

## XCSO Return to Training Protocols

(For Clubs offering Yearly programming)

**Preamble:** Cross Country Ski Ontario is committed to developing guidelines for clubs and members to return to sport safely. These return to training guidelines are taken from XCSO's Safe Return to Play Protocol V1.3. As conditions have changed and our sport readies for the coming winter season, we have adapted the original version into a set of general guidelines with 4 components: Return to Training, Return to Skill Development, Return to Competition, and Return to Skiing for Facilities. At all times, club members must adhere to Public Health Guidelines. Everyone has a personal responsibility to return to sport with a greater good mindset.

### Coaching Zone:

The immediate vicinity around the area where coaches engage in instruction with athletes. Examples would be: bottom of a hill, roller ski technique instructions or a section of running trail being used for intervals.

- Group size in the 'Coaching Zone' including athletes & coach(es) should be based on location constraints to ensure physical distancing at all times. Consider increasing spacing as speed increases and/or physical effort and breathing significantly increases.
- Maintain a consistent training cohort of 'Coaching Zone' athletes as much as possible
- Athletes outside of the 'Coaching Zone' also must follow provincial guidelines regarding physical distancing and not forming into groups.
- Use of a mask is not necessary in the 'Coaching Zone' unless the training location doesn't allow for physical spacing of more than 2 metres

### 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)

### 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

Sourced from [XCSO Return to Play Protocols V1.3 – Revision 2](#)



## Cross Country Ski Ontario

- Shower immediately when returning home and limit contact with others within your “social bubble” until you have showered
- Wash your clothes as soon as you get home

### **Equipment:**

- Do not share equipment (ie. poles, boots, roller skis, helmets, gloves etc)
- Do not share water bottles, food, towels or other personal items
- If using strength training equipment outdoors (ie chin up bar), equipment must be properly sanitized in between users

### **Transportation:**

- Arrive a few minutes prior to your assigned training start time prepared for training
- Do not mingle pre or post-workout
- Immediately return directly to your household after training to allow showering and proper hygiene prior to contact with others

### **Parents/guardians:**

- Parents attending practice must adhere to same guidelines

### **Safe Sport:**

- Follow [Safe Sport](#) guidelines

### **Strength & Conditioning:**

- Group size in the S&C Coaching Zone including coaches and athletes must adhere to facility capacity and provincial guidelines.
- Maintain consistency of training cohort of ‘Coaching Zone’ athletes as much as possible
- The indoor facility or other indoor space MUST allow for a minimum of 2 meters of physical separation at ALL times for ALL participants AS WELL AS 4 meters around anyone executing a lift and/or exercise
- Athletes should follow the coach’s instructions plan for training sessions.
- The coach will supervise all individuals from a safe distance
- Manual exercise spotting will not be permitted
- Athletes are required to follow facility guidelines for sanitizing each piece of equipment before and after use
- Athletes will be required to depart promptly when safely able to do so and will not socialize around the exit

Sourced from [XCSCO Return to Play Protocols V1.3 – Revision 2](#)



**\*\*\*It is imperative that all athletes, parents and coaches involved in training respect physical distancing at all times. Failure to do so puts everyone at risk and should not be tolerated under any circumstances. Removal from training is an appropriate repercussion for repeated infractions\*\*\***

### Planning for Training & Engaging in the Training Environment:

<b>Coaches</b>	<p>Location of Training</p> <ul style="list-style-type: none"><li>● Training locations should be chosen based on the type of workout planned and have plenty of room to allow for physical distancing (city parks, large parking lots etc...)</li><li>● Plan a Site A and a Site B in case of overcrowding at Site A</li><li>● Use good judgement in determining if site relocation is necessary</li><li>● Plan ahead and consult with other local clubs to avoid using the same location at the same time</li></ul> <p>General Training</p> <ul style="list-style-type: none"><li>● Set a consistent routine/procedure to ensure physical distancing at each practice</li><li>● Establish and maintain training cohorts</li><li>● Structure the training activities so that athletes are able to physical distance</li><li>● Consider staggering athletes' arrival and departure times to limit mingling</li><li>● Prepare training sessions ahead of time keeping in mind individual athlete abilities in order to mitigate congestion, passing etc</li><li>● Communicate workout directions/instructions a minimum of 3 hours prior to on site arrival</li><li>● On site instructions should be brief and allow for participants to be separated by more than 2 metres</li><li>● Suggestions for <a href="#">How to Practice Physical Distancing</a></li></ul> <p>Time Trials/Competitions</p> <ul style="list-style-type: none"><li>● Individual start only with seeding athletes to minimize passing situations</li><li>● Athlete self timed (stop watch) or volunteer/coach timed</li></ul>
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	<ul style="list-style-type: none"><li>• No bibs</li><li>• Virtual challenges so athletes can compete at different times</li></ul>
<b>Athletes</b>	<p>General Training</p> <ul style="list-style-type: none"><li>• Increase the minimum distance of 2 metres between other people when engaged in higher speed training activities (ie. Roller skiing, running, cycling etc)</li><li>• Review instructions/directions provided by coach prior to arriving on site for training</li><li>• Arrive ready to go with all of your personal gear needed for your workout</li></ul> <p>Time Trial/Competition</p> <ul style="list-style-type: none"><li>• Self time when instructed by coach</li><li>• Maintain a minimum of 2 metres between others if passing is necessary</li></ul> <p>Para Athletes</p> <ul style="list-style-type: none"><li>• Consideration of potential medical needs of para athletes should be evaluated when training</li></ul>
<b>Club/Team Management</b>	<ul style="list-style-type: none"><li>• Maintain a record of attendance at each practice/training session to assist Public Health in contact tracing if necessary</li><li>• At the discretion of the coach, identify a safe training monitor for each team practice. The safe training monitor is an additional volunteer who will monitor compliance with the requirements, and remind participants as needed.</li><li>• This person should be authorized to communicate with athletes and remove participants who are non-compliant. This person could also be an athlete designated at each practice.</li></ul>