



Arrowhead Nordic Ski Club COVID-19 Guidelines for Adults

Safe Return to Sport Summary for Adults

The Cross Country Ski Ontario Safe Return to Sport guidelines will be re-evaluated and updated as conditions change and restrictions are eased or tightened. Participants, club staff and volunteers must ensure that they understand the following protocols. At all times local PUBLIC HEALTH GUIDELINES must be followed by athletes, coaches, volunteers, officials, members and spectators.

Covid Screening - Required for participation in training and programming - coaches, athletes and other attendees (volunteers, parents, etc.)

Everyone must complete the club online Covid screening prior to coming to programs each day:

- No symptoms of COVID-19 in the past 14 days.
- No close sustained contact with anyone with symptoms of COVID-19 and/or has tested positive for COVID-19 within 14 days of beginning group training.
- If the person has had a case of documented COVID-19 infection, following public health guidelines for ending isolation is required. A gradual return to training should commence following the isolation period.
- Must be adhering to physical distancing and public health guidelines outside of the training and programming environment

If an athlete, coach/leader, program participant or club member develops symptoms of COVID-19 or has been in contact with someone who has COVID-19:

- Immediately self isolate and contact local public health for guidance; seek medical attention if necessary
- Contact your local Public Health Unit for guidance on testing and contact tracing in your area
- Follow Public Health recommendations regarding suspension or continuance of group training
- Take the COVID-19 Self-Assessment <https://covid-19.ontario.ca/self-assessment/> for further instructions.
- Suspend group training for 5-7 days to ensure no other athletes develop symptoms if close contact with symptomatic individual has occurred

General Guidelines:

Cross country skiing generally takes place outdoors in settings with ample space for physical distancing. When possible, training and skiing on your own or with others in your household or social bubble is strongly encouraged.

- No physical touching including high fives, hand shakes etc...
- Avoid touching your face, particularly your eyes, nose or mouth
- Avoid contact with people who are sick and/or have signs or symptoms of COVID-19
- Stay home if you are sick and/or have signs or symptoms of COVID-19
- Avoid high-touch areas, where possible, or ensure you clean your hands after

The use of masks:

The use of a mask while in the coaching zone or when skiing is not necessary unless 2 metres of physical distance between athletes and coaches isn't possible. Masks are required indoors (warm up areas, washrooms, etc.)

Physical Distancing:

- Maintain a minimum of 2 metres in non-speed training
- Increase the minimum distance to greater than 2 metres between other people when engaged in higher speed training activities (ie. roller skiing, running, etc)
- When possible & safe, it is preferable to run / ski BESIDE others instead of BEHIND others (ie on closed roads, wide trails, etc)
- Do not mingle pre or post-workout

Hygiene:

- Do not spit
- Sneeze or cough into your sleeve
- Use a tissue to blow your nose (no snot rockets) and discard tissue immediately and wash your hands or use hand sanitizers afterward.
- Wash your hands when leaving your house, use hand sanitizer when arriving and departing at training
- Shower immediately when returning home and limit contact with others within your "social bubble" until you have showered
- Wash your clothes as soon as you get home

Equipment:

- Do not share equipment (ie. poles, boots, roller skis, helmets, gloves etc)
- Do not share water bottles, food, towels or other personal items

Facilities

- All groups will meet outside. Skiers should come ready to ski. Participants and their families will not have access to indoor space prior to, during, or after lessons. Access to buildings will be limited.
- Personal gear is stored in vehicles – not in facilities
- Rentals?
- Waxing – limit in waxroom; encourage waxing at home/at car
- Ski racks – post physical distancing and face covering signage

It is imperative that all athletes, parents and coaches involved in training respect physical distancing at all times. Failure to do so puts everyone at risk and should not be tolerated under any circumstances. Removal from training is an appropriate repercussion for repeated infractions

It is important to note that with re-opening, there is no such thing as zero risk and that although measures can be taken to ensure participation is as safe as possible, participating athletes, coaches and participants will still be at risk for COVID-19 while participating. FOLLOW PUBLIC HEALTH GUIDELINES AT ALL TIMES.