

# FNSC Parent Info Night 2020/21 Season

## Agenda:

- Jackrabbits Team & Foothills Nordic Ski Club
- Start Dates- What to expect the first few practices
- Club Events
- Coaches Overview
- Dressing for Bunnies and Jackrabbits & Basic Gear Selection
- Communication- TeamSnap & FaceBook Group
- Volunteering-Opportunities & Expectations
- Covid-19 Protocols
- Questions

## JR Team:

- Jackrabbits Coordinator- Naomi Murrell
  - [jackrabbitscoordinator@foothillsnordic.ca](mailto:jackrabbitscoordinator@foothillsnordic.ca)
- Jackrabbits Coach Coordinator- Kevin Baggot
  - [fns youthcoach@shaw.ca](mailto:fns youthcoach@shaw.ca)
- Grooming Team

## FNSC Ski Club Program

- Our children's programs focus on the **FUND**amentals of cross-country skiing. Through the delivery of Cross Country Canada's Bunny and Jackrabbit programs Foothills Nordic offers children a fun way to learn cross-country skiing from great youth and adult coaches!
- Foothills Nordic Ski Club programs are aligned with Sport Canada's Sport for Life model and are designed to meet the physical, mental, emotional and cognitive developmental needs of participants.
- **Our goal is to develop basic FUNDamental Ski Skills, AND Instill a love of cross-country skiing and winter outdoor activity.**

## FNSC Ski Club Programs- Cross Country

- Ages 6-10 - Jackrabbits / Jackrabbits Plus / JRLearn2Ski
- Ages 10-13 - Marmots / Track Attack / Train to Train 1 (T1)/Learn2Ski
- Ages 14-19 - Teen Ski / Train to Train 2 (T2) / Learn to Compete (LC) / Team ULLR
- Adult & Para-Nordic Programs

## FNSC Ski Club Programs-Biathlon

- Ages 9-12 - Biathlon Bears / Racing Bears / Girls with Guns
- Ages 12-19 - Train to Train 1 & 2 (T1 & T2) / Learn to Compete 1 & 2 (LC1 & LC2)

- Adult & Para-Nordic Programs

### **Start Dates:**

- The first week of Jackrabbit Classes start the first week of December (Dec 1,2,3)
- This year our first practice will be skiing at Confederation Park Golf Course. If there is no snow, we will still meet at Confederation Park Golf Course and have a Dryland practice.
- Jackrabbits 1 will meet in the Bunnies area (fenced area adjacent to parking lot), for their first practice. After the first practice they will meet in the Driving Range
- All other programs will meet down in the Driving Range
- Please do not walk across Driving Range. That is a ski only area, because walking ruins the groomed snow.
- The first day of classes for Bunnies is the first week of January (Jan 5, 6, 7)

### **Bathroom Policy:**

- Please ensure your child has gone to the washroom before attending practice, because the coaches are unable to take skiers to the washroom.
  - There is a porta-potty that will be in the parking, which will be cleaned daily.
  - For each session there will be a Parent Ski Chaperone to assist kids needing to go to the bathroom. They will be identified with Orange Vests. If a child has to go to the bathroom, two parents (at least one female) are to take children to the bathroom, but will NOT provide assistance in the bathroom/porta-potty.
  - If the parent of the child prefers to assist their own child, that parent should advise the coach and be readily available during lesson time.
  - The porta-potty will be cleaned daily.
- **Cold Weather Cut Off:**
    - The cold weather cut off is -18 WITH wind chill. The decision for the afternoon sessions is made at 2:00 PM for 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 cancelled, if the conditions are dangerous (i.e. extremely icy) and overall suitability for a Bunny/Jackrabbit session.
    - There may be a call to run sessions a little shorter than normal (Bunnies 45 minutes and Jackrabbits 1 hours). There may be warm up breaks where the group will go into the warming trailer.

- To follow with the Confederation Park Nordic Covid-19 Plan, a maximum of 10 individuals may go into the warming trailer at a time, and masks must be worn while in the trailer. The trailer will be cleaned every day that it is in use.
- It is your responsibility to check your email and TeamSnap notifications for weather-related updates.

