

COVID-19 Guidelines for Arrowhead Nordic Ski Club Programs

2021-2022

Safe Return to Sport Summary for Adult Programs

We follow Cross Country Ski Ontario's Safe Return to Sport guidelines <https://xcskiontario.ca/safe-sport/covid-19/> as well as local public health guidelines. We will update our protocols as conditions change and restrictions are eased or tightened. Participants, coaches, parents, and volunteers must ensure that they understand the following protocols.

Covid-19 Vaccinations – Vaccinations will be required for all Arrowhead Nordic Ski Club participants aged 12 years and older. **Participants will be required to provide proof of double vaccination or a vaccination passport.**

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 <http://arrowheadnordic.ca/blog/covid-19/> prior to coming to programs each day** and show proof of completed screening to your program leader

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; take the COVID-19 Self-Assessment <https://covid-19.ontario.ca/self-assessment/> for further instructions or contact local public health for guidance
- Follow public health recommendations regarding suspension or continuance of group training
- Contact your coach – group training may be suspended 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, handshakes, 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:

Masks must be worn wherever people are within 2 m of each other. 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

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
- Waxing – limited number of people in the waxroom; please wax at home if possible

All athletes and coaches must respect physical distancing at all times. With the increase of the highly transmissible new variants, more fully vaccinated people are getting and transmitting Covid-19. We need to stay vigilant about masking and physical distancing. Failure to do so puts everyone at risk and will not be tolerated; 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.