



FREESTYLE ONTARIO COVID-19 PROTOCOLS

UPDATES

November 27, 2020: Freestyle Ontario COVID-19 Protocols released. These protocols replace the former Freestyle Ontario COVID-19 Return to Activity Protocols.

December 9, 2020: Outdoor activities occurring in any region with a risk level other than Prevent (Green) must maintain a distance of 3 metres between individuals.

December 26, 2020: All FO member clubs must abide by Grey Zone protocols for Ontario based training until the end of the Provincewide Shutdown ends in their region.

February 10, 2021: The December 9th, 2020 three metre physical distancing rule lowered to two metres when the individuals are not engaged in fitness or exercise activities. Members of the same household may now be within 2 metres.

June 8, 2021: Protocols rewritten to align with the Government of Ontario's Roadmap to Reopen.

June 30, 2021: Protocols for Step 2 added. Step 2 updates effect group size, physical distance, trampoline spotting, spectator requirements, and overnight camps.

July 16, 2021: Protocols for Step 3 added. Step 3 updates effect physical distancing, mask wearing, and spectator requirements (Section 3. Step 3). Preventing/controlling crowding added to SAFETY PLAN requirements (Section 2.5)

October 8, 2021: Vaccination requirements added to Step 3. Physical distancing requirements for teaching and instruction in Step 3 updated.

November 8th, 2021: Out-of-province restrictions updated. In the interest of providing the most current information, the vaccination section on page 15 is updated by replacing Ontario regulation 645/21 with 364/20. 645/21 is a regulation that amended 364/20, and its content has since been incorporated into 364/20.

January 5, 2022: Step 2 updated to align with the Government of Ontario's updated Step 2 regulations. This includes: Clubs may no longer provide overnight supervision in Step 2; Proof of vaccination requirements added to Step 2; Physical distancing requirements lowered from 3 metres down to 2 metres; Spectator restrictions changed to 50% capacity.

January 12, 2022: Step 2 updated with physical distancing requirements that are specific to the ski hill and competition environment.



Feb 5, 2022: Step 3 physical distancing requirements updated to align with updates made to 364/20.

March 1, 2022: Roadmap Exit Step added; self-assessments now permitted for Roadmap Exit Step in the Pre-Activity Risk Mitigation section.

NEXT SCHEDULED UPDATE

These protocols will be updated as the COVID-19 situation evolves within Ontario.



INTRODUCTION

The purpose of Freestyle Ontario's (FO) COVID-19 protocols is to allow FO members to participate in our sport during the COVID-19 pandemic in a way that minimizes the risk of transmission. These protocols are designed to align with the provincial government's COVID-19 regulations. They also provide best practices to help FO's membership in making responsible decisions.

FO's COVID-19 protocols compliment the COVID-19 protocols of freestyle skiing venues such as ski resorts, water ramp, air bags, trampoline facilities, and gyms/fitness centres.

FO's protocols are separated into 4 sections. Each section begins with mandatory protocols and is followed by recommendations of best practices. These sections include:

1. Education
2. Pre-Activity Risk Mitigation
3. Training & Competition
4. Out-of-Province

The Training & Competition section is divided into the 3 steps that align with the provincial government's Roadmap to Reopen.

HOW TO USE THIS DOCUMENT

Before Attending an Activity: Sections 1. Education and Section 2. Pre-Activity Risk Mitigation should be reviewed prior to attending any sanctioned Freestyle Ontario activity occurring within Ontario.

During an Activity: Section 3. Training & Competition outlines what to do during a sanctioned Freestyle Ontario activity occurring within Ontario.

Out-of-Province: Section 4. Out-of-Province outlines what to do if a sanctioned Freestyle Ontario activity occurs outside of Ontario.

BEST JUDGEMENT

Engaging in any activity during the COVID-19 pandemic comes with a certain degree of risk. The COVID-19 pandemic continues to be a fluid and dynamic situation. FO members and participants are to use this document in addition to their best judgement as they navigate this risk.



SCOPE OF POLICY

If a topic is not covered in this document, FO members are to refer to the appropriate government regulations and public health recommendations to guide their actions.



