



XCSKI SAFE RESTART FOR COACHES

10 ways to keep your skiers safe:

- Send a welcome email informing parents of new protocols
- Remind everyone to stay home if they are sick
- Be a role model by wearing a face cover at all times
- Provide hand sanitizer to skiers before and after training
- Clearly identify coaching zone and monitor social distancing
- Remind skiers to cover coughs and absolutely prohibit spitting
- Encourage building individual skills and conditioning on their own
- Stagger user group practice times
- Conduct outdoor warm up games while you wait for late-comers
- Discourage mingling before or after training sessions

MORE RESOURCES:

