



Windsor Park Nordic Centre 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 Windsor Park Nordic Centre we will strive to do all we can to facilitate as much skiing to the general public as possible. We are offering a full service of lighted, groomed trails, ski rentals and lessons as well as club programming. 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.

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

- Whenever possible please come to the centre ready to ski or be prepared to get dressed for skiing in your car or parking lot.
- No storage of personal belongings will be allowed in the building.
- Access to the ski trails will be available from the parking lot for people who have purchased trail passes online.
- Please be prepared to show your pass receipt either in hardcopy or on your mobile device.
- Ski trail access and trails to the ski practice grid will be directional with signage posted.

General Building Guidelines

- The health and safety of our employees and guests is our number one priority.
- All employees and guests are required to self-screen before proceeding to work or to their activity.
- Masks will be required for everyone at all times while inside the facility. Masks are not required while actively engaged in physical activity.
- Anyone entering the building must register for contact tracing purposes.
- Employees and guests will be advised to practice physical distancing by standing at least 2 metres (or an extended ski pole length) away from other people throughout the facility.
- Hand sanitizer dispensers will be placed at key guest entrances and high-contact areas - both front and rear doorways, front desk, concession, and all washrooms.



- Access to the clubhouse will be governed by Manitoba Health guidelines pertaining to indoor gatherings.
- Maximum two people in any of the washrooms at any time.
- Maximum two people at a time in the common wax room.
- Water fountain will be touchless and will require personal containers filled via the automatic dispensing feature only.
- Increased cleaning / sterilizing of common surfaces within the clubhouse will be undertaken by staff.

Purchasing Trail Passes

- Day and season passes must be purchased online at:
- Please be prepared to show your pass receipt either in hardcopy or on your mobile device.

Equipment Rentals

- Rental equipment must be reserved online at: www.windsorparknordic.ca
- Your height, weight and shoe size is required to reserve your ski equipment.
- If you have reserved rental equipment for your ski lesson, please arrive 15 to 20 minutes early to retrieve your equipment from clubhouse staff.
- Ski equipment will be cleaned by Windsor Park Nordic Center staff after each use
- A separate ski lesson protocol has been established with guidelines for both instructors and students.

Ski Lessons

- Register for ski lessons online at: www.windsorparknordic.ca
- Do not come to your ski lesson if you are showing symptoms of COVID-19 or live with someone who has COVID-19.
- Anyone displaying symptoms of COVID-19 will not be permitted to participate in the ski lesson. If you do not feel well, please stay home.
- Physical distancing is required at all times (minimum of 2 metres). No handshaking, or hugging etc.
- Following the recommendations of Health Canada, we require all participants to wear a mask or face covering whenever unable to maintain physical distance of 2 metres. This will be in the Nordic Centre clubhouse but may be required in other circumstances. Please bring your own masks/face coverings.
- Do not handle other people's equipment. This includes skis, poles, wax, boots, clothing.
- To limit the time spent in the clubhouse students should arrive at WPNC fully dressed for skiing and should change into their ski boots in their car or in the outdoor, sheltered area dedicated to ski lesson participants.



- Only students renting equipment or using the washroom facilities should enter the clubhouse. Please follow the directional signs posted in the parking lot or follow the directions of clubhouse staff or your instructor.
- Students should arrive just on time for their lessons if they have their own equipment. Students should arrive early if they are renting equipment and will have priority entry to the clubhouse to obtain their rental equipment. Lessons will start promptly at the scheduled time as students will be waiting outside.

Club Programs

- Separate protocols have been created by the respective ski clubs for their operation at the Nordic Centre.

Concession

- Hot drinks will still be available using disposable cups consumption can occur inside when numbers are less than 10 people otherwise outside consumption will be required.

Outdoor Spaces

- An outdoor sheltered public space will be created as indoor capacity will be severely restricted. Social distancing behavior is still expected.
- Multiple practice grid areas for lessons and club use - may need to be scheduled in advance.

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.