

## Ontario Safe Return to Sport Protocol

### COVID-19

The symptoms of COVID-19 are similar to other common illnesses, including the cold and flu such as fever, cough, sore throat, or shortness of breath. At this time, it is recommended that any athlete or coach who has symptoms related to cold, flu or COVID-19 self isolate. Public Health Ontario has provided helpful guidance on [self-monitoring](#) and [self-isolation](#).

Have you been in contact with someone who has COVID-19? Are you having any symptoms of COVID-19? Please take the [COVID-19 Self Assessment](#). If necessary, please contact the following for assistance and instructions.

- Telehealth: [1-866-797-0000](tel:1-866-797-0000) or;
- Your primary care provider or family physician or;
- Your local Public Health Unit

### **If an athlete, coach/leader, program participant or club member develops symptoms of 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

### **Preamble:**

Cross Country Ski Ontario continues to work with clubs to manage the safe return to sport for our athletes and coaches. We continue to follow the current [Emergency Orders](#) in place in Ontario. Our goal is to provide guidance for athletes, coaches and clubs to ensure the safety of all involved. It is up to each of us to individually commit to return to our sport with a safe, conscientious and 'greater good' mindset. This will enable us to continue to move forward and keep members of the cross country ski community safe. We have taken measures to ensure that the basis of our Return to Play Protocol has been vetted by medical professionals knowledgeable of the current environment with respect to COVID-19 and familiar with cross country skiing and related training environments.

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.

[Stage 3 of Re-opening Ontario](#)

[Stage 2 of Re-opening Ontario](#)

[Stage 1 of Re-opening Ontario](#)

**All clubs & their members, athletes and coaches must follow the Public Health guidelines of their Local Health Authority.**

**All clubs are encouraged to review their Emergency Action Plan in light of COVID-19 restrictions.**

This Return to Sport Protocol is intended for use by members of XCSO clubs when engaging in group training, programming and competitions for their members. All coaches, athletes, leaders and participants engaging in training and programming must be members of their clubs. Additional guidance for clubs is available from their local District Health Unit for local conditions.

**For Everyone:**

All athletes, program participants and coaches/leaders are reminded of the requirement to not attend training, or programs when ill. The COVID-19 pandemic has illustrated that strict adherence to self isolation when ill limits the spread of infection amongst teammates and coaches/leaders. Please engage in a self assessment of your personal health prior to training and STAY HOME if unwell.

**Requirement for participation in training and programming - coaches, athletes and other attendees (volunteers, parents etc).**

- 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

**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:**

Currently, [Public Health Canada](#) recommends wearing a homemade non-medical mask/facial covering in the community for periods of time when it is not possible to consistently maintain a 2-metre physical distance from others, particularly in crowded public settings. Mandatory use of masks indoors is a regional decision - please keep informed as to what applies in your area.

Wearing a mask while completing cross country ski activities, unless mandated by local by-laws or public health directives, is not necessary with an emphasis on appropriate physical distancing. Use of a mask is suggested for arrival and departure locations where appropriate physical distancing may not be possible. The use of a mask while in the coaching zone (see Return to Training) or when skiing is not necessary unless 2 metres of physical distance between athletes and coaches isn't possible.

Cross Country Ski Ontario's Return to Sport Protocol addresses 4 main aspects of our sport. The following links provide guidance:

- [Return to Training](#)
- [Return to Skill Development Programs](#)
- [Return to Competition](#)
- [Return to Skiing for Facilities](#) (NEW)

Additional Resources:

**Risk Assessment Tools for sport:**

A [Risk Assessment Tool for Sport](#) has been developed by our partners at the Canadian Sport Institute Network, Own the Podium, and Canadian Olympic Committee which can be shared with clubs. The tool includes all factors from the general World Health Organization risk assessment and mitigation checklist for mass gatherings as well as additional factors relating to sporting events and training, to enable organizers to determine a more accurate overall risk score. These tools have been adapted specifically for return to sport and event planning in the Canadian context. PLEASE NOTE: These are RISK ASSESSMENT TOOLS and are not PERMISSION TOOL.

[Risk Assessment Tool for Sport](#)

[Risk Assessment Tool for Competition](#)