Dropping Off and Pick Up:

- Parking
- Meeting areas
- Talk about warming trailer

Dropping Off and Picking Up:

- Extra entrances will be created at the main parking lot with one way directions to promote/enable physical distancing. Signage will be posted noting entrances and exits.
- Signs will be posted at entrances to the ski areas asking that if they are not feeling well to stay home and reminders on physical distancing.
- Main entrance will be a “No Gathering” area and will establish a get in/get out policy. Signage will be posted to this effect.
- Group members are to enter in through one of the 2 entrances, put skis on and ski to groups designated meeting area. Same policy when leaving; ski to top, remove skis and go to vehicle.
- To ensure that everyone has filled out the Covid Daily Screening form online before attending practice, we are asking that parents please go with your child and drop them off at their class. Once the coach has seen on their sheet, that the participant’s daily screening has been filled out, then you can drop your child off. This helps the coaches out a ton. Then they can focus on giving their attention and energy to the group and the lesson, as opposed to trying to find the parent or get a hold of them to fill out the daily screening form.
- The Daily Screening form must be filled out on the day of practice.
- For Pickup, parents will walk down to the Driving Range. There will be a coned off area to the side with signs. That is where parents will wait until their child’s lesson is done to pick them up.
- The warming trailer is intended for participants to use to warm up from the cold, or a place that more advanced First Aid can be performed. Otherwise, please avoid using the warming trailer
- Parents who are waiting can use warming trailer, but prefer they wait in their car and priority will be given to athletes.
- If a participant requires first aid, both the first aider and the person receiving first aid will wear a mask.

Parking Lot:

- Drive slow as there are lots of small skiers in the area
- The Parking lot is a one way

### Meeting Areas:

- Bunnies use entrance by Altagas trailer and exit via the gate by the ski area
- Jackrabbits, Learn2Ski, Marmot/ Teen Ski Will use the Entrance/Exit by the Ski-Doo Trailer
- In the past all of the groups met along the North side of the Driving range. This year the groups will still meet in the Driving Range, but it will be more staggered to accommodate social distancing.

### **Club Events:**

-Here are the club Events as we have them for now. If you have attended events in the past, they may look slightly different this year than they have in the past.

-We are still working on how events will run this year so that they are in compliance with the Covid-19 guidelines.

- Nov 24- JR Wax Clinic. It will happen over Zoom at 8:30pm
- Dec 1, 2, 3- Classes start On-Snow for Jackrabbits at Confederation Park Golf Course
- Dec 15, 16, 17- Last week of classes until the New Year
- Dec 19- Terrain Night at Confederation Park Golf Course
  - First Club Event of the season.
  - Various elements will be set up for the skiers to go on. Bicycles, Jumps, etc
  - Skiers must be wearing a helmet in order to participate on the various elements.
- Dec 30- Family Ski Day at Confederation Park Golf Course
- Jan 5, 6, 7- Classes resume for JR and it is the Bunnies first week of classes.
- Jan 9- Terrain Day at Confederation Park Golf Course
- Jan 17- Family Ski Day at West Bragg Creek
- Feb 2, 3, 4- Beckie Scott Sprints
- Feb 13- Terrain Day at Confederation Park Golf Course
- Feb 27-Cookie Race at Canmore Nordic Centre
- March 2, 3, 4- Last week of Classes
- March 6- Confed FUNday

### Dressing for Bunnies/ Jackrabbits:

- Dressing in layers. Skiers tend to get warm as they are moving around and playing, so having layers for them to take off and put back on during the class is best.
- Avoid materials like cotton- They do not keep warmth well and take a long time to dry once they get wet (from snow or sweat)
- Bunnies tend to get colder, quicker as their bodies don't yet have the ability to regulate temperature well. Snowsuits with a base layer and possibly a mid-layer are appropriate.
- Snow shedding and/or water-proof mitts are recommended.
- Warm hats
- Nice warm socks. Wool socks are nice and thick and wool does well when getting wet (sweat or snow)
- Please pack a mask as well. Whether placing one in your child's jacket pocket or in a bag they take to practice. That way if the weather is cold and they need to go get warmed up in the trailer, they have a mask to put on. Because masks are required in the warming trailer- Buffs and Scarves are NOT a substitute for masks.

### Basic Gear Selection:

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 boots, classic skis and classic poles (waxable strongly recommended).
JR 3 & 4, Marmots	Classic boots, classic skis and classic poles (waxable strongly recommended). Skate equipment optional (can strip grip wax from classic skis and use classic skis for skate sessions). Classic-length poles can be used for skate sessions.
JR +	Classic skis and classic poles (waxable). Skate skis and skate poles (optional but recommended). Combi or classic boots may be used. NOTE: If classic skis are used for skate sessions they must be properly prepped for each session (all grip wax stripped from kick-zone ).

