



Ontario and Quebec No-Fluoro Waxing Protocol

Preamble:

The International Ski Federation (FIS) and Nordiq Canada are working toward a complete fluoro ban for the 2021-22 season.

This coming season (2020-21) is a year of transition from fluoros to no-fluoros. We acknowledge that residual fluoros will be present in everyone's wax rooms and tools for some time to come. Cross Country Ski Ontario (XCSCO) and Ski de Fond Quebec (SFQ) do not have tests readily available and expect coaches, technicians, parents and athletes to do their best to follow and respect the guidelines outlined below.

High fluoro (HF) waxes will remain in use at FIS sanctioned events for the U20 and Open categories, which will be unrestricted until 2021-22. Tier 2 (OCups/Regional CPL) races will be no-fluoro (NF), in preparation for the following season where all categories will be NF.

XCSCO and SFQ will also impose a further restriction to lessen the number of waxes required for purchase and to uphold the intent of the past Low Fluoro (LF) policies. These include, but are not limited to: more coaching time with athletes rather than waxing, less investment in waxes and different wax types, simple and fast application methods, & healthier wax room environments.

Protocol:

XCSCO and SFQ respectfully request all coaches, wax technicians, and parents abide by a self governed protocol while waxing skis for athletes racing in Tier 2 events. Our request also applies to out-of-province or international skiers who are competing at these events.

The **glide** waxing protocol is as follows:

- Skis must be cleaned before applying the approved competition waxes, if exposed to fluoro waxes. For the coming season during the "transition season", only step 1 of the FIS protocol for reducing fluoros from your skis and tools must be completed: [English](#) or [French](#)
- Use of Non-Fluoro (NF) liquids, gels, buffers and travel waxes from the approved wax list only. [CLICK HERE TO SEE THE LIST](#)
- All High Fluoro (HF) or Medium Fluoro (MF) or Low Fluoro (LF) glide waxes are NOT permitted.

Requests for additions to the list can be made by contacting either Victor Wiltmann (techdirector@xcskiontario.ca) or Francois Pepin (f_pepin@hotmail.com).

The **grip** waxing protocol is as follows:

- There will be no fluoro restriction on grip waxes (stick waxes), grip tapes, liquid grip waxes and klisters for the 2020-21 season.
- All powders and other fluorinated products are NOT permitted (including, but not limited to liquids, gels and pastes).



Race Implementation:

Category:	FIS Event	OCup/QCup Event
Open	Open – HF Allowed	SFQ-XCSO NF Policy
U20	Open – HF Allowed	SFQ-XCSO NF Policy
U18 and younger	SFQ-XCSO NF Policy	SFQ-XCSO NF Policy

FIS Events in Ontario this year: FIS Race/OCup/QCup at Nakkertok (Candy Cane) Dec 12-13 and FIS Race/OCup at Lappe Feb 13-14.

The adherence to this protocol is self-governed and is the responsibility of the coaches, parents and wax technicians.

This information will be communicated:

By Cross Country Ski Ontario and Ski de Fond Quebec

- to all Ontario Cup Race Organizing Committees
- To all Ontario clubs and coaches
- www.xcskiontario.ca and via social media @xcskiontario

By the Race Organizing Committee:

- As an addition to the race notice
- As an agenda item at Team Leader Meetings, if necessary