

2022 Mono Nordic Race

- Part of the SOD Paraffin Race Series -



Covid-19 Pandemic Safety Plan

This is a fully outdoor event.

We will adhere to the Covid-19 Pandemic Policy of the Mono Nordic Ski Club:

<https://www.mononordic.com/pandemic-policies/>

In addition to the Mono Nordic Ski Club Pandemic Policy the Mono Nordic Race will be adhering to the following procedures:

- Race registration will be capped at 100 racers (this is about 50% of our usual number of racers). Race is for U23 only.
- As per XCSO guidelines, all coaches, athletes (12+), officials, [spectators (only drivers of racers)] and volunteers who are eligible to be vaccinated will be **required to show Government Provided proof of vaccination (POV) to participate**. (*Racers 5-11 are strongly recommended to be vaccinated*).
- Proof of vaccination documentation will be checked as cars drive into Monora Park (at the top of driveway before stop sign). Names will be checked off zone4 registration list and coaches list to confirm vaccine check. Volunteer POV will be checked ahead of time.
- Everyone must complete the Covid Screening on race day before coming to the event: <https://covid-19.ontario.ca/screening/customer/> (verbal confirmation at stop with POV check).
- Mono Nordic Ski Club will be closed to the general public (including members) for the duration of the race event. There will be no additional spectators allowed.
- No indoor facilities (2 porta-potties on site) and no food services available.
- No awards ceremony or bib draw (results will be posted on Zone4). XCSO is encouraging participants to vacate after their race in order to reduce gathering numbers.
- Everyone at the event must wear a mask when physical distancing cannot be maintained. All racers should wear a mask while waiting at the start line.
- Individual interval starts only.

For additional information:

<https://xcskiontario.ca/safe-sport/covid-19/>

<https://xcskiontario.ca/districts-clubs/sod/sod-paraffin-race-series/>

Announcement on XCSO website:

<https://xcskiontario.ca/2022/01/04/impacts-of-govt-of-on-covid-19-regulations/>