

## Pre-approved Dry-land Training Activities

Please review the information provided to ensure that all your dry-land training programs are based on acceptable activities and do not include any of the excluded activities as determined by Canadian Snowsports Association.

### ON SNOW AND OFF SNOW

**ALL dry-land or conditioning programs should be established, set-up, controlled and monitored by suitably trained specialists.**

### ACCEPTABLE DRY-LAND TRAINING

- ✓ Running
- ✓ Hiking
- ✓ Snowshoeing
- ✓ Swimming
- ✓ Paddle Boarding / Canoeing / Kayaking (excludes white-water, overnight camping)
- ✓ Nordic walking and Nordic walking activities
- ✓ Roller-skiing: (helmets mandatory; wrists guards, pads strongly recommended)
  - only as a **training** activity that includes coach-organized and directed individual time trials
- ✓ Grass Skiing
- ✓ Rollerblading
- ✓ Road cycling
  - only as a **training** activity as prescribed by a coach or sports science regardless of the type of bike used in that activity
- ✓ Mountain biking (off the road "mountain biking" **training** activities)
  - only as a **training** activity as prescribed by a coach or sports science
  - Note:** Mountain biking must not be done alone, must be supervised.
  - third party coverage **ONLY** which means that there is insurance coverage if the athlete runs into and is sued by a hiker on the trail
  - **NO** second party coverage (there is no coverage when the athlete gets injured and sues the coach or another athlete for negligence for suggesting that the athlete train on that trail)
- ✓ Recreational cycling (road bikes) is covered when done **only** as a **supervised training** activity in group setting.
- ✓ "Fat Biking" (off-road) on groomed trails **only** as a **supervised training** plan activity.
- ✓ Organized games (i.e. soccer, hill/track intervals, weight and resistance training properly supervised)
- ✓ Off-season glacier skiing as part of controlled training
- ✓ Back Country Skiing and Overnight Camping (requires specific CSA approval with designated leader possessing suitable qualifications)

### EXCLUDED

- X Recreational biking (mountain biking) of athletes/members (bike parks, etc. as individuals)
- X Competitive biking (any type of bike) for events or time trials
- X Mountain climbing / Rock climbing (considered a high risk activity)
- X Waterskiing / Wakeboarding / Parasailing / White-water or overnight Canoeing/Kayaking
- X Paintball
- X Rock Climbing / Free Climbing

**Other activities may be covered but your NSO Discipline office must contact Canadian Snowsports Association first, to ensure the activity would be specifically covered under the policy.**