



KNC COVID Plan

Revised December 12, 2020



Overview

The health and safety of our members, visitors, staff, and community is our highest priority at KNC. We understand that this year will be different, but our KNC staff and executive are working hard to find solutions to keep our skiers, staff, and community safe during this dynamic time.

It is our intention to operate our facility and programs this winter following the guidelines set out by the government and health authorities. This season, you will notice some operational differences. These include changes to our kiosk and lodge, a focus on keeping our programs outside and on-snow, and more flexible cancellation policies. We are looking forward to seeing our nordic community able to return to the healthy, active, outdoors lifestyle we love so much.

COVID Agreements

For all individuals and activities, if you choose to participate you must follow these rules:

1. Complete the COVID Self Assessment on a daily basis (see last page in this document).
2. Wear a mask in any inside spaces.
3. Wash your hands before participating.
4. Bring your own equipment, water bottle and hand sanitizer.
5. Comply with physical distancing measures at all times.
6. Avoid physical contact with others, including shaking hands, high fives, etc.
7. Leave KNC as quickly as possible after you finish your activities.

Parking Lot

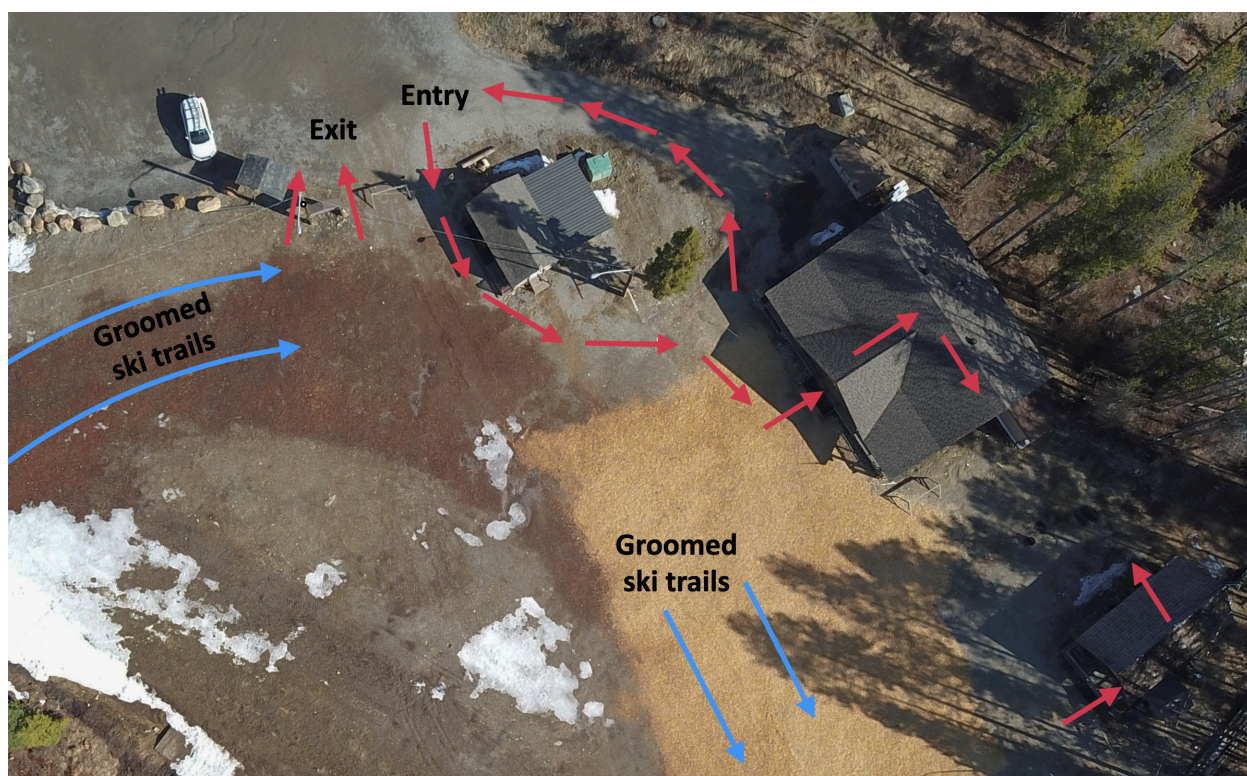
Physical distancing starts in the parking lot. Signage will be used to encourage skiers to wait in their car if neighboring vehicles are occupied. If 2m physical distancing is not possible, skiers are expected to wear a mask.

Safety begins in the parking lot

- Stay home if sick.
- Wear a mask between car and trail.
- Give others their space.
- Get in, ski, get out.
- Don't linger in the parking lot, lodge, or stadium.

Traffic Flow in Stadium Area

Some of the biggest challenges for physical distancing are between the parking lot, kiosk, and lodge areas. The way skiers move to and from the parking lot will be more directed than in the past, to minimize people passing in close proximity. One-way traffic flow will be encouraged past the kiosk, on the lodge deck, and inside the lodge. The following diagram illustrates suggested traffic flow.



