

Skill Development Programs Implementation Guidelines for COVID (Bunnies, Jackrabbits, & Track Attack)

Preamble: Cross Country Ski Ontario, with several Ontario club representatives developed the following guidelines to assist clubs implement their Skill Development Programs. We understand and accept that each club will amend these guidelines as per their individual facility and club logistics. Please also note this document may change as conditions and restrictions related with COVID-19 evolve. **At all times, follow public health guidelines.** Consider consulting with your local public health authority regarding your club's return to programming for youth.

	Bunnies	Jackrabbits	Track Attack
Group size (suggested maximum recommended)	10 + 1 parents/helper per (if needed)	15	15
Cohort (maintain groups from session to session)	yes	yes	yes

Club/Program Planning & Management:

- Ensure information included on this document is widely available to your members.
- All leaders, coaches and anyone coordinating or leading sessions must have read and be familiar with these guidelines.
- Establish protocol for attendance to be taken at each session to facilitate contact tracing.
Ensure all participants and leaders are accounted for in the attendance record
- Review, update and maintain the club's emergency action plan in light of COVID-19 restrictions
- Consider assigning a Safety Officer for each session as an additional volunteer who will monitor compliance and help remind participants of physical distancing
- Consider communicating to club members not involved in programs to not use the facility during programming to reduce the number of people on site
- Clearly communicate a club specific Skill Development Program fee policy in the event of cancellation of season due to COVID-19.
- Establish a club specific protocol for the communication of cancellations/changes to programming due to cold, inclement weather or other circumstances
- Stagger the arrival/departure of age groups or family groups to avoid crowding in chalet & parking lots if necessary and based on guidelines from local public health
- Spread sessions over different time periods - Saturday AM, Saturday PM, Sunday AM, Sunday PM or evening sessions if possible
- Consider shortening sessions or eliminate breaks based on individual facility or club needs to ensure public health guidelines are followed

Program Leaders:

- Plan and maintain cohort from session to session for each group based on family grouping/age grouping providing flexibility for families
- Leaders/coaches/parent volunteers commit to a full season or group of sessions
- Provide technique and waxing recommendations well in advance to facilitate waxing and ski preparation at home
- Encourage participants to prepare their skis at home prior to arriving onsite
- Assign each group a separate & consistent area outside to meet – use flags, spray paint, pylons
- Assign each group a separate trail / area to use for session
- Plan activities which encourage physical distancing – [No Touch Outdoor Games](#)
- Communicate session meeting location, time and activities planned well in advance so participants can arrive prepared

Participants:

- Ensure you arrive on time and prepared for your session
- Review session instructions and information prior to your session
- Follow directions from your leader

Special Considerations regarding Rental Equipment:

From Ottawa Public Health: The sharing of equipment is not recommended. All rental equipment must be sanitized between users. Clubs are encouraged to develop a season rental system so that equipment is not shared over the course of the season.