



## Bunny and Jackrabbit Program FAQ

### What program should I enrol my child in?

Foothills Nordic Ski Club offers Cross Country Canada's Bunny and Jackrabbit program for children between the ages of 4 and 10. This is a skill *and* age based program where we aim to balance ski skill and age-appropriate groupings to best meet the social and ski skill development needs of children. The following guidelines should be used when selecting a program for your child. Returning Bunnies/Jackrabbits should refer to last season's end-of-year evaluation (this information is on file with the Administrator) when registering.

Your child's skills will be evaluated during the first two weeks of on-snow sessions to determine which level they should be in; movement between levels is possible where appropriate.

My child has ***already completed*** one or more years of the Bunny/Jackrabbit program.

Refer to end-of-season evaluation and register in level recommended by coach.  
**Contact [Foothills Administrator](#) with questions.**

My child is ***NEW*** to the Bunny/Jackrabbit program.  
(Age as of December 31)

Age\*

4 or 5 years old

6 or 7 years old

8, 9 or 10 years old

Register in:

Bunny 1

JR 1

JR Learn to Ski

### My child is a really good skier, can I enrol them in a higher level?

Register your child in the level indicated in the two charts above. Our programs have many great young skiers! In our experience, children in the Bunny and Jackrabbit programs have the most positive experiences when grouped with similarly-aged skiers given the significant social growth that occurs in this age bracket. Your child's skills will be evaluated in the first two on-snow sessions and coaches will recommend whether movement to another level is appropriate.

### Why is the age cut-off for programs not the same as school age cut-off?

Age cut-off is based on Cross Country Alberta and Cross Country Canada age categories, which use December 31<sup>st</sup> of the current winter to determine program age.

### Why can the on-snow season start date change?

Snow and below-freezing temperatures are unpredictable. Confederation Park Ski Trails may have insufficient natural and/or man-made snow for Nordic skiing. Thus, we cannot guarantee an on-snow start date for the season. An indoor session may be added if on-snow start is delayed.

## What equipment is needed?

Participants in Bunnies and Jackrabbits are expected to have appropriate ski equipment and winter clothing.

Level	Ski Equipment Needed
Bunny 1 & 2	Classic or combi boots and waxless skis. No poles.
JR 1	Classic or combi boots, waxable or waxless skis and classic-length poles.
JR 2	Classic or combi boots, classic skis and classic poles (waxable skis strongly recommended).
JR 3 & 4	Classic or combi boots, classic skis and classic poles (waxable skis required). Skate or combi boots, skate skis and skate poles are optional (can strip grip wax from classic skis and use classic skis and classic poles for skate sessions).
JR +	Classic or combi boots, classic skis and classic poles (waxable skis required). Skate or combi boots, skate skis and skate poles are strongly recommended (can strip grip wax from classic skis and use classic skis and classic poles for skate sessions but skate skis and skate poles are strongly recommended).
	NOTE: If classic skis are used for skate sessions, they must be properly prepped prior to each session (all grip wax stripped from kick-zone).

More specific information on equipment and clothing will be presented at the Parent Information Night prior to season commencement. Local swaps and retailers are a good source of equipment. Cross Country Canada's website also has [helpful details on equipment](#).

## What is your cold weather cut off policy and does it include windchill?

The cold weather cut off is -18°C (air temperature) at 2:00 PM for afternoon sessions and 4:00 PM for evening sessions. Cancellation decisions are based on a number of considerations: wind, temperature trend, how many other sessions have already been canceled, dangerous conditions (i.e. extremely icy) and overall suitability for a Bunny/Jackrabbit session. In some borderline weather conditions, program coordinators may run shortened sessions.

## Why do some programs cancel a session while others do not?

In certain borderline weather conditions, some program coordinators will opt to cancel a session, while others will run their sessions. These decisions are based on balancing the ability to make up the session, delivering maximum program value, and the age of participants. For instance, youth programs that run two to three days per week (and weekends) have a greater opportunity to make up missed sessions than 10 or 12 week programs.

## Why are some Bunny and Jackrabbit coaches paid while others are volunteers?

To fulfill the coaching demands of our large Bunny and Jackrabbit programs (upward of 40 Bunny and JR coaches per season), the club employs a part-time paid and volunteer coaching model. In general, all non-parent coaches, the majority being youth coaches, are paid for their time coaching. Volunteer adult coaches provide valuable mentoring to youth coaches. This model enables us to provide a high-

value program while at the same time building a foundation of excellent youth coaches (who are often skiing in Foothills' youth programs).

### If I am wait listed for a program, why don't I receive a receipt from Zone 4?

Zone 4 can only issue receipts on monetary transactions. However, rest assured that the Foothills Administrator has a record of you on our ordered wait list and will contact you as a spot becomes available. If you haven't heard by one week prior to the beginning of the session, a spot did not become available.

### Why does my child get a Jackrabbit item at the beginning of the season? Who pays for this?

All Jackrabbits across Canada receive a Jackrabbit registration kit from Cross Country Canada as part of their registration in the program. (In recent years, this has been a kid's toque and JR poster or booklet for collecting sticker awards.)