### Communication:

- **TeamSnap** – you will be sent an invitation through email to join prior to the start of classes
  - Each session will have a specific TeamSnap group
    - *Example: Jackrabbits 1– Tuesday at 4:30*

- Utilized for day to day schedule information, program information, parent to parent communication, coach/parent communication, and participant availability
- There will also be the Terrain Day and Family Ski Day Events on here
- TeamSnap will be used to communicate if a class has been cancelled or if a class will be running at a shorter length due to weather
- **Facebook Group** – Foothills Nordic Ski Club
  - Forum for discussion, socializing, and Buy/Sell/Swap of gear

### **Volunteering Expectations:**

The club runs on Volunteer Power. We welcome your help!

As a Foothills member, or as the parent of an under-age member, you are **REQUIRED** to volunteer your time to help with Club Activities.

Foothills members understand that the Club and its programs are at their best when everyone is actively involved.

Sign up for Volunteer Opportunities can be accessed from the Foothills Website. Hover mouse over the “X-Country” button on the ribbon. A drop down menu will display. Click on “XC Program Volunteer” .

When signing up for your volunteer position, please include program name (JR1, JR2, JR3, JR4, JR+, Marmots, Teen, L2Ski) and child name in the First name field. Include your name in the Last name field on the sign-up sheet. This will help us track volunteer hours.

Example:

First name: (JR+) Peter Pan

Last name: Naomi Murrell

SESSION MANAGER - Require 1 per session (Total of 6 per season).

You **DO NOT** need to be on skis, but you need to dress warm so you’re comfortable outside and be available during the entire session (approx. 1.5 hours). Session Managers are asked to arrive on site prior to the scheduled start time to pick up their volunteer vests. Responsibilities include: assisting Ski Chaperones, directing kids to where they need to go, helping latecomers find their groups, assisting kids with trips to the outhouse or warming hut, answering parent questions and assisting the Jackrabbits Coordinator as required.

Session Managers will need to assist with minor first-aid issues. Standard First Aid is required and will be paid for by FNCS if the volunteer does not have Standard First Aid Training.

This volunteer commitment is for the whole season. Volunteer Credits 18 hours.

We would like to get these positions filled within the next two weeks. Please contact me, Naomi, if you have questions.

SKI CHAPERONE - Require 2-3 per session.

You NEED to be on skis and available during the entire session (approx. 1.5 hours). Ski Chaperones are asked to arrive on site prior to the scheduled start time to pick up their volunteer vests. Ski chaperones need to stay within the Jackrabbits main teaching area (driving range), unless accompanying a group outside the driving range area for a longer ski around the golf course. Responsibilities include: helping latecomers find their groups, assisting kids with trips to the outhouse or warming hut and assisting coaches who take their classes outside the main teaching area for longer skis.

Important: Parents with Jackrabbits and Bunnies will need to make arrangements for their Bunny to be picked up if they choose to volunteer as a ski chaperone.

Classes for Bunnies finish ½ hour earlier than classes for Jackrabbits.

This volunteer commitment is on a week by week basis. Volunteer Credits 1.5 hours each session.

BUNNIES PARENT HELPER - Require 1-2 per session

You can decide if you want to be on skis, but you need to be available during the entire session (approx. 1 hour). Parent Helpers usually stay within the Bunnies main teaching area. Responsibilities include: assisting kids with trips to the outhouse or warming hut and assisting coaches as required.

No Volunteer Credits as there is no Volunteer Bond.

IMPORTANT - Volunteers need to be on site at all times during their scheduled volunteer session.

There will be more opportunities that will be posted at a later date (event days, Beckie Scott Sprints, etc.)

### **FNSC Covid-19 Procedures**

#### Equipment Hygiene:

- Where equipment is shared, the equipment will be cleaned/sanitized between uses by different team members.
- Where equipment is shared between practices (e.g. if one Bunnies group uses toys for a technique drill, such as hoops to ski under) the equipment should be cleaned/sanitized before and after each session.

#### Facility Hygiene:

- Where there are any shared touch points, surfaces will be cleaned/disinfected before and after every practice.

#### Physical Distancing:

- Physical distancing is understood to mean keeping at least 2 metres from any individual who is not part of the same household.

As stated in COVID-19 assessment form, if team members do not maintain physical distancing, they will be removed from practice.

Covid-19 Illness Procedures:

**-Inform your coach or program director immediately if you feel any symptoms of COVID-19**