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SECTION 1. EDUCATION

EDUCATION PROTOCOLS

Before engaging in freestyle skiing activities FO members must be aware of the current Ontario Government and local health authority guidelines for the health region they are training or competing in.

This includes but is not limited to, determining what Step in the Roadmap to Reopen the province is in, and what the COVID-19 protocols and recommendations are for activities occurring within that region.

The Steps include:



Additionally, FO members must be review and know intimately the COVID-19 protocols of the facility they are training or competing at.

This education is important for all members, but is CRITICAL for persons organizing training or competition such as coaches, program directors, and club board members.

EDUCATION BEST PRACTICES

- COVID-19 Coordinator: Assign a person at the club the role of “COVID-19 Coordinator” for the duration of the membership year, whose role is to ensure the club is up to date on the above information. Identify the club’s COVID-19 Coordinator to FO.
- Stay Informed: Stay in tune with FO’s club communications to be aware of relevant changes to government information that FO may distribute. This includes having the COVID-19 Coordinator subscribe to, and read, FO’s Newsletter.
- Club Meeting: Host a club meeting before the season begins and share these protocols, club protocols, and your club’s primary facilities protocol’s with club members.



SECTION 2. PRE-ACTIVITY RISK MITIGATION

PRE-ACTIVITY RISK MITIGATION PROTOCOLS

1. Assessments/Screening

FO clubs must conduct assessments of their members to monitor if they fall under any of the below categories before attending each day of training or competition, unless they are training in an area that is at the Roadmap Exit Step. At the Roadmap Exit Step, clubs may choose to have members perform a self-assessment. A new assessment must be completed before each training or competition day. The assessment must ask the member if:

- They are experiencing symptoms of COVID-19
- They have been in close contact with someone who currently has COVID-19
- They have been in close contact with someone who is experiencing COVID-19 symptoms
- They have been in close contact with someone who has travelled outside of Canada in the last 14 days.

For a full list of COVID-19 symptoms please visit: <https://www.ontario.ca/page/covid-19-stop-spread#section-0>

FO will conduct these assessments for all training and coaching courses ran directly by FO.

If a person falls under one of the above categories, the member is required to follow the applicable government requirements and recommendations for people within that particular category. Ontario's requirements and recommendations can be found by using their COVID-19 Self-Assessment available at: <https://covid-19.ontario.ca/self-assessment/>

FO can provide templates and formats for the club's assessments.

2. At-Risk Groups

FO members must also determine if they are part of an "at-risk group" and notify their club that they have self-identified as such and understand they are at greater risk of complications from contracting COVID-19.



3. Waivers

FO clubs must collect a COVID-19 waiver from all persons participating in club sanctioned activities.

FO can provide templates and formats for these waivers.

4. Response Plan

FO clubs must create a COVID-19 response plan to activate in the event a member tests positive for COVID-19.

5. Safety Plan

All FO clubs must have a written safety plan that is published in a conspicuous place where it is most likely to come to the attention of the club's members. This safety plan must:

- Describe how the club will take action to reduce the transmission risk of COVID-19.
- Describe how the club or facility will implement screening, physical distancing, masks or face coverings, cleaning and disinfecting surfaces and objects, the wearing of personal protective equipment, prevent/control crowding, as well as any other risk mitigation measures that are relevant to their club's operations.
- Not be more lenient than what is written in Freestyle Ontario's COVID-19 Protocols.

FO can provide a template for this safety plan upon request.

5. Contact Tracing:

Clubs must keep a record of the contact information of all FO Members and non-FO Member that attend the activity. For greater clarity, this includes parents or guardians of athletes who enter the facility where the activity occurs. Records must be kept for at least one month. Records are only to be disclosed to a medical officer of health or an inspector under the *Health Protection and Promotion Act* on request for a purpose specified in section 2 of that Act or as otherwise required by law.



PRE-ACTIVITY RISK MITIGATION BEST PRACTICES

- Book the facility in advance.
- Conduct your assessments and waivers digitally to ensure accurate record keeping and decrease the chance of losing data.
- Ensure all club members provide contact information to allow for contact tracing to take place if necessary.
- Create refund and cancellation policies that encourage people to feel comfortable staying home when they are experiencing symptoms.
- Current provincial health recommendations are to avoid close contact with people outside your household. Please keep this in mind as make your travel arrangements.



