

# Pandemic Policies For Visiting Mono Nordic Ski Club

Effective Date: November 20, 2020

## Background

In light of the added risk to all individuals brought by the COVID-19 pandemic, this document outlines Club policies that apply to the use of the Mono Nordic Ski Club's outdoor areas. The policies described below apply to all persons entering the parking areas and trail system at Monora Park unless otherwise stated.

## Communications

All staff, volunteers, athletes, parents and other persons who plan to visit Mono Nordic Ski Club should be advised of these policies before they arrive on-site, including the need to perform a self-screening before arrival as well as the Club's policy of refusing entry to those who screen positive for COVID-19 symptoms and/or risk factors as identified by the province of Ontario.

## Self-Assessment

- **All persons visiting Mono Nordic Ski Club must perform a self-screening for COVID-19 symptoms and/or risk factors before/upon arrival.**
  - The Club recommends using the online Ontario COVID-19 Self-Assessment Tool at <https://covid-19.ontario.ca/self-assessment/>.
- All persons who screen positive for COVID-19, or develop symptoms while on-site, must return home, self-isolate, and seek advice from their public health unit regarding next steps. Call 911 if symptoms are life threatening
- **Coaches and/or lead volunteers** must ensure that all persons in their group have been screened for COVID-19 before participating in Club activities.
- Do not visit the Club if you are ill, show symptoms of COVID-19, or have had contact within the last 14 days with a person who tested positive for COVID-19.

## Physical Distancing

- Each person must stay at least two (2) metres or six (6) feet away from individuals not from the same household while visiting the Club.
- Skiers must follow one-way directions on trails as indicated by maps posted throughout the trail system.

## Other Practices

- As much as possible, arrive 'ready to ski' to minimize time inside the building
- Lock personal belongings in your car whenever possible