



Ontario and Quebec No-Fluoro Waxing Protocol

Preamble:

The International Ski Federation (FIS) and Nordiq Canada are working toward a complete fluoro ban in the near future. Problems with the fluoro detection unit have delayed implementation for FIS level races.

This coming season (2021-22) is a year of continued 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 (XCISO) 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, at least until 2022-23. Tier 2 events (OCups/Regional CPL races) however, will be no-fluoro (NF).

XCISO and SFQ will also impose further NF restrictions 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 & healthier wax room environments.

Protocol:

XCISO 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](#)
- All Pure Fluoro, High Fluoro (HF), Medium Fluoro (MF), or Low Fluoro (LF) glide waxes are NOT permitted.
- Only the use of non-fluoro (NF) liquids, gels, buffer waxes and paraffin glide waxes will be permitted and MUST appear on the approved glide wax list. [CLICK HERE TO SEE THE LIST](#)

The glide wax list is not exhaustive. Many NF products were available prior to the 21-22 season. Only glide waxes that meet the current criteria will be eligible for consideration (NF liquids, gels, buffers or paraffins). Products may be used once they have been added to the list. For further clarity and/or requests for additions to the list, please contact [Victor Wiltmann \(Technical Director, XCISO\)](#) or [Camille Cheskey \(CNEPH coach & Coordinator for Excellence Development at SFQ\)](#).

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

- ∄ There is no fluoro restriction for grip waxes (stick waxes), grip tapes, liquid grip waxes and klisters.
- ∄ The use of fluorinated additives or glide products (powder, liquids gels, paste, etc...) are also NOT permitted for use in the grip zone.

Race Implementation:

Category	FIS events * (tier 1)	OCup/QCup events (tier 2)	Nationals (tier 1)
Open	Open – HF Allowed	SFQ-XCSO NF Policy	HF Allowed – all categories
U20	Open – HF Allowed	SFQ-XCSO NF Policy	
U18 and younger	SFQ-XCSO NF Policy	SFQ-XCSO NF Policy	

*Important FIS Events this year (excluding Nationals – see last column of the table above): Eastern Canada Cup (December 11-12 at Nakkertok, December 18-19 in Mont-Sainte-Anne, February 11-13 at Nakkertok), World Junior/U23 Trials (January 6-11 in Canmore).

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 and Québec Cup Race Organizing Committees
- to all Eastern Canada 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

For all racing outside of Quebec and Ontario, please refer for [Nordiq Canada’s wax policy](#) and/or check with local organizing committees for further information.