



# NORDIC SPORTS

(CROSS-COUNTRY SKIING & SNOWSHOEING)

## Sport Guidelines for Return to Activity



## SPORTS OFFERED

### Cross Country Skiing

#### Description

Athletes will train under the guidelines of SOPA's Return to Activities Policy. In Phases B and C, athletes will be able to train in person, providing the following protocols are met:

#### **SOPA Requirements**

- Avoid and limit general public areas and indoor spaces as much as possible to include lodge, rental areas, and restrooms.
- Follow safety protocols (social distance, practice proper hygiene, disinfect touch surfaces, and wear a mask).

#### **Meals**

- It is required that athletes pack their own meals.
- If meals are provided by a third party (volunteer, venue, etc.) food must be individually wrapped and there is to be no sharing of cups, utensils, plates, etc.

#### **Rentals**

- When participants are in the equipment rental area, they must follow all social distancing, PPE, mask wearing, and hygiene protocols.
- SOPA Staff is in the process of communicating with all Alpine/Snowboard training venues to collect and review each mitigation plan.

#### **Warming**

- Avoid training sessions in conditions that would require excessive time indoors for warming purposes.
- When delegation members need to be inside to warm up, follow safety protocols (social distance, practice proper hygiene, disinfect touch surfaces, and wear a mask).

#### Available competition

- 10 Meter Ski Race Classical Technique
- 25 Meter Ski Race – Classical Technique
- 50 Meter Cross-Country Skiing Race - Classical Technique
- 100 Meter Cross-Country Skiing Race - Classical Technique
- 500 Meter Cross-Country Skiing Race
- 1 Kilometer Cross-Country Skiing Race
- 2.5 Kilometer Cross-Country Skiing Race
- 5 Kilometer Cross-Country Skiing Race
- 7.5 Kilometer Cross-Country Skiing Race
- 10 Kilometer Cross-Country Skiing Race
- Fitness Heptathlon

## Snowshoeing

### Description

Athletes will train under the guidelines of SOPA's Return to Activities Policy. In Phases B and C, athletes will be able to train in person, providing the following protocols are met:

### **SOPA Requirements**

- Avoid and limit general public areas and indoor spaces as much as possible to include lodge, rental areas, and restrooms.
- Follow safety protocols (social distance, practice proper hygiene, disinfect touch surfaces, and wear a mask).

### **Meals**

- It is required that athletes pack their own meals.
- If meals are provided by a third party (volunteer, venue, etc.) food must be individually wrapped and there is to be no sharing of cups, utensils, plates, etc.

### **Rentals**

- When participants are in the equipment rental area, they must follow all social distancing, PPE, mask wearing, and hygiene protocols.
- SOPA Staff is in the process of communicating with all Alpine/Snowboard training venues to collect and review each mitigation plan.

### **Warming**

- Avoid training sessions in conditions that would require excessive time indoors for warming purposes.
- When delegation members need to be inside to warm up, follow safety protocols (social distance, practice proper hygiene, disinfect touch surfaces, and wear a mask).

**Available competition** Events will be finalized when we determine participation

- 25 Meter Race
- 50 Meter Race
- 100 Meter Race
- 200 Meter Race
- 400 Meter Race
- 800 Meter Race
- 1600 Meter Race
- 5K Race 10K Race
- Fitness Heptathlon

### Virtual Competition Entry Information

- Athletes are allowed to enter events as they typically do. Please refer to SOPA rule book.
- Entry scores will be due three (3) weeks prior to State level competitions, the coach will record a entry scores for each athlete in their chosen event(s). These scores will be used for divisioning and must follow the SOPA Honor Code.
- Coaches will record and submit the athlete's numerical score in the chosen event(s)
- The entry score will be submitted to the Sport and Competition Coordinator/Regional Sport Director for submission.

### Phase B and C Competition

- Athletes will be divisioned according to their entry scores.
- Deadline for final scores will be the Monday prior to the event; final scores should be sent to your Sport and Competition Coordinator/Regional Sport Director. These will then be submitted to the appropriate SOPA Competition Director to produce the final results for each event.

### Fitness Heptathlon

#### [SOPA Fitness Heptathlon website](#)

- As we are seeing an increase in COVID-19 cases, we want to ensure that our athletes are continuing to stay active. We highly encourage all who are training in-person to also participate in the Fitness Heptathlon. By participating in both, should a training site need to revert back to at home training, athletes will still have the opportunity for competition.
- Coaches must communicate their participation to their program Sport & Competition Coordinator.
- [Fitness Heptathlon Fact Sheet](#) and [Fitness Heptathlon ATHLETE Fact Sheet](#)
- Review the Fitness Heptathlon coaches guide on the [website](#).
- You can find weekly training plans on the [website](#).
- As a reminder, in order for athletes to be considered for 2022 USA Games selections they MUST be actively participating in at least one SOPA Commit to Fit activity – don't miss out on the opportunity and get signed up today!
- Important dates for submission to SOPA
  - VSys Roster due by December 7<sup>th</sup>
  - Baseline scores due by December 17<sup>th</sup>
  - Mid-Season scores due by January 21<sup>st</sup>
  - Final scores due by February 25<sup>th</sup>