Kiosk - Maximum 3 people

The following safety precautions will be implemented in the kiosk:

1. All skiers are encouraged to use the ticket window rather than entering the kiosk.
2. All skiers entering the kiosk are expected to wear a mask and only two skiers are allowed in the kiosk at a time. A new door with window will be installed so that skiers can easily view the number of people inside.
3. Plexiglas will divide the skier and staff area of the kiosk.
4. All staff will be wearing masks when interacting with the public in the parking lot, kiosk, stadium, lodge and wax hut.
5. All skiers who enter the kiosk will be asked to complete an online form to record their contact information and COVID agreement.
6. Kiosk staff will perform additional cleaning duties in the kiosk and the lodge.
7. All memberships will be purchased independently online on Zone4 and picked up in the kiosk to minimize contact time in the confines of the kiosk.
8. Rental skis and poles will be put out the back door of the kiosk for guests to pick up to limit interaction in the confines of the kiosk. Rental equipment will be carefully cleaned as per Health guidelines between uses.

Lodge - Maximum of 4 skiers and 1 staff

The following safety precautions will be implemented in the lodge:

1. The lodge is primarily open for access to the washrooms. Skiers are expected to minimize their use of the lodge and should not be changing boots or warming up in the lodge.
2. All skiers entering the lodge are expected to wear a mask, and only 4 skiers are allowed in the lodge at a time.
3. Entry will be through the front doors and exit will be through the side doors.
4. Seating has been removed.
5. The kitchen is closed until restrictions ease.
6. Washrooms will remain open and skiers are expected to follow hand-washing procedures and limit contact with touch points by using paper towels.
7. Staff will wear a mask when interacting with the public in enclosed spaces.
8. Kiosk staff will perform additional cleaning duties in the lodge.
9. Programs are expected to limit their use of the lodge.

Wax Hut - Maximum of 2 skiers

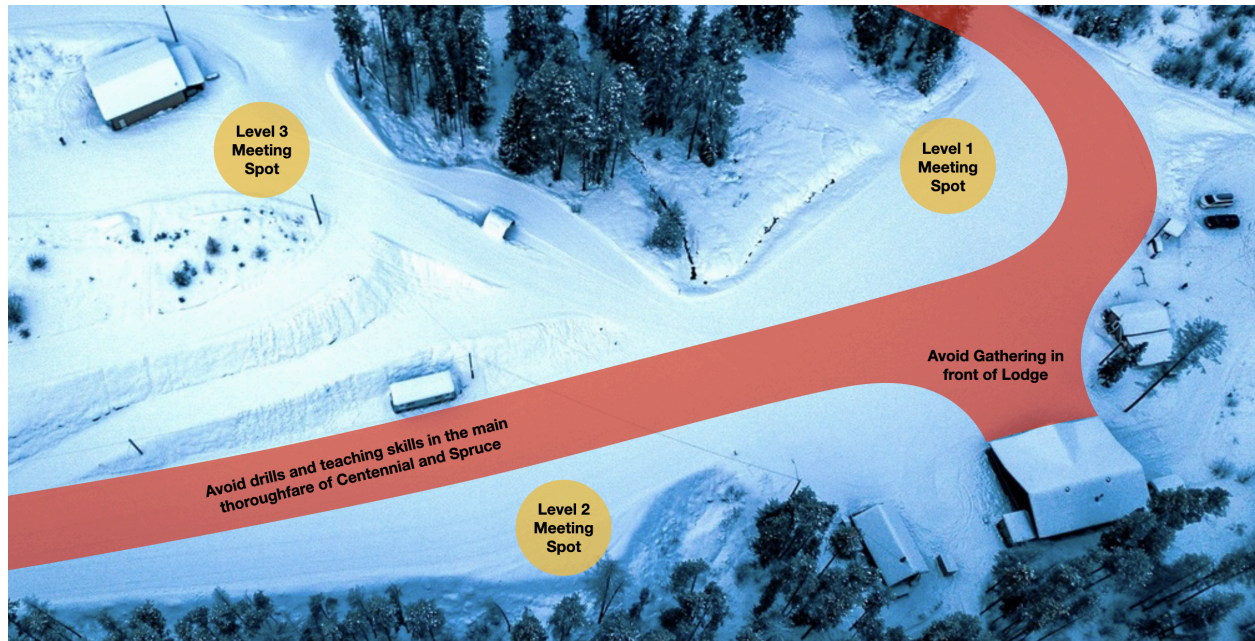
The following safety precautions will be implemented in the wax hut:

1. Skiers are expected to minimize their use of the wax hut.
2. All skiers entering the wax hut are expected to wear a mask and only 2 skiers is allowed in the wax hut at a time.
3. Entry will be through the front door and exit will be through the side door.
4. Touch points on lockers will be cleaned on a daily basis by KNC staff, but skiers are expected to clean the surfaces they touch while ski waxing.
5. Skiers will need to bring their own waxing irons and scrapers. Club waxing irons will not be available.

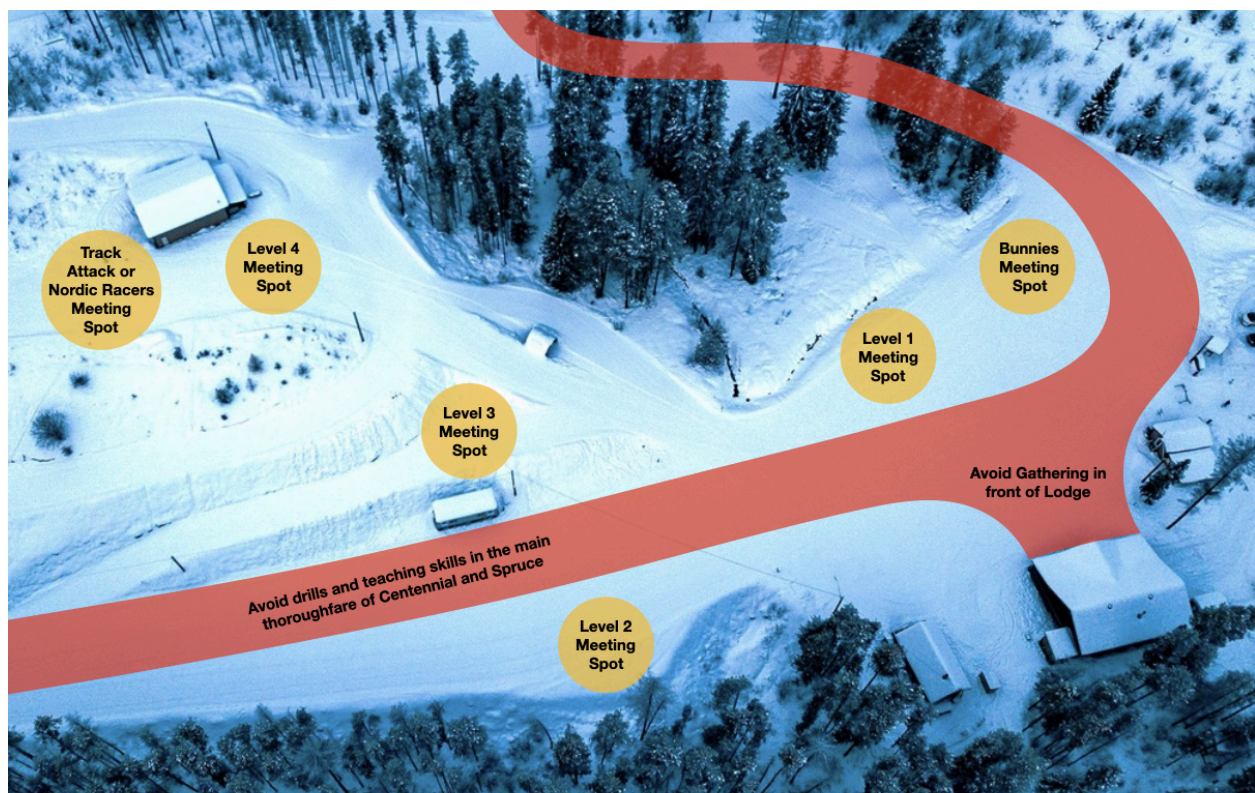
Programs

The programs at KNC are an important part of our nordic community, and each program has unique COVID Planning. As a general rule, programs will limit use of indoor spaces and are expected to spread out in the KNC trail system so there are no large groups gathered in the stadium area. Different meeting locations will be used to help spread out programs in the stadium area. There should be no groups gathering immediately in front of the lodge.

Adult Ski Program Meeting Locations



Jackrabbits, Track Attack, and Nordic Racers Programs Meeting Locations



An additional teaching area has been created at Iker's Landing with a storage box for cones, noodles and firewood. A fire pit has been added at Iker's Landing for program use.

During instruction and drills, programs should minimize their use of the main 3km loop trails (Centennial and Spruce). Different meeting locations will be used to help spread out programs in the stadium area.



COVID Self-Assessment

Everyone who comes to KNC should complete the Self-Assessment below by answering these questions on a daily basis when participating in any activities at KNC.

1. Are you experiencing any of the following:
 - Severe difficulty breathing (struggling to breathe, speaking in single words)
 - Severe chest pain
 - Having a very hard time waking up
 - Feeling confused
 - Losing consciousness

If you are experiencing any of these symptoms, please call 9-1-1 or go directly to your nearest emergency department.

2. Are you experiencing any of the following:
 - Mild to moderate shortness of breath
 - Inability to lie down because of difficulty breathing
 - Chronic health conditions that you are having difficulty managing because of difficulty breathing

If you are experiencing any of these symptoms, please consult your family doctor or nurse practitioner.

3. Are you experiencing cold, flu or COVID-19-like symptoms, even mild ones?
 - Symptoms include: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.

If you are experiencing any of these symptoms, please get assessed for a COVID-19 test, and self-isolate for at least 10 days.

4. Have you travelled to any countries outside Canada (including the United States) within the last 14 days?

If you respond yes to this question, please self-isolate for 14 days and self-monitor.

5. Did you provide care or have close contact with a person with confirmed COVID-19?
 - This means you would have been contacted by your health authority's public health team.

If you respond yes to this question, please self-isolate for 14 days and self-monitor.