



CSA Guidelines for Remote Training During the COVID-19 Pandemic

Many of our Snowsports clubs across Canada wish to provide some form of remote training to their members through various types of technology during the COVID-19 pandemic.

Offering remote training can provide clubs and their participants a sense of normalcy, daily physical activity, fun, and a reduced impact of detraining.

The CSA, under which each member NSO, PTSO and their clubs belongs, is prepared to temporarily modify **the scope of the CSA's CGL Policy to allow specific remote training (providing certain rules are followed)**.

In order to provide remote training and be covered under CSA's CGL insurance, PTSO and clubs must adhere to the following requirements:

1. Clubs must be aware that remote training is **only covered under CSA's general liability policy under strict requirements**.
2. Costs that are usually covered under the CSA SAIP policy may **not** be covered. This is separate from CGL.
3. As usual **Remote training coverage applies only to those members who are members of the appropriate NSO and cannot be extended to non-members**. All members must have executed the appropriate membership documents and be listed with their NSO.
4. Publicly-accessible broadcast tools such Facebook Live, YouTube, etc. are **not** acceptable methods of remote-training delivery. Any club or PTSO must consider the use of controlled, multi-screen video conferencing tools such as Skype or Zoom.
5. Each club must provide their NSO with a list of coaches that are delivering remote training. Only **certified** coaches registered and in good standing with their NSO can offer remote training (**no exceptions permitted**).
6. At the beginning of each remote training session, Coaches must verify that **only registered members** are at the other end of the remote communication tools (for example, non-member siblings are not allowed to participate).
7. Good record keeping must be maintained. Coaches are required to maintain a log of who is in attendance, what instruction is provided, by whom, and the date for each session. Each athlete should also maintain a personal log containing their information.
8. Keep in mind that while, specific remote training programming is permitted; regular programming at gym or other facilities remains prohibited and must follow the applicable local Rules and regulations.
9. Certified coaches that are registered with their NSO are permitted to develop physical activities and conditioning plans for athletes that are reasonable and safe, with consideration of each participants abilities, accessible space, and equipment. Coaches must carefully consider and select appropriate, individualized programming to meet each participant's needs.
10. Use of trampoline or other devices that require direct supervision is strictly prohibited.
11. In accordance with [Safe Sport guidelines](#), coaches should refrain from one-on-one communication with participants, particularly those who are minors. If communication must be directed at one participant, there should be an adult on either side of the call to supervise (e.g. a parent beside the participant, or another adult with the coach).

The CSA will be pleased to address any specific concerns or questions as we deal with this unique and challenging situation.