authority](#) for approval regarding gathering limits etc.

1. Managing indoor gathering size limits as per your local public health guidelines

- a. # allowed indoors is based on the actual size of the building
- b. Assess the size of the chalet to determine the # of persons per square metre – for example, one person per four square metres (43 square feet) – to ensure physical distancing of two metres at all times
- c. Total maximum allowed doesn't include staff
- d. Consider an [electronic clicker](#) - sensor at top of door which tracks people coming in and out.
- e. Consider providing members with membership cards and use a scanning app to monitor the number of people coming in and exiting. [Zone4 instructions for registration cards](#).
- f. Consider closing off areas which do not provide enough space to physical distance and limit access (storage rooms, timing rooms etc)

2. Signage

[Resource](#)

- a. Post signage at entry points, doorways to all rooms, at sinks, washrooms
 - i. 2M physical distancing
 - ii. Hand washing/sanitizing
 - iii. Masks/face coverings

3. Entrance/Exit

- a. Plan traffic flow through the building to enter through one door and exit another
- b. Place markers or arrows to manage directional flow of traffic
- c. In the event of an emergency, the nearest exit/entrance should be used

3. Facility hours

- a. Communicate facility access hours
- b. Consider limiting general members' facility access during club programming times to ease congestion

4. Cleaning your facility

- a. Follow best practices as per [Public Health Guidelines](#) for cleaning your facility. It is recommended 2X per day at a minimum and will be determined by usage.
- b. Provide hand sanitizer for members to use upon entry and exit

- c. Post a cleaning schedule to record cleaning times. (Check with your local Public Health Authority for compliance)
- d. Facility wipe down should include high touch areas and items such as light switches, door handles, tables, chairs, railings, bathroom counters, and toilet handles.

5. Change rooms

- a. Assess the size of the change room to determine the # of persons per square metre – for example, one person per four square metres (43 square feet) – to ensure physical distancing of two metres at all times
- b. Provide hand sanitizer for members to use upon entry and exit
- c. Encourage members to arrive ‘ready to ski’ to limit time spent in the change room – ‘get in and get out’
- d. Clothing/gear bags should be stored in vehicles and not in change rooms
 - e. Affix decals/line markers for 2M of spacing on benches
- f. Schedule change room use if more than one team/group is using the facility so that only one team/group is using the change room at the same time.

6. Washrooms/Portable Toilets

[Resource](#)

- a. Assess the size of the main washroom and post signs on # of people allowed at one time
- b. Limit the # of washrooms available to allow for cleaning
- c. Hand sanitizer upon entering and exiting
- d. Paper towels are preferred rather than air hand dryers
- e. Sinks or urinals may need to be taped off if current set up doesn’t allow for 2M of spacing
- f. Post signage on handwashing/hand sanitizing, masks/face coverings, physical distancing at sinks, doorways etc
- g. Increase cleaning protocols and service intervals as per traffic
- h. # of portable toilets may need to be increased ensuring hand sanitizer is available and frequently refilled
- i. Cleaning frequency is documented in a log

7. Food Services

- a. Follow [Public Health Guidelines for Restaurant and Food Safety During COVID-19](#) if your facility operates a restaurant/food services kitchen
- b. Encourage members to bring their own snacks/lunches
- c. Do not share food between members
- d. Ensure spacing of eating areas accommodates 2M of physical space between attendees
- e. Limit time allowed to eat and encourage members not to linger
- f. Assess your outdoor space (patio etc) to facilitate eating areas. Assessment could include the use of portable/infrared heaters

8. Lockers

- a. Day use lockers should be cleaned after each use
- b. Consider yearly locker rentals and instruct members to only touch their locker space
- c. Provide or encourage members to bring sanitizing products to wipe down locker space

9. Ski Swaps

Ski swaps are a great way to sell/purchase used equipment and clubs have varying operating methods. Below are a few suggestions and check out [Highlands Nordic Ski Swap Protocols](#)

- a. Develop a protocol and schedule to handle the intake of equipment
- b. Limit the amount of equipment that volunteers are able to handle
- c. Consider online booking for sales – 1 hour each and allow for cleaning of equipment between time slots

10. Rentals

- a. Consider yearly rental agreements for members only
- b. Skis/poles should be sanitized between uses
- c. Boots should not be rented out without a sufficient amount of time between users (check with public health for what is sufficient)
- d. Ensure contact information is collected for all renters to facilitate contact tracing
- e. Rental area should have directional traffic flow arrows with a separate entrance and a separate exit.
- f. Seating area for trying equipment should be spaced to allow for 2M
- g. Limit access to the rental area
- h. Provide sanitizing station or hand sanitizer for patrons when entering and exiting

11. Waxing Facilities

Refer to [Return to Competition](#) for guidance on waxing facilities

- a. Encourage members to wax their skis at home before coming to the facility
- b. Provide grooming information & weather on your website or social media so that members can prepare their skis at home
- c. Have a sign in sheet for the wax room
- d. Assess indoor space size and post a sign indicating the # of allowable people based on size
- e. Enforce PPE guidelines while irons are in use

12. Grooming

- a. Classic tracks must be set to allow for 2M of physical space
- b. Post signage at all trail heads
- c. Assess trail system to ensure one way or two-way traffic flow allows for physical distancing
- d. Shared grooming equipment should be wiped down before and after use
- e. Single use gloves available for equipment maintenance and repair
- f. Post signage regarding hand sanitizing etc

13. Trail tickets

- a. Consider using a cashless payment system
- b. Encourage members to prepay and print their own tickets at home
- c. Wires and sticker tickets should be handled by the purchaser only – have prepared tickets & wires that are self-serve (ie the wire and ticket (s) are in a disposable cup)

14. Ski racks

- a. Post physical distancing and face covering signage
- b. Create space between racks to allow for easy access

15. Bus Groups or Group bookings

- a. Encourage bus groups or other groups contact the facility to plan arrivals
- b. Prepaid trail tickets will allow for one person per group to pick up all tickets
- c. Use bus as a hub rather than the chalet
- d. Assign a group leader to deal with facility to schedule rental pickup, lunch etc

Resources:

<https://www.ontario.ca/page/guidance-facilities-sports-and-recreational-fitness-activities-during-covid-19>

https://www.simcoemuskokahealth.org/docs/default-source/COVID-/public-washrooms-guidance-document_aoda-web.pdf?sfvrsn=

https://globalppecanada.ca/products/face-shield-kingbali?fbclid=IwAR1_XoaGvhiJ6OXOhHusluPdRZ_EJgLBvcmTb4ViAUxylo_6vxf6Vk9XSEM