



Pre-approved Training Activities

Please review the information provided to ensure that all your dry-land training programs are based on acceptable activities and do not include any of the excluded activities as determined by Cross Country Canada.

ON SNOW AND OFF SNOW

ACCEPTABLE DRY-LAND TRAINING – (CROSS COUNTRY SKIING)

- Running
- Hiking
- Snowshoeing
- Swimming
- Paddle Boarding
- Canoeing / Kayaking (excluding white-water)
- Nordic walking and Nordic walking activities
- Roller-skiing: (helmets mandatory; wrists guards, pads recommended)
 - as a **training** activity that includes coach-organized and directed individual time trials and conducted in accordance with *CCC Policy 2.1.5 Roller Skiing*.
 - as a **competition** as long as the member organizer adheres to *CCC Policy 2.2.1 Competition Sanctioning and Registration*
- Rollerblading
- Road cycling
 - only as a **training** activity as prescribed by a coach regardless of the type of bike used in that activity.
- Mountain biking (off the road "mountain biking" **training** activities)
 - third party coverage **ONLY** which means that there is insurance coverage if the athlete runs into and is sued by a hiker on the trail.
 - **NO** second party coverage (there is no coverage when the athlete gets injured and sues the coach for negligence in suggesting that the athlete train on that trail.
- Recreational cycling (road bikes) is covered when done **only** as a **supervised training** activity in group.
- Organized games (i.e. soccer, hill/track intervals, weight and resistance training properly supervised)
- Off-season glacier skiing as part of controlled training
- Back Country Skiing and Overnight Camping (requires a club approved and designated leader with suitable qualifications, registration with division and approval from insurer)

EXCLUDED

- Recreational biking (mountain biking) of athletes/members (bike parks, etc as individuals)
- Competitive biking (any type of bike) for events or time trials.
- Mountain climbing / Rock climbing (considered a high risk activity)
- Waterskiing / Wakeboarding / Parasailing / White-water Canoeing/Kayaking
- Paintball

Other activities may be covered but contact your Division office first to ensure the activity would be covered in the policy.