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

ACCEPTABLE DRY-LAND TRAINING

✔ 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)
  ➢ only as a training activity that includes coach-organized and directed individual time trials
✔ 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)
  ➢ 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 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 specific CSA approval with designated leader with suitable qualifications)

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 Canoeing/Kayaking
X Paintball
X Rock Climbing

Other activities may be covered but your Discipline office must contact Canadian Snowsports Association first, to ensure the activity would be covered under the policy.