SECTION 3. TRAINING AND COMPETITION

SHUTDOWN

No in-person training or competition for non-national team athletes.

STEP 1

FO sanctioned outdoor events, competitions, and club programming shall follow the COVID-19 risk mitigation protocols of the host ski resort or facility. Along with the host ski resort/facility's protocols, FO sanctioned events, competitions, and programs shall follow the below protocols:

Indoor Programming: No programming may occur indoors for non-national team athletes.

Outdoor Programming: Outdoor programming may occur, providing all other Step 1 protocols are followed.

Group Size:

- No more than 10 athletes per group at any one time.
- If multiple groups are at the same facility, athlete group members must not congregate or engage in in-person interactions with athletes from other groups.
- An athlete must not join more than one group per day.

Physical Distancing: FO members must maintain a minimum distance of *3 metres* between themselves and every other person at the facility. Training activities that are likely to result in individuals coming within three metres of each other must not be performed. FO members may be within 3 metres of another person if:

- Medical Emergency: The situation is a medical emergency that requires the 3 metre rule to be broken for the purpose of health and safety.
- Medical Services: The person is a physiotherapist, athletic therapist, registered massage therapist, medical doctor, nurse, or some other sport or medical professional that requires the person to be within 3 metres of their client, patient, or athlete in order for them to perform their services, and the below criteria is met:
 - The local regional, provincial, and national laws and health guidelines permit the sport or medical professional to operate within 3 metres of their client, patient, or athlete, *and;*



- The sport or medical professional has shared with the club their COVID protocols, and the club has approved the medical professional to operate within 3 metres of their client, patient, or athlete using these protocols, *and*;
- The client, patient, or athlete is comfortable with the sport or medical professional to work with them within 3 metres.
- Households: the persons are of the same household.

Masks or Face Coverings: A mask or face covering that covers a person's mouth, nose, and chin must be worn if:

- The person is indoors at a facility.
- The person is likely to come within 3 meters of another person who is not a member of their household.

Equipment: Shared equipment such as radios, computers, tablets, and tables must be cleaned and disinfected as frequently as is necessary to maintain a sanitary condition.

Spectators: No spectators are permitted. However, a person under the age of 18 years who is engaged in activities in the facility may be accompanied by one parent or guardian, providing this does not exceed the capacity limitations of the facility.

Overnight Supervision: No club shall provide supervised overnight accommodations for athletes. Chaperoning must be provided by a member of the athlete's household.



STEP 2

FO sanctioned outdoor events, competitions, and club programming shall follow the COVID-19 risk mitigation protocols of the host ski resort or facility. Along with the host ski resort/facility's protocols, FO sanctioned events, competitions, and programs shall follow the below protocols:

Indoor Programming: No programming may occur indoors for non-national team athletes.

Outdoor Programming: Outdoor programming may occur, providing all other Step 2 protocols are followed.

Group Size:

- Groups must be limited to a number of people who can maintain a minimum of 2 metres physical distance from all other individuals.

Physical Distancing: FO members must maintain a minimum distance of *2 metres* between themselves and every other person at the facility. Activities that are likely to result in *physical contact* must not be performed. FO members may be within 2 metres of another person if:

- Medical Emergency: The situation is a medical emergency that requires the 2 metre rule to be broken for the purpose of health and safety.
- Medical Services: The person is a physiotherapist, athletic therapist, registered massage therapist, medical doctor, nurse, or some other sport or medical professional that requires the person to be within 2 metres of their client, patient, or athlete in order for them to perform their services, and the below criteria is met:
 - The local regional, provincial, and national laws and health guidelines permit the sport or medical professional to operate within 2 metres of their client, patient, or athlete, *and;*
 - The sport or medical professional has shared with the club their COVID protocols, and the club has approved the medical professional to operate within 2 metres of their client, patient, or athlete using these protocols, *and;*
 - The client, patient, or athlete is comfortable with the sport or medical professional to work with them within 2 metres.
- Households: the persons are of the same household.



