



Please see below directives from XCSO for athletes and coaches regarding training in our neighboring province of Quebec. This information has been shared and discussed with Ski de Fond Quebec.

When training in neighboring provinces (ie not their home province), athletes must follow and understand:

1. The COVID-19 Emergency Orders and related Government regulations of that province.
2. The Division Return to Play Protocol is secondary to the Emergency Orders and related Government regulations
3. The Division's Return to Play Protocol which is most restrictive must be followed while training in the neighboring province (see below).

