

## COVID-19 Safe Return to Sport Protocol

### 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.

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

- Health Links-Info Santé: 1-888-315-9257 (toll-free) or 204-788-8200 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 Health Links-Info Santé for guidance on testing and contact tracing in your area.
- Seek medical attention from your family physician, if necessary.
- More information here:  
<https://www.gov.mb.ca/covid19/updates/prepareandprevent.html>

### PREAMBLE

Cross Country Ski Association of Manitoba (CCSAM) is committed to working with our ski clubs to manage the safe return to sport for our athletes and coaches. We continue to follow current health orders, restrictions and guidance from [Manitoba Public Health](#). 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 skiing with a conscientious 'greater good' mindset to keep all members of the cross country ski community safe. Our Return to Sport Protocol is vetted by medical professionals knowledgeable of the current environment with respect to COVID-19 and familiar with cross country skiing and related training environments.

**IMPORTANT:** There is no such thing as zero risk and although measures can be taken to ensure participation is as safe as possible, there will still be a risk for contracting COVID-19 while participating in any indoor or outdoor activity in public spaces.

**FOLLOW PUBLIC HEALTH GUIDELINES AT ALL TIMES.**



## [Restoring Safe Services – Manitoba’s Pandemic and Economic Roadmap for Recovery](#)

CCSAM Return to Sport Protocol is intended for use by members of CCSAM 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.

Our Return to Sport Protocol further addresses 4 specific aspects of our sport. You will find the following supporting guidelines on our website <https://www.ccsam.ca/covid-19-protocol/>:

- Return to Training
- Return to Skill Development Programs
- Return to Competition
- Return to Skiing for Facilities

### **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.
- 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.
- 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.
- Must be adhering to physical distancing and public health guidelines outside of the training and programming environment.

### **CLUBS**

All clubs & their members, athletes and coaches must follow all [Manitoba Public Health](#) guidelines and their [regional health authority](#).

All clubs are encouraged to review their Emergency Action Plan in light of COVID-19 restrictions and use the following guidelines to reduce the risk of transmission between participants.

### [Restoring Safe Services – Sports Guidelines](#)

#### **GENERAL GUIDELINES**

Cross country skiing generally takes place outdoors in settings with ample space for physical distancing. When possible, training and skiing on your own or with others in your household or social bubble is strongly encouraged.

- [Check yourself for symptoms every day.](#)
- [Stay at home when you are sick.](#)
- [Get tested if you have symptoms of COVID-19.](#)
- [Wash your hands or use alcohol based hand sanitizer frequently.](#)
- [Cover your cough or sneeze.](#)
- [Maintain a physical distance of at least 2 metres between yourself and others.](#)
- [Wear a non-medical face mask for instances when physical distancing is not possible.](#)
- No physical touching including high fives, fist bumps, handshakes etc.
- Avoid touching your face, particularly your eyes, nose or mouth.
- Avoid high-touch areas and wash &/or sanitize your hands often.

#### **Mask use:**

Currently, [Public Health Canada](#) recommends wearing a homemade non-medical mask/facial covering in the community for periods of time when it is not possible to consistently maintain a 2-metre physical distance from others, particularly in crowded public settings. Mandatory use of masks indoors is a regional decision - please keep informed as to what applies in your area. Wearing a mask during cross country ski activities, unless mandated by local by-laws or public health directives, is not necessary with an emphasis on appropriate physical distancing. Use of a mask is suggested for arrival and departure locations where appropriate physical distancing may not be possible.

#### **NORDIQ CANADA**

[Nordiq Canada Covid Protocol](#) includes many helpful resources for Divisions (such as CCSAM) and Member Clubs (Clubs affiliated with CCSAM) including Insurance Implications and Covid-19 Scenario Plan. The [Return to Play Framework](#) is intended to help clubs modify operations to align with public health measures in places across Canada.