- Necessary for Teaching and Instruction: It is necessary for effective teaching or instruction between two people to occur (e.g. mat spotting on a trampoline). In this circumstance, at least one person must be wearing a mask or face covering, and no personal contact may occur.
- Ski Lifts: If permissible by the ski resort, persons may be within 2 metres of one another on ski lifts.
- Judges Stand: If permissible by the ski resort, judges may be within 2 metres of one another when on the judges stand, or it is necessary for reviewing scores. A mask or face covering that covers a person's mouth, nose, and chin must be worn if judges are within 2 metres of another person.
- Transactions: You may temporarily be within 2 metres when necessary to complete a transaction or to receive a service, if the individual wears a mask or face covering.
- Hallways: You may temporarily be within 2 metres when passing one another in a confined location, such as in a hallway or aisle if the individual wears a mask or face covering.

Masks or Face Coverings: A mask or face covering that covers a person's mouth, nose, and chin must be worn if:

- The person is indoors at a facility.
- The person is within 2 metres of another person. In this circumstance, they must follow the requirements outlined in the Physical Distancing section of Step 2.

Equipment: Shared equipment such as radios, computers, tablets, and tables must be cleaned and disinfected as frequently as is necessary to maintain a sanitary condition.

Spectators:

- Spectators are permitted, but must not exceed 50 per cent capacity of the spectator area, using one of the following formulas:
 - Non-Designated Area for Seating: Divide the total square metres of the floor area available for spectators to stand or sit by 8, rounded down to the nearest whole number.
 - Designated Area for Seating: 50 per cent of the usual seating capacity.
- Spectators must wear a mask that covers their nose, mouth, and chin if they are within 2 metres of someone from outside their household.



Overnight Supervision: No club shall provide overnight supervision for athletes.

Vaccinations: Member clubs must have at least one member of their leadership team (e.g. member of the board of directors, program director, etc...) become educated in all facility, municipal, regional, provincial, and federal vaccination requirements that are applicable to their club's activities, The club's leadership must ensure that their club's activities are in compliance with all appropriate regulations and requirements.

At an Ontario provincial level, this means becoming educated in the most current version of all of the following government documents:

- Ontario Regulation 263/20: <https://www.ontario.ca/laws/regulation/200263>
- Ontario Ministry of Health's Proof of Vaccination Guidance for Businesses and Organizations under the *Reopening Ontario Act*:
https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/guidance_proof_of_vaccination_for_businesses_and_organizations.pdf

As an additional resource, it is highly recommended that the member of the club's leadership team review the following:

Ontario Human Rights Commission Policy Statement on COVID-19 Vaccine Mandates and Proof of Vaccine Certificates: http://www.ohrc.on.ca/en/news_centre/ohrc-policy-statement-covid-19-vaccine-mandates-and-proof-vaccine-certificates

In addition to the above mentioned province of Ontario documents, the vaccination requirements of the facility, municipal government, regional health unit, provincial government (if outside of Ontario), and federal government must be followed. These requirements may differ from location to location.



STEP 3

FO sanctioned outdoor events, competitions, and club programming shall follow the COVID-19 risk mitigation protocols of the host ski resort or facility. Along with the host ski resort/facility's protocols, FO sanctioned events, competitions, and programs shall follow the below protocols:

Indoor Programming: Indoor programming may occur, providing all other Step 3 protocols are followed.

Outdoor Programming: Outdoor programming may occur, providing all other Step 3 protocols are followed.

Group Size:

- Groups must be limited to the capacity limitations of the facility, and no more than 10 athletes per coach (as per Freestyle Canada's insurance requirements).

Physical Distancing:

- FO members must maintain a minimum distance of *2 metres* between themselves and every other person at the facility. FO members may be within 2 metres of another person if:
 - Medical Emergency: The situation is a medical emergency that requires the 2 metre rule to be broken for the purpose of health and safety.
 - Medical Services: The person is a physiotherapist, athletic therapist, registered massage therapist, medical doctor, nurse, or some other sport or medical professional that requires the person to be within 2 metres of their client, patient, or athlete in order for them to perform their services, and the below criteria is met:
 - The local regional, provincial, and national laws and health guidelines permit the sport or medical professional to operate within 2 metres of their client, patient, or athlete, *and;*
 - The sport or medical professional has shared with the club their COVID protocols, and the club has approved the medical professional to operate within 2 metres of their client, patient, or athlete using these protocols, *and;*



