PARTICIPANT AGREEMENT - Nordic Racers Ski Club COVID-19 Plan In compliance with the RETURN TO SPORT PLAN, set out by CROSS COUNTRY BC:

The Nordic Racers Ski Club will be following the guidelines below, and while we do hope things will return to normal in the not too distant future, currently the CCBC Return to Sport Plan will be the new normal until we are advised otherwise. The protocols below are for off-season dryland training and local winter training. As the fall season approaches, details of any overnight trips will be announced and planned in compliance with CCBC and Public Health Authorities.

If you choose to participate, you must follow these rules:

o If you don’t feel well or are displaying symptoms of COVID-19, you must stay home. o If you have travelled outside of Canada, you must self-isolate for a minimum of 14 days. o If you live in a household with someone who has COVID-19 or is showing symptoms of COVID 19, please stay home.

o Wash your hands before participating

o Bring your own equipment, water bottle and hand sanitizer. Nothing is to be shared. o Comply with physical distancing measures at all times

o Avoid physical contact with others, including shaking hands, high fives, etc.

o All individuals have signed this online Participation Agreement acknowledging their acceptance of the risks, at the time of membership sign up.

o All individuals should familiarize themselves with the on-line self-assessment tool, check for symptoms before participating in Nordic Racers training or classes, and if you have concerns, call your doctor or 811.

o Consider your own risk. If you are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation for the time being.

Group Training such as Dryland and Winter Classes/Workshops will be implemented as follows:

o Outdoors is best and activities are structured so physical distancing can be maintained (2m). Increase distance with higher speed training activities (e.g., roller skiing, running). When possible & safe, it is preferable to run/bike/ski BESIDE others instead of BEHIND (e.g., on closed roads, wide trails).

o Maximum group size is 20 per coach for dryland and 8 for on snow winter classes. o Groups will not meet inside.

o Participants should only travel by themselves or with members of their household. Carpooling arrangements will not be provided by the club.

o Please follow venue parking restrictions to allow for 2m physical distancing when entering or exiting your vehicles.

o A record of participants is maintained for contact tracing purposes.

September, 2020