



## Teulon Cross Country Ski Club COVID-19 Protocol

In the current COVID-19 environment cross country skiing remains one of the best alternatives for physical activity during the winter months. At the Teulon XC Ski Club we will strive to do all we can to facilitate as much skiing to the general public as possible. By working together everyone's patience and cooperation is required for the best winter experience possible. The public health orders require that facilities implement measures to ensure members of the public at the facility are reasonably able to maintain a separation of at least two metres from other members of the public. Depending on the Provincial or Regional Response Level, there may be additional restrictions in place, please refer to the "Covid-Scenario-Plan-Teulon" document.

Please read the **CCSAM COVID-19 Return to Sport Protocol**: <https://www.ccsam.ca/covid-19-protocol/>

**At all times [Manitoba Public Health](#) guidelines MUST be followed EVERYONE.**

### Overview

Please come to the trails ready to ski or be prepared to get dressed for skiing in your car.

- No storage of personal belongings will be allowed in the chalet.
- Access to the ski trails will be available from the parking lot for people who have purchased memberships or day use passes.
- Ski trail access will be directional with signage posted.

### General Building Guidelines

- The health and safety of members and guests is our number one priority.
- All club members and guests are required to self-screen before proceeding to the ski trails.
- Masks will be required for everyone at all times while inside the chalet. Masks are not required while actively engaged in physical activity.
- Everyone must be registered in the sign-in book for contact tracing purposes.
- Club members and guests must practice physical distancing by standing at least 2 metres (or an extended ski pole length) away from other people.
- Hand sanitizer dispensers will be placed in the chalet and white warming hut.
- Access to the chalet and warming hut will be governed by Provincial Health Orders pertaining to indoor gatherings.

### Purchasing Trail Passes

- Memberships and day use passes can be purchased online at: [www.skiteulon.ca](http://www.skiteulon.ca)
- There is also a drop box in the chalet to pay for day use passes.



### **Outdoor Spaces**

- An outdoor firepit area will be created. Physical distancing is required at the fire and group sizes must adhere to Provincial Health Orders.

**IMPORTANT:** There is no such thing as zero risk and although measures can be taken to ensure participation is as safe as possible, there will still be a risk for contracting COVID-19 while participating in any indoor or outdoor activity in public spaces.

**FOLLOW PUBLIC HEALTH GUIDELINES AT ALL TIMES.**