

# Return to Sport Plan

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Summer-Fall Dryland Training, Winter 2020-2021

**October 20, 2020**



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## Purpose

The purpose of this plan is to provide guidelines for cross-country ski related activities as delivered by CCNS member clubs and the Nova Scotia cross-country ski team. Guidelines are provided for: instructional programs and coaching, training activities, race and event organization, and equipment rentals.

Protocol is based on the following documents: "COVID-19 Return to Sport Guidelines", by Sport Nova Scotia and "Framework for Developing COVID-19 Return to Play Protocols", by Nordiq Canada".

## Instructional Programs and Training Activities

CCNS and its member clubs operate instructional programs for both youth and adults and CCNS operates coach development workshops for coaches/instructors.

### Environment

- Registration for all instructional programs will take place online or through the mail.
- Instructional activities will take place primarily outside.
- Group size will stay below the Provincial Government limit of 50 people (typical group size is 10-12). The same groups will be maintained for all sessions.
- Classroom-style activities will take place primarily on-line (e.g. group orientation, classroom-based coach development workshops, team meetings).
- For any in-person meetings (e.g. provincial ski team), coaches and participants will be required to wear masks and to follow Provincial Government guidelines for physical distancing. Meeting locations will be selected to enable physical distancing.
- Instructors / Coaches will communicate instructions + feedback to participants on-line to minimize meeting time at the beginning and end of instructional sessions.
- Coaches will instruct participants to arrive ready to go and not to mingle with their group upon arrival or departure.
- Outdoor physical distancing: coaches will instruct participants to maintain 2 metres between themselves when still and more than 2 meters during activities that involve any speed (e.g. running, skiing, roller skiing). Incidental contact may occur, but such contact is unintended, infrequent, and brief.
- Participants will be instructed not to spit and to only blow their nose into a tissue.
- Cross country skiing is a very safe activity with little risk of injury. Instructors will remind participants to avoid taking risks that could increase the possible need for emergency medical attention.
- Access to indoor facilities will be limited primarily to washrooms – maintained and cleaned by partners to member clubs (i.e. golf clubs). Coaches will limit the number of people using washroom facilities. CCNS member clubs will work closely with golf club managers to ensure that washrooms are cleaned regularly and that soap + hand sanitizer is provided. Access to washrooms and any other indoor facilities will be contingent on the COVID-19 policies of our partner organizations (i.e. golf clubs).
- Participants will be required to wear non-medical face masks in any indoor spaces.

### Equipment

- No group equipment will be used in any programming that participants would be expected to touch. All participants are required to bring their own ski equipment (skis, boots, poles and outdoor clothing). Some group equipment may be used – such as pilons to set up obstacle courses – but only if physical contact with the equipment is unintended, infrequent and brief.

## Equipment (cont'd)

- Coaches will instruct athletes not to touch each other's equipment.
- Clubs will provide to coaches hand sanitizer and appropriate disinfecting cleaner (e.g. Lysol) that could be used to disinfect equipment if a participant accidentally handles another participant's equipment.

## Personal Protective Precautions

- Ski programming activities will take place primarily outside or online.
- Coaches will instruct participants through email in advance of training sessions not to gather socially before or after training sessions.
- All participants will be asked to bring hand sanitizer + face mask to training sessions.
- Through electronic communications, coaches will encourage participants and parents / chaperones to bring hand sanitizer, appropriate disinfecting cleaner and face masks to all training sessions to have on hand in case they are needed.
- In all communications about programming, coaches will remind participants of the symptoms of COVID-19 and instruct participants who may be symptomatic not participate in the activity. Coach communications to participants will use wording from and links to [Nova Scotia Government websites](#).

## Communication

- All cross country ski programming will be managed by coaches/instructors, who will be responsible to communicate the safety precautions outlined in this plan to participants electronically prior to each instructional session.
- Instructors will check with all participants prior to each instructional session that they do not have any symptoms of COVID-19. Participants with symptoms will be asked not to participate.
- The CCNS guidelines for instructional programs will be communicated to the general public, member clubs, coaches and participants through the following mechanisms: CCNS website + social media; club websites + social media; direct email + phone communication with member clubs; direct email + phone communication with coaches / instructors; direct email + phone communication from coaches/instructors to participants + parents/chaperones.
- Clubs and coaches / instructors will maintain a registry of participants in each instructional activity (names, dates, time, and contact info) to facilitate public health contact tracing if needed.

## Race and Event Organization

CCNS and its member clubs organize races and recreational events (e.g. loppets).

### Environment

- Registration for all races / events will take place online.
- All races / events will place outside. There will be no organized indoor gatherings of participants before, during or after races / events.
- The number of participants will be limited to 50.
- The number of spectators will be limited to 250 (this would be exceptional for a cross-country ski race where there are typically no more than 20 spectators).
- Race / event organizers, officials and volunteers will be spread out across race / event courses (typically 1 to 10 km) and will be physically distant from athletes/participants at all times.
- Start areas:
  - Participants will maintain physical distancing prior to and at event starts.
  - Cross country ski equipment (skis, poles) makes it difficult for participants to come within 2 meters of each other and safe skiing requires at least 2 meters of distance. There are some instances in which incidental contact may occur (i.e. where a participant comes into close contact, less than two metres, with another participant) but such contact is unintended, infrequent, and brief.
  - For events with individual starts, whenever possible, participants will be 'seeded' based on previous race times to reduce the possibilities of skiers overtaking other skiers during a race or event.
- Race / event course:
  - Participants will be asked to maintain social distancing on the race / event course. (Note that ski equipment makes it difficult for skiers to come within 6ft / 2m of each other).
  - No water or food will be provided on the race course. Participants should provide their own personal water / food.
  - Participants will be instructed not to spit and to only blow their nose into a tissue (no 'snot rockets').
- Finish areas:
  - will be designed with separate lanes to facilitate physical distancing. Note that FIS race course design guidelines already include 3 separate lanes to separate skiers by more than 2 metres.
  - Will be designed to move participants away from the finish line as quickly as possible (note that this is already a feature of race course design).
- Post race awards ceremonies will be held outside and will not include food or drink.

## Environment (cont'd)

- Cross country skiing is a very safe activity with little risk of injury. Race officials / event organizers will remind participants to avoid taking risks that could increase the possible need for emergency medical attention.
- Access to any indoor facilities will be limited to washrooms – maintained and cleaned by partners to member clubs (e.g. golf clubs). Event organizers will limit the number of people using washroom facilities and CCNS member clubs will work closely with their partners (golf clubs) to ensure that washrooms are cleaned regularly and that soap + hand sanitizer is provided.

## Equipment

- No group equipment will be used in races or events that participants would be expected to touch. All participants are required to bring their own ski equipment.
- Coaches will instruct athletes not to touch each other's equipment.
- Event organizers will provide hand sanitizer and appropriate disinfecting cleaner that could be used to disinfect equipment if a participant accidentally handles another participant's equipment.

## Personal Protective Precautions

- All ski races / events will take place outside.
- Race / event organizers will instruct participants through email in advance of training sessions not to gather socially before or after the event.
- In communications about races / events, organizers will remind participants of the symptoms of COVID-19 and instruct participants who may be symptomatic not participate – using wording from and links to [Nova Scotia Government websites](#).

## Communication

- CCNS will communicate these guidelines with member clubs and race / event organizers electronically and through direct communication (phone / Zoom).
- COVID-19 related guidelines will be communicated to all participants electronically prior to the event and enforced at events by race/event organizers.
- Participants will be required to complete an on-line waiver / consent form prior to races / events in which they commit to respect the COVID-19 related guidelines.
- Race / event organizers will use a questionnaire to screen participants and volunteers for COVID-19 symptoms when they arrive at the event and instruct anyone with symptoms not to participate.

### **Communication (cont'd)**

- Race / event organizers will ensure that all event officials and volunteers are familiar with COVID-19 guidelines and are able to enforce and support them.
- Race / event organizers will communicate COVID-19 guidelines verbally to participants as they arrive at the event site and prior to the start of the event.
- Clubs and race / event organizers will maintain a registry of participants (names, dates, time, and contact info) to facilitate public health contact tracing if needed.

## Equipment Rentals

Some CCNS member clubs offer ski equipment for rental and/or borrowing (e.g. for try-it events / learn to ski programming with school groups)

### Environment

- Whenever possible, rental arrangements (payment, waivers, determination of sizing) will be done in advance, on-line or by telephone.
- Whenever possible, access to rental equipment will be outside. Club members / volunteers may bring equipment from an indoor storage space to an outdoor space for participants.
- Where it is not possible to provide outdoor access to rental equipment, the number of people will be limited in accordance with provincial regulations to ensure physical distancing.
- Appropriate signage will be used to facilitate physical distancing in outdoor waiting lines.
- Participants will be asked to respond verbally to a COVID-19 questionnaire before renting / borrowing equipment. Participants with symptoms will not be allowed to rent / borrow equipment.
- Participants will be required to clean their hands with hand sanitizer before touching equipment.
- Club members managing equipment rental / borrowing will clean their hands with hand sanitizer in between dealing with each set of equipment.

### Equipment

- Equipment (skis, poles, boots) will be cleaned with a hard surface disinfectant solution as recommended by Government of Canada guidelines: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html>
- Boots will also be disinfected with Lysol spray in between uses.

# Roller Skiing and Dryland Training

Reviewed by Sport Nova Scotia on June 9, 2020.

## Environment

- All roller-skiing and dryland training activities will take place outdoors only.
- CCNS does not use any indoor facilities as part of its outdoor training and does not normally have access to washrooms or changing rooms.
- Activities will be managed by coaches to include a maximum of ten participants.
- Coaches will communicate training plans to athletes electronically prior to all training sessions so that there are no in-person meetings before a training session.
- Athletes will be instructed to arrive ready to go and do not mingle with the group upon arrival or departure: "Get in, Train, Get out."
- Team meetings are conducted online separately from training sessions.
- In person group dryland training will be limited and most team dryland training sessions will be conducted online using Zoom.
- Coaches will instruct and regularly remind athletes to maintain at least 2 metres between themselves as well as any other people. Note that safe roller-skiing requires at least 2 meters of distance.
- Coaches will instruct athletes and parents/chaperones in all instructions about group training sessions to maintain social distancing when parking, getting in and out of vehicles, etc.
- Rollerskiing and dryland training for XC skiing are generally very safe activities with little risk of injury that would require medical attention or first responders. Coaches will also remind athletes to avoid taking any risks that could increase the possible need for emergency medical attention.
- Coaches will bring hand sanitizer and a personal face mask to all training sessions.

## Equipment

- No group equipment will be used in any training sessions. Athletes are already expected to provide all of their own equipment for roller-skiing.
- For any in person dryland training sessions, coaches will instruct athletes to bring all of their own equipment (e.g. yoga mats) and no group equipment will be used.
- Coaches will instruct athletes not to touch each other's equipment.
- Coaches will bring hand sanitizer and appropriate disinfecting cleaner that could be used to disinfect equipment if one athlete accidentally handles another athlete's equipment.

## **Personal Protective Precautions**

- All rollerskiing and dryland training will take place outside and CCNS does not have access to any indoor facilities – so there are no indoor facilities to be managed.
- Coaches will instruct athletes through email in advance of training sessions not to gather socially before or after training sessions: “Get in, Train. Get out.”
- Through electronic communications, coaches will encourage athletes and parents / chaperones to bring hand sanitizer, appropriate disinfecting cleaner and face masks to all training sessions to have on hand in case they are needed.
- In all communications about training sessions, coaches will remind athletes of the symptoms of COVID-19 and instruct athletes who may be symptomatic to not participate in the activity. Coach communications to athletes will use wording from and links to NS Government websites, including <https://novascotia.ca/coronavirus/when-to-see-help/>

## **Communication**

- All group training activities are organized by coaches, who will be responsible to communicate the safety precautions outlined in this plan to athletes and parents/chaperones prior to each group training activity.
- The CCNS Rollerski and dryland training plan will also be posted on the CCNS website and social media. CCNS member clubs will be asked to also post the plan on their websites and social media.
- CCNS will communicate the plan directly to coaches electronically and will convene a Zoom meeting to ensure that all coaches are able to follow the plan.
- Coaches and /or volunteers will maintain a registry of the participants in each group training event (names, dates, time, and contact info) to facilitate potential public health contact tracing.

## Questions

Would you like to discuss the CCNS "Return to Sport Plan"? Please contact John Cameron, CCNS President, [ccnsresident@sportnovascotia.ca](mailto:ccnsresident@sportnovascotia.ca).