



Framework for Developing Covid-19 Return to Play Protocols

The situation respecting COVID-19 continues to change quickly as it affects the activities of Nordiq Canada National, Divisions, clubs and members. With respect to these activities, members must follow directives published by the Government of Canada, public health and other authorities that apply in your jurisdiction.

This framework is provided to help member organizations modify operations to align with various and evolving public health measures in place across Canada. You are encouraged to use this framework to develop a return to play protocol that meets your organization's needs and satisfies the directives that apply where you operate. As directives change, so too must your return to play protocol.

This framework may be updated. Check the Nordiq Canada website for the latest Nordiq Canada COVID-19 information.

Let's work together as one Team Canada to safely return to the sport we love.

Does your protocol address each of the following directives and best practices?	YES or NO
Governance	
With respect to member organization activities, directives published by the Government of Canada, public health and other authorities applicable to the local jurisdiction are followed.	



<p>Participants are properly registered according to the membership policy and all requirements under the Insurance Manual are followed.</p>	
<p>Personal Health</p>	
<p>Everyone who will be part of the cross-country ski environment has the information and tools to continuously monitor their own health and respond appropriately.</p> <p>Participants have received a daily screening questionnaire (note: several jurisdictions have an online questionnaire).</p> <p>Participants know to leave immediately if there are signs of infection, and to contact public health if recommended.</p>	
<p>Everyone who will be part of the cross-country ski environment knows when and how to follow self-isolation directives.</p>	
<p>Participants are required to maintain a physical distance of 2 metres between people at all times. If distancing is not ensured at all times, they will wear a non-medical mask and/or covering.</p>	
<p>Participants know how and when to wash their hands or have access to sanitizer.</p>	



<p>Any individual who is at elevated risk for COVID-19 infection is supported where possible in taking further precautions to protect themselves, thus ensuring an inclusive and safe environment.</p> <p>If an individual is concerned about their risk level, they should consult with a medical professional. Information related to who may be at elevated risk for infection is available for reference.</p>	
<p>The Government of Canada's COVID-19 Self-Assessment Tool is available for reference.</p>	
<p>Education on Sanitation</p>	
<p>The organization has communicated expectations and directives around hygiene, sanitation and physical distancing.</p>	
<p>Sanitation practices follow the Canadian Government guidelines for cleaning hard surfaces.</p>	
<p>Personal protective equipment (PPE) and sanitation supplies are available.</p> <p>Training on how to properly use these products is delivered and document (what, when, by whom).</p>	



Education on Health Practices	
<p>The organization has consulted relevant health authorities to understand whether activities can be safely resumed and/or facilities opened.</p>	
<p>Staff and participants know how to recognize COVID-19 symptoms and know the steps to take if symptoms are identified.</p> <p>Training is delivered and documented (what, when, by whom).</p>	
<p>Staff and participants know how to maintain a physical distance of 2 metres between people at all times. If distancing is not ensured, they know how to wear a non-medical mask and/or facial covering.</p>	
<p>The organization is not taking unnecessary risks. Staff and participants will use common sense to avoid situations that involve undue risk, the potential need for emergency personnel to respond, or the potential that personal contact becomes necessary. This applies to all activities, including training sessions, camps, indoor and outdoor activities.</p>	
<p>Athletes and coaches will closely monitor athlete health. Best practices include, but are not limited to, updating and monitoring training logs with appropriate health benchmarks (e.g., Rusko, sleep monitoring, 1-10 health scale, energy levels, mental fatigue).</p>	



Clubhouses	
Signage is placed outside the clubhouse and at entry gates outlining the COVID-19 protocols in place.	
Signage is placed at the clubhouse and washroom facilities encouraging handwashing and respiratory hygiene.	
Provide hand sanitizer stations for participants in multiple locations.	
<p>Local directives for the use of facilities (e.g., clubhouses, team and wax rooms, washrooms) are followed. In many jurisdictions, these facilities must remain closed or can re-open only with increased sanitation protocols and disinfection between uses.</p> <p>Special attention is paid to common and high traffic areas.</p> <p>Shared items and surfaces, such as counters, tables, credit card terminals, door handles, telephones and pens, are disinfected between uses.</p> <p>Cleaning frequency is documented in a log.</p>	
Club Operations	
Contactless payment options are used and cash payments are avoided.	
Only one person updates white boards, notice boards and weather boards.	



Participants are not permitted to congregate.	
Group sizes do not exceed local directives.	
Water fountains are disabled or covered.	
Picnic and other communal sitting areas are avoided or sanitized between uses.	
Trashcans are covered/ removed if recommended by the jurisdiction, and participants are instructed to take their garbage home.	
All club activities abide by local directives, including but not limited to AGMs, Board meetings, fundraisers, facility rentals and events and follow all current and applicable directives. Priority group access is recommended.	
Workplace Safety	
Employers are responsible for staff safety. Safe working conditions are ensured. Employees know their rights under employment and human rights legislation.	
A communication plan is in place to keep employees informed on issues affecting the workplace. It is useful to have a working group to regularly monitor changes and protocols.	
A daily screening program ensures all staff are fit to participate. Several jurisdictions have daily screening questionnaires available online.	



Meetings are conducted by phone or online wherever possible.	
Staff equipment is assigned to avoid sharing between employees.	
Scheduling and use of space ensures physical distancing. Workstations are sanitized throughout the day and between users.	
Training Sessions and Athletes	
Athletes only travel with members of their household. Public transportation is avoided.	
Parking is limited to every second slot to allow for physical distancing.	
A record of participants is maintained.	
“Get in, Train, Get out.” Athletes arrive ready to go and do not mingle with the group upon arrival or departure.	
Athletes do not congregate, including in parking lots and stadiums.	
Participants have acknowledged the rules and restrictions set out in the CSA Guidelines for Remote Training During the COVID-19 Pandemic.	
Equipment and surfaces are sanitized between users or not shared at all.	



Club equipment, skis, boots, or other equipment is assigned to an individual skier for the duration of public health measures and kept separate from other skiers and their equipment (i.e., brought home.)	
Team meetings are conducted online.	
Car shuttles (e.g., roller ski hill workouts) are not used during training sessions.	
Food and beverages are not shared.	
Personal belongings (e.g., phones, gloves, helmets) and training equipment (e.g., balls, ropes) are not shared or touched by more than one person.	
Training groups are kept consistent and do not change from one session to the next. This is to reduce the chance of cross-contamination from one group of athletes to another.	
Creating priority training groups is considered.	
Sessions do not take place concurrently in the same location or adequate space to separate groups is provided.	
Wherever possible, training sessions are held outdoors. Most jurisdictions have additional directives for indoor activities.	



Camps	
Overnight camps are avoided unless living arrangements, ground transportation and meals can be structured to follow health and safety protocols.	
For out-of-region camps, the Own the Podium Risk Management and Mitigation Tool is considered. Consideration has been given to where you are going and why you are going along with all associated risks to your group and to the community you are entering.	
Dryland Races	
Individual start only.	
Timing chips are not used. Timing is athlete self-timed or timed by the coach using a stop-watch.	
Shared bibs are not used.	
Coaching	
SafeSport Guidelines are followed for all training sessions, whether in-person or physically distanced.	
Coaches have considered wearing masks for all sessions.	
Training activities are structured so physical distancing is maintained.	



Athlete arrival and departure times are staggered to limit mingling.	
Training sessions are prepared ahead of time, keeping in mind individual athlete abilities in order to mitigate congestion.	
Workout directions and instructions are communicated prior to arrival on site.	
On site instructions are limited and allow for participants to maintain physical distancing.	
Individual risk profiles (e.g., coaches, athletes, volunteers) are reviewed and consideration has been given to whether objectives can be met without group training.	
Federal, Provincial and Territorial – COVID 19 Public Health Links	

Federal	New Brunswick	Nunavut	Saskatchewan
Alberta	Newfoundland and Labrador	Ontario	Yukon
British Columbia	Northwest Territories	Prince Edward Island	
Manitoba	Nova Scotia	Quebec	