- The client, patient, or athlete is comfortable with the sport or medical professional to work with them within 2 metres.
- Households: the persons are of the same household.
- Necessary for Teaching and Instruction: It is necessary for effective teaching or instruction between two or more people to occur (e.g. mat or hand spotting on a trampoline). In this circumstance, no more than one person in the group is permitted to not wear a mask or face covering at any one time. If hand spotting, the spotter must wash or sanitize their hands after spotting.
- They are at a facility used for sports or recreational fitness activities, such as a ski hill.

Masks or Face Coverings:

- Athletes: While an athlete is engaged in a sport activity (e.g. skiing), they do not need to wear a mask or face covering. For greater clarity, being engaged in a sport activity refers to actually *doing* the sport activity (e.g. skiing, jumping on a trampoline, using a ramp, etc...).
- A mask or face covering that covers a person's mouth, nose, and chin must be worn if:
 - The person is indoors at a facility, and is not an athlete who is currently engaged in a sport activity, or;
 - The person is within 2 metres of another person from outside their household, and is not an athlete who is currently engaged in a sport activity.

Equipment: Shared equipment such as radios, computers, tablets, and tables must be cleaned and disinfected as frequently as is necessary to maintain a sanitary condition.

Spectators:

Spectator Capacity Limits: Spectators are permitted, but must not exceed:

- Indoor Designated Area for Seating: 50% of the usual seating capacity, or 1,000 persons, whichever is less.
- Indoor Non-Designated Area for Spectators: 50% of the fire code capacity, or 1,000 persons, whichever is less.



- Outdoor Designated Area for Seating: 75% of the usual seating capacity, or 15,000 persons, whichever is less.
- Outdoor Non-Designated Area for Spectators: 75% capacity, or 5,000 persons, whichever is less. To calculate 75% capacity, divide the total square metres of area accessible to the public by 1.33, rounded down to the nearest whole number.

Spectator Masks & Face Coverings:

- Indoors: Spectators must wear a mask or face covering that covers their nose, mouth, and chin while indoors.
- Outdoors: Spectators must wear a mask or face covering that covers their nose, mouth, and chin when they are within 2 metres of a person from outside their household.

Overnight Supervision: Clubs may provide supervised overnight accommodations for athletes, providing they operate in a manner that is consistent with the safety guidelines for COVID-19 for overnight camps produced by Ontario's Office of the Chief Medical Officer of Health, as available at: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/school-resources/day-and-overnight-camps>

Vaccinations: Member clubs must have at least one member of their leadership team (e.g. member of the board of directors, program director, etc...) become educated in all facility, municipal, regional, provincial, and federal vaccination requirements that are applicable to their club's activities, The club's leadership must ensure that their club's activities are in compliance with all appropriate regulations and requirements.

At an Ontario provincial level, this means becoming educated in the most current version of all of the following government documents:

- Ontario Regulation 364/20: <https://www.ontario.ca/laws/regulation/200364>
- Ontario Ministry of Health's Proof of Vaccination Guidance for Businesses and Organizations under the *Reopening Ontario Act*: https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/guidance_proof_of_vaccination_for_businesses_and_organizations.pdf

As an additional resource, it is highly recommended that the member of the club's leadership team review the following:



Ontario Human Rights Commission Policy Statement on COVID-19 Vaccine Mandates and Proof of Vaccine Certificates: http://www.ohrc.on.ca/en/news_centre/ohrc-policy-statement-covid-19-vaccine-mandates-and-proof-vaccine-certificates

In addition to the above mentioned province of Ontario documents, the vaccination requirements of the facility, municipal government, regional health unit, provincial government (if outside of Ontario), and federal government must be followed. These requirements may differ from location to location.



ROADMAP EXIT STEP

FO sanctioned outdoor events, competitions, and club programming shall follow the COVID-19 risk mitigation protocols of the host ski resort or facility. Along with the host ski resort/facility's protocols, FO sanctioned events, competitions, and programs shall follow the below protocols:

Indoor & Outdoor Programming: Indoor and outdoor programming may occur, providing all other Roadmap Exit Step protocols are followed.

Group Size:

- No more than 10 athletes per coach (as per Freestyle Canada's insurance requirements).

Masks or Face Coverings:

- Athletes: While an athlete is engaged in a sport or fitness activity, they do not need to wear a mask or face covering. For greater clarity, being engaged in a sport activity refers to actually *doing* the sport activity (e.g. jumping on a trampoline, using a ramp, etc...).
- A mask or face covering that covers a person's mouth, nose, and chin must be worn if:
 - The person is indoors at a facility, and is not currently engaged in a sport or fitness activity, or;
 - The facility requires a mask to be worn.

Overnight Supervision: Clubs may provide supervised overnight accommodations for athletes, providing they operate in a manner that is consistent with the safety guidelines for COVID-19 for overnight camps produced by Ontario's Office of the Chief Medical Officer of Health, as available at: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/school-resources/day-and-overnight-camps>



OUTDOOR EVENT, COMPETITION, & CLUB PROGRAMMING BEST PRACTICES

- Plan ahead.
- Dress appropriately.
- Have athletes get dressed and ready at their vehicle or arrive at training in the necessary apparel.
- Encourage athletes to take lunch or breaks at their vehicle.
- Make a plan for how to manage meals, snacks, and break times. This may include modifications to the club's typical daily schedule.
- It is recommended that masks or face coverings are worn at all times, including during training even when this is not required by facility protocols.
- Be prepared with extra masks, disinfectant, and hand sanitizer to supplement what the facility can provide.
- Do not touch your face or another person's face.
- Schedule training so that each athlete receives instruction from only one coach, and coaches do not interact with multiple groups of athletes.
- Schedule training with the minimum number of coaches that can safely train an athlete of that skill level.
- Encourage physically distanced congratulations such as 'air' high fives in response to an awesome trick.
- Group athletes from the same household together for training when possible.
- Avoid busy long chairlift lines when possible.
- Wearing ski gloves is not an alternative to engaging in proper hand hygiene practices. Ski gloves should be treated the same as hands that have not been sanitized.



INDOOR TRAINING BEST PRACTICES

Please note that the below best practices are only applicable to when indoor training is permitted.

- Plan ahead.
- Have athletes get dressed and ready at their vehicle or arrive at training in the necessary apparel to discourage use of change rooms.
- Encourage athletes to take lunch or breaks at their vehicle or outside.
- It is recommended that masks or face coverings are worn at all times, including during training even when this is not required by facility protocols.
- Be prepared with extra masks, disinfectant, and hand sanitizer to supplement what the facility can provide.
- Consider conducting club meetings, or “classroom” style training/education virtually when it is possible to do so.
- Do not touch your face or another person’s face.
- Schedule training so that each athlete receives instruction from only one coach, and coaches do not interact with multiple groups of athletes.
- Schedule training with the minimum number of coaches that can safely train athlete of that skill level.
- Encourage physically distanced congratulations such as tapping your own poles together, or ‘air’ high fives in response to an awesome trick.
- Group athletes from the same household together for training when possible.
- Avoid busy long lines when possible.
- Make a plan for how to manage meals, snacks, and break times. This may include modifications to the club’s typical daily schedule.
- Wearing ski gloves is not an alternative to engaging in proper hand hygiene practices. Ski gloves should be treated the same as hands that have not been sanitized.



SECTION 4. OUT-OF-PROVINCE

OUT-OF-PROVINCE ACTIVITIES

FO members may engage in Freestyle Canada sanctioned activities within Canada, but outside of the province of Ontario, providing the following protocols are followed:

- a) FO individual members and FO member clubs must follow all federal, provincial, and regional guidelines and restrictions concerning COVID-19 for each location they visit when traveling outside of Ontario. It is the responsibility of both the individual member and the member club to educate themselves in these guidelines and restrictions.

OUT-OF-PROVINCE CLUB ACTIVITIES WITHIN FREESTYLE ONTARIO'S BOUNDARIES

Freestyle Canada member clubs engaging in activities within Freestyle Ontario's boundaries, as identified in Freestyle Canada's By-Laws, must follow the Freestyle Ontario COVID-19 Protocols.