

Ontario Safe Return to Sport Protocol

Preamble:

Cross Country Ski Ontario continues to work with clubs to manage the safe return to sport for our athletes and coaches. We continue to follow the [Emergency Information](#) in place in Ontario. Our goal is to provide guidance for athletes, coaches and clubs to ensure the safety of all involved. It is up to each of us to individually commit to return to our sport with a safe, conscientious and 'greater good' mindset. This will enable us to continue to move forward and keep members of the cross country ski community safe.

COVID-19

The symptoms of COVID-19 are similar to other common illnesses, including the cold and flu such as fever, cough, sore throat, or shortness of breath. At this time, it is recommended that any athlete or coach who has symptoms related to cold, flu or COVID-19 self isolate. Public Health Ontario has provided helpful guidance on [self-monitoring](#) and [self-isolation](#).

Have you been in contact with someone who has COVID-19? Are you having any symptoms of COVID-19? Please take the [COVID-19 Self Assessment](#). If necessary, please contact the following for assistance and instructions.

- Telehealth: [1-866-797-0000](tel:1-866-797-0000) or;
- Your primary care provider or family physician or;
- Your local Public Health Unit

If an athlete, coach/leader, program participant or club member develops symptoms of COVID-19:

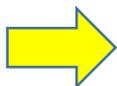
- Immediately self isolate and contact local public health for guidance; seek medical attention if necessary
- Contact your local Public Health Unit for guidance on testing and contact tracing in your area
- Follow Public Health recommendations regarding suspension or continuance of group training

COVID-19 Vaccinations:

Public Health Ontario states that “vaccines are safe, effective and the best way to protect you and those around you from serious illnesses like COVID-19.” Cross Country Ski Ontario encourages everyone to reduce their risk of getting COVID-19 and get vaccinated, thus making our sport safer for everyone to enjoy.

More information on vaccines and how you can book an appointment is [HERE](#).

The XCSO Vaccination Guidelines as per Return to Sport V2.1 are no longer in effect due to the Government of Ontario's Proof of Vaccination program.



Beginning **September 22, 2021**, the Government of Ontario is requiring individuals to provide proof of full vaccination (two doses of Health Canada approved vaccine + 14 days) in order to access indoor environments used for sports and fitness activities, personal fitness training, and sporting events. As per [O.Reg 645/21](#) proof of vaccination will be required to access indoor cross country ski facilities, that is,

chalets, warming cabins/huts, wax trailers/cabins, timing/officiating rooms/trailers etc. This list is not exhaustive and any indoor facility would fall under this regulation. There are limited exceptions to this rule, and details are available [HERE](#). The Government of Ontario is currently developing an app so that vaccinated individuals will be assigned a QR code. Until that time, please follow the instruction provided in the document linked above.

The use of masks:

Follow [Public Health Ontario guidelines](#) on the use of masks.

It is important to note that there is no such thing as zero risk and that although measures can be taken to ensure participation is as safe as possible, participating athletes, coaches and participants will still be at risk for COVID-19 while participating. FOLLOW PUBLIC HEALTH GUIDELINES AT ALL TIMES.

[Re-Opening Ontario](#)

[Regulation 364/20 - Step 3](#)

[Regulation 263/20 – Step 2](#)

[Regulation 82/20 – Step 1](#)

All clubs & their members, athletes and coaches must follow the Public Health guidelines of their Local Health Authority.

All clubs are encouraged to review their [Emergency Action Plan](#) in light of COVID-19 restrictions.

This Return to Sport Protocol is intended for use by members of XCSO clubs when engaging in group training, programming and competitions for their members. All coaches, athletes, leaders and participants engaging in training and programming must be members of their clubs. Additional guidance for clubs is available from their local District Health Unit for local conditions.

For Everyone:

All athletes, program participants and coaches/leaders are reminded of the requirement to not attend training, or programs when ill. The COVID-19 pandemic has illustrated that strict adherence to self isolation when ill limits the spread of infection amongst teammates and coaches/leaders. Please engage in a [self assessment](#) of your personal health prior to training and STAY HOME if unwell.

Requirement for participation in training and programming - coaches, athletes and other attendees (volunteers, parents etc).

- ~~No symptoms of COVID-19 in the past 14 days.~~
- ~~No close sustained contact with anyone with symptoms of COVID-19 and/or has tested positive for COVID-19 within 14 days of beginning group training.~~
- Follow Public Health Ontario's '[What to do if exposed to COVID-19](#)'

- If the person has had a case of documented COVID-19 infection, following public health guidelines for ending isolation is required. A [gradual return to training](#) should commence following the isolation period.

General Guidelines:

Cross country skiing generally takes place outdoors in settings with ample space for physical distancing.

- No physical touching including high fives, hand shakes etc...
- Avoid touching your face, particularly your eyes, nose or mouth
- Avoid contact with people who are sick and/or have signs or symptoms of COVID-19
- Stay home if you are sick and/or have signs or symptoms of COVID-19
- Avoid high-touch areas, where possible, or ensure you clean your hands after

Return to Sport:

Cross Country Ski Ontario's Return to Sport Protocol addresses 4 main aspects of our sport. The following links have been updated or will be updated to provide guidance on:

- [Return to Training](#) (updated September 17, 2021)
- Return to Skill Development Programs (Fall update)
- Return to Competition (Fall update)
- Return to Skiing for Facilities (Fall update)

Additional Resources:

Risk Assessment Tools for sport:

A [Risk Assessment Tool for Sport](#) has been developed by our partners at the Canadian Sport Institute Network, Own the Podium, and Canadian Olympic Committee which can be shared with clubs. The tool includes all factors from the general World Health Organization risk assessment and mitigation checklist for mass gatherings as well as additional factors relating to sporting events and training, to enable organizers to determine a more accurate overall risk score. These tools have been adapted specifically for return to sport and event planning in the Canadian context. PLEASE NOTE: These are RISK ASSESSMENT TOOLS and are not PERMISSION TOOL.

[Risk Assessment Tool for Sport](#)

[Risk Assessment Tool for Competition](#)