

Winter Programming & COVID Protocols 2021-22 with Lappe Nordic Ski Club

Lappe Nordic Ski Club (LNSC) is pleased to be offering our winter programming and events, while adhering to current COVID guidelines, keeping everyone safe, active, and outdoors.

LNSC and the Lappe Ski Center (LSC) continue to follow the guidelines set out by the Thunder Bay District Health Unit and Cross Country Ontario, to ensure that all members and program participants feel confident that we are taking this pandemic seriously and keeping athletes and families safe. With our youngest members now eligible for vaccination, we recommend that all of our coaches, program leaders, volunteers and athletes be vaccinated, and that members remain diligent with physical distancing, masking when 2m cannot be maintained, hand-hygiene, and respecting the LSC chalet protocols. We continue to require all participants self-screen before attending programs and events and to not attend if experiencing any symptoms or have travelled within the past two weeks.

Chalet Use

Masks are to be worn inside at all times. This includes all trailers on the property.

Chalet use must be intentional in the downstairs area, i.e. accessing sign-in, washrooms, lockers, wax rooms, and first aid. Please do not hang out in this area, or leave your belongings in the chalet. Members may leave their belongings in their lockers. Chalet capacity is based on our ability to keep a 2m distance from others. If the chalet is congested, please wait until that congestion subsides to enter the building.

Proof of vaccination is required to access change rooms, saunas, and showers. Sauna use requires reservation. The sign-up sheet is on the counter in the downstairs area of the chalet.

Proof of vaccination is required to access the upstairs area of the chalet. Vaccinated members may eat upstairs. Your mask must be on at all times, except while sitting down and eating.

Winter Programming

Public health guidelines continue to require that we maintain a 2m distance from people outside of our household, both inside and outside.

Recognizing that, we are asking program participants to wear a face covering (mask or buff) in high-traffic areas outside the chalet (i.e. parking lot and access points to the stadium) during program times. Once in your groups or actively skiing, face coverings can be removed. Current guidelines allow us to be in our groups during programming without masks, and to play games.

Lappe Events

We continue to follow public health guidelines in effect for the District of Thunder Bay. At this time, we do not require proof of vaccination to host club events, but participants at race events will require a face covering from the time they leave their cars until such time that they are actively skiing.. For non-race events, guidelines will be communicated based on the number of expected participants at each event.

District Events & Travel with LNSC

Following the November 4, 2021 [Cross Country Ontario vaccine mandate](#), participants, volunteers and coaches MUST HAVE a vaccine passport to compete or attend the following events:

- Ontario Cup #3 at Lappe (Jan 28, 29 & 30), and
- LSSD District series races which include the Lappe Invitational and the Tour de Kamview.

On LNSC team trips requiring travel outside of Thunder Bay, all athletes, coaches, volunteers and parents must provide proof of vaccination prior to departure.

** For further clarification or to submit questions or comments, please communicate with Brook Latimer at lappenordic@gmail.com.*