

# KN Safe Return-to-Sport Plan



All Kawartha Nordic return-to-training, return-to-programs, and return-to-competition plans require careful and constant attention to the following:

1. Avoid the 3 C's: Closed-spaces, Crowds, Contact
2. Promote the 3 W's: Wash frequently, Wear a mask, Widely space
3. Know and follow all XCSO & Public Health Guidelines plus Provincial & Federal Directives
4. Communicate and Document
5. Make it easy to meet the expectations

## Return-to-Programs & Return-to-Training Plan

These expectations are meant to meet or exceed all Cross Country Ski Ontario (XCSO), Peterborough Public Health, Provincial & Federal guidelines, recommendations, and directives as they relate to practices, training, and lessons. The changing nature of the pandemic means any or all of these expectations could change at any time.

The following expectations apply to all KN programs, including Youth Skill Development Programs, the KN Racing Team, and all Private & Group Lessons.

Everyone that comes to a program session, even those only doing a drop-off or pick-up, must complete the [Peterborough Public Health COVID-19 screening](#) before every session.

### Expectations for All Program Participants (coaches, athletes and/or their parents)

#### 1. Protocols

- Complete the latest COVID-19 screening guidelines from Peterborough Public Health, before or upon arrival. If the program participant fails the screening, return home, follow Public Health recommendations, and inform the coach from off-site.
- Arrive on time and ready to immediately participate in each session, and depart promptly once the session has finished, so as to limit crowding and contact.
- Inform your coach or program leaders, if you will not be attending a session, especially if it is due to a failed COVID-19 screening.
- Ask questions, if you don't understand the expectation or feel you have special circumstances.

#### 2. Avoid the 3 C's: Closed-spaces, Crowds & Contact

- Protect others from contact with you or your bodily fluids by
  - Sneezing and coughing into your sleeve, a tissue, or your mask
  - Disposing of used tissues and masks properly
  - Keeping gloves & mitts clean, or swapping them for a new pair if they become contaminated
  - Avoiding spitting

- Aiming to touch only your own equipment
  - Minimizing the use of your hands when using public fixtures like doors or chairs, even if wearing gloves or mitts
  - Avoiding hand holding, hugs, high-fives, handshakes and other touching, even if wearing gloves or mitts
  - Do not socialize or join groups that are not your own, even before or after sessions
  - Do not enter the chalet or cabins unless it is an emergency. Your leader will show you your assigned space in the White Tent at your assigned time.
  - Parents are not to linger with the program groups unless they are an assigned leader or coach
  - Bring all your own equipment & supplies, including
    - Skis, boots, poles
    - Personal non-medical masks
    - Clothing, gloves, mitts, and hats
    - Extra gloves or mitts in case one pair becomes contaminated
    - Hand Sanitizer & Sunscreen
    - Water and Snacks
  - Aim to prepare for all sessions at home, including ski waxing and dressing
3. Follow the 3 W's: Wash, Wear a Mask, Widely space
- Arrive to practice clean (including with clean clothing), and consider cleaning again after practice.
  - Wash or sanitize hands frequently, especially
    - after coming into contact with bodily fluids, for example from
      - touching your face, eyes, nose, or mouth
      - eating
      - sneezing or coughing into a tissue or your hand
      - a bleeding wound or bloody nose
    - after touching something someone else may have touched, for example when
      - using the washroom or porta-potty
      - touching public fixtures, such as doors, chairs, or railings
      - using equipment that isn't your own
  - Wear a personal non-medical mask and keep it covering your nose, mouth, and chin at all times, except when physically distant from others.
    - Masks are not required while skiing, as long as a minimum 2m separation is maintained
    - Products not designed as personal protective equipment are not considered a proper mask, such as Buffs or scarves, and fleece on its own is not a sufficient barrier.
  - Space widely so that at least 2m distance is maintained between people when standing still, but greater distance is required when moving quickly.

## Expectations for All Coaches, Assistants, & Leaders

### 1. Communicate and Document

- Document attendance and that daily COVID-19 screening are completed before each session
- Communicate practice plans well in advance, so that athletes & families know what to expect
- Remind parents & athletes of COVID expectations
- Document any first-aid performed, and any breaches of these expectations

### 2. Make It Easy to avoid the 3 C's: Closed-spaces, Crowds & Contact

- Plan ahead

- Coordinate use of meeting/coaching spaces and trails in advance, and have backup plans
- Aim to limit use of shared equipment and public fixtures
- Use activities that promote distancing and limit contact
- Avoid downtime or standing around, including keeping in-person communication brief
- Do not use any of the cabins or chalets except in an emergency, and have an assigned space & time in the White Tent to use for a break in your session
- Establish a routine for how your group will avoid mixing, if you encounter another group
- Get athletes on to their skis quickly and keep them on their skis
- Ensure your group doesn't grow to greater than the established maximums (currently 15 for most programs, 10 for Bunnyrabbits, and 20 for the Race Team)
- Be a predictable coach
  - Don't ski unexpectedly into someone else's space — have them ski into or toward yours, or wait
  - Establish a coach zone where athletes can expect to encounter you during each activity
  - Use a consistent practice routine, including fixed start & end times, and meeting locations
  - Call out behaviour that breaks the 3C's or 3W's

### 3. Make it Easy to follow the 3 W's: Wash, Wear a Mask, Widely space

- Teach
  - Remind constantly to Wash, Wear a Mask, Widely space
  - Teach athletes to be at greater than ski-tip-to-ski-tip distance apart, and to increase distance when moving quickly
  - Educate parents & students about winter mask wearing, including
    - Buffs, scarves & fleece are insufficient
    - layers may need to be worn over masks
    - masks need to cover chin, mouth & nose
    - masks need to be on unless people are spaced widely (ideally at all times except while actively skiing)
- Role Model
  - Make time for hand washing
  - Use sanitizer frequently to wash hands & to clean shared equipment between uses
  - Wear a personal non-medical mask and wear it properly, even when distanced
  - Don't ski side-by-side unless you can be sufficiently distanced, and expect the same for athletes

### 4. Know and follow all Guidelines & Requirements

- Cross Country Ski Ontario (XCOS) provides [Safe Return To Play](#) documents & guidelines
  - [Ontario Safe Return to Sport Protocol](#)
  - [XCOS Return to Skill Development Programs](#)
  - [XCOS Return to Training](#)
- Peterborough Public Health provides [orders & information](#) on COVID-19
  - [Self-screening form](#)
  - [Suggested signage](#) documents summarize current requirements
- The Ontario Government provides a [COVID portal](#)
  - [Closures & reopening plans](#)

## What to expect from KN

- The following assumes the required number of volunteer coaches come forward to make our program happen.
- The Bunnyrabbit, Jackrabbit, and Track Attack programs will be offered in two separate morning and afternoon sessions to limit participation in each to a maximum of 100 including coaches and assistants. There will be Bunnyrabbit, Jackrabbit, and Track Attack groups in both sessions.
- Registration will allow families to select morning or afternoon, but will also require a rating of each participant's ability to allow for group creation in advance and to limit the switching of participants between groups so as to maintain consistent cohorts.
- This will allow for three morning and three afternoon Jackrabbit groups (of 12-15), one morning and one afternoon Bunnyrabbit group (of 8-10), and one morning and one afternoon Track Attack group (of 12-15). In addition there will be a Jack Attack group (of 12-15) in the afternoon.
- The U12/U14 Racing Team will practice in the morning and the U16/U18/U20/U23 Racing Team in the afternoon, though these two groups are usually largely separate from the other youth programs.
- These COVID expectations will be communicated to parents via email, and to coaches and leaders by web conference or in person.
- Acknowledgement of these COVID expectations will be collected for all parents & program participants over 18 years-old at the time of registration.
- The latest COVID-19 screening guidelines from Peterborough Public Health will be available for self-screening upon arrival at KN.
- Club members will be advised that the trails may be crowded during program sessions and that the White Tent is for exclusive use by program participants.
- Facilities will be maintained and signed according to the KN Return-to-Skiing for Facilities Plan.

## Return-to-Competition Plan

If a competition is scheduled, a specific event plan will be built in keeping with the [XCSC](#) [Return-to-Competition Guidelines](#) and all Peterborough Public Health Guidelines, plus Provincial & Federal directives.

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