



XCSO Return to Training Protocols

Preamble: Cross Country Ski Ontario and our ski community has been committed to returning to sport safely by following public health guidelines. To continue safely navigating the COVID-19 pandemic, club members must continue to adhere to Public Health Guidelines. Everyone has a personal responsibility to engage in our sport with a greater good mindset.

COVID-19 Vaccinations:

XCSO is actively monitoring COVID-19 developments and public health guidelines. As guidelines are loosening and more may be possible in the coming months, many indicators suggest we remain cautious as we plan a return to sport. To ensure the continued health and safety of our community, it is strongly recommended that clubs and teams adopt the policy that all athletes, coaches and training camp personnel be fully vaccinated to engage in full training camp activities.

Athletes, due to the effects of training on one's immune system as well as travel are susceptible to contracting illnesses thus impacting their ability to perform when necessary.

The benefits of being fully vaccinated for participants who are wanting to participate in training sessions and camps include:

- Protecting the individual from contracting COVID-19;
- Protecting the rest of the team, and host communities;
- Reducing the risk of spreading COVID-19 (variants) to family, friends and your home community;
- While antigen testing (rapid testing) provides some reassurances, a positive rapid test impacts an athlete's ability to train and compete; impacts whether you would be considered a close contact and possibly require self-isolation and; impacts all attendees of the training camp.

The COVID-19 vaccine is readily available for those aged 12 & older. Recognizing that there are unique circumstances in which vaccination may not be possible (i.e., due to medical exemption), all coaches, staff, chaperones and athletes attending in-person training camps with shared accommodations must be fully vaccinated prior to the training camp.

For XCSO hosted training camps, athletes and coaches will be asked to voluntarily disclose which of the following categories they match:

- 1) *Fully vaccinated or partially vaccinated and will receive 2nd vaccine within 14 days of the start of the training camp.*
- 2) *Unable to be vaccinated due to medical issues. A letter from your physician indicating that you are unable to be vaccinated due to medical considerations is required.*
- 3) *Choose not to be vaccinated at this time.*
- 4) *Prefer not to communicate my vaccination status.*

For those who respond 2 through 4, in-person activities will follow Public Health Canada published [Vaccine Activity Guide](#) to ensure the safety of all our athletes and coaches.

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



Information provided regarding vaccination status is voluntary and will be used only for the purpose stated above.

What does this mean?

For XCSO hosted in person training camps, if you are partially vaccinated, not vaccinated or prefer not to communicate your vaccination status, athletes must provide their own transportation (ride sharing is not allowed), stay in a single room, take meals on their own, wear a mask when within 2 meters of other athletes, coaches and camp personnel.

Please note: Government of ON regulations for Step 3 no longer require 2M of physical distance when engaged in sport. However, we strongly encourage clubs/teams to continue to practice physical distancing at all other times to continue to limit the potential risk of transmission of COVID-19.

Planning for Training & Engaging in the Training Environment:

<p>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.</p>	
<p>Everyone</p>	<p>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.</p> <ul style="list-style-type: none"> ● Group size in the 'Coaching Zone' including athletes & coach(es) should be based on location constraints to allow for physical distancing as possible. Consider increasing spacing as speed increases and/or physical effort and breathing significantly increases. ● Athletes outside of the 'Coaching Zone' must also follow provincial guidelines. <p>Physical Distancing</p> <ul style="list-style-type: none"> ● Increase the distance 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) <p>Hygiene:</p>

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	<ul style="list-style-type: none">• 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 <p>Equipment:</p> <ul style="list-style-type: none">• 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
Coaches	<p>Location of Training</p> <ul style="list-style-type: none">• 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...)• Plan a Site A and a Site B in case of overcrowding at Site A• Use good judgement in determining if site relocation is necessary• Plan ahead and consult with other local clubs to avoid using the same location at the same time <p>General Training</p> <ul style="list-style-type: none">• Set a consistent routine/procedure to ensure physical distancing as much as possible at each practice• Prepare training sessions ahead of time keeping in mind individual athlete abilities in order to mitigate congestion, passing etc• Communicate workout directions/instructions a minimum of 3 hours prior to on site arrival• Suggestions for How to Practice Physical Distancing <p>Safe Sport:</p> <ul style="list-style-type: none">• Follow Safe Sport guidelines
Athletes	<p>General Training</p> <ul style="list-style-type: none">• Increase distance between other people when engaged in higher speed training activities (ie. Roller skiing, running, cycling etc)• Review instructions/directions provided by coach prior to arriving on site for training



	<ul style="list-style-type: none">● Arrive ready to go with all of your personal gear needed for your workout <p>Para Athletes</p> <ul style="list-style-type: none">● Consideration of potential medical needs of para athletes should be evaluated when training● When possible support should be provided by a person within the athlete's personal bubble. When this is not possible, following public health guidelines (ie masks, gloves etc) is required.
Club/Team Management	<ul style="list-style-type: none">● Maintain a record of attendance at each practice/training session to assist Public Health in contact tracing if necessary● Develop and adhere to a safety plan● Screen participants as per guidance from public health● 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.● 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.
Strength & Conditioning	<ul style="list-style-type: none">● Group size in the S&C Coaching Zone including coaches and athletes must adhere to facility capacity and provincial guidelines● The coach will supervise all individuals from a safe distance● Manual exercise spotting as per public health guidelines● Athletes are required to follow facility guidelines for sanitizing each piece of equipment before and after use