

## **Pre-approved Dry-land 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 Canadian Snowsports Association.

## ON SNOW AND OFF SNOW

ALL dry-land or conditioning programs should be established, set-up, controlled and monitored by suitably trained specialists.

## **ACCEPTABLE DRY-LAND TRAINING**

- ✓ Running
- ✓ Hiking
- ✓ Snowshoeing
- ✓ Swimming
- ✓ Paddle Boarding / Canoeing / Kayaking (excludes white-water, overnight camping)
- ✓ Nordic walking and Nordic walking activities
- ✓ Roller-skiing: (helmets mandatory; wrists guards, pads strongly recommended)
  - > only as a *training* activity that includes coach-organized and directed individual time trials
- ✓ Grass Skiing
- ✓ Rollerblading
- ✓ Road cycling
  - only as a training activity as prescribed by a coach or sports science regardless of the type of bike used in that activity
- ✓ Mountain biking (off the road "mountain biking" *training* activities)
  - only as a *training* activity as prescribed by a coach or sports science
    <u>Note:</u> Mountain biking must not be done alone, must be supervised.
  - ➤ 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 or another athlete for negligence for suggesting that the athlete train on that trail
- ✓ Recreational cycling (road bikes) is covered when done <u>only</u> as a <u>supervised training</u> activity in group setting.
- ✓ "Fat Biking" (off-road) on groomed trails only as a supervised training plan activity.
- ✓ 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 <u>specific</u> CSA approval with designated leader <u>possessing suitable qualifications</u>)

## **EXCLUDED**

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