

SNOWSHOEING PROTOCOL

General	Practice proper hygiene – wash hands before and after practice, do not touch your face, and avoid touching frequently touched surfaces when at practice.
General	All members of the group must practice physical distancing – 3 metres between their gear, themselves, etc. both on and off the snow.
General	All participants must have mouth coverings (masks, balaclava, buff, etc.) and thermal gloves at practice. These must be worn in instances where 3 metres of physical distance cannot be maintained, such as on busy trails, or using a chairlift or gondola.
General	Come ready to begin practice right away – i.e. wear your snow gear, bring a pre-filled water bottle, etc. If warming shelters are open for use, limit to only necessary uses. Do not loiter in the warming hut or parking lots before/after practice.
General	In early stages of the return, athletes must be able to safely participate in snow activities without physical support, and only athletes who can snowshoe independently will participate (i.e. no learn-to programs)
Local Expectation	Maximum group numbers per program in Level 1: OUTDOOR – Must have a ratio of 1 coach to up to 4 athletes, up to a maximum of 10 people in a training group. One of these 10 individuals needs to take on the Program Safety Volunteer role.
Coach	No crossover between training groups once the season starts. Coaches must only train the group of athletes they have been assigned to, no substitutions. If a coach is sick or unwell and the coach ratios cannot be maintained, they will need to inform the athletes that particular practice has been cancelled.
Coach	Inquire about venue protocols prior to practice and be familiar with procedures. Ensure athletes are aware of these protocols and everyone follows them.
Coach	Arrange for an outdoor meeting spot for program start time. If there are multiple programs at the same venue, stagger meeting starting times so groups do not congregate.
Coach	Stagger race starts to avoid athletes passing one another.
On the Track	During training, staggered starts must be used for longer intervals/repeats. Individual athletes must run alone, no group runs.
On the Track	If using an athletics track, athletes must run in lanes and must use alternating lanes (i.e., lanes 1, 3, 5, 7).
On the Track	Workouts must be formatted in a way that allows athletes to maintain physical distancing according to public health agencies. <ul style="list-style-type: none"> • Maintain appropriate physical distance between athletes (side/side) during straight-away style reps. • Staggered starts for longer repeats/intervals.
Equipment	No sharing of equipment. For any personal belongings, please follow the venue protocol and procedures.

Equipment	If rentals are required, please follow facility protocols. Pre-arrange rentals if possible.
Athlete	Athletes must arrive no earlier than 10 minutes before the start of practice and be dressed ready to train.
Athlete	Athletes are expected to put their own gear on and/or have a parent/caregiver/designated support help them. This will need to be done prior to the program start time.