



# Cross Country Skiing



**Practice Proper Hygiene** - Wash hands before and after practice, do not touch your face, avoid touching frequently touched surfaces when at practice. Practice physical distancing of 6 feet/2m when you are able.

**Masking** - Masking is required in all indoor facilities. Coaches will be required to wear a mask at all times. Athletes will be required to wear masks at all times when not competing/practicing, this includes when arriving and departing from the program. Sports must follow facility guidelines regarding masking.



**Facility Protocols** - Check with facility for their protocols. This includes the use of washroom facilities. Any protocols above and beyond those required by SOA put in place by the facility must be followed.

**Restriction Exemption Program** - Please note: SOA is following AHS' Restriction Exemption Program. All athletes and volunteers are required to send in proof of vaccination to [jplecash@specialolympics.ab.ca](mailto:jplecash@specialolympics.ab.ca).

Please be prepared to show proof of vaccination at the facility where programs are held.

## Sport Specific Protocols

### Equipment

- SOA recommends limiting sharing when able. If possible, athletes should use the same equipment from the start to the end of practice.
- If renting is necessary and available, ensure equipment is sanitized before and after use.

### Athletes

- Bring a filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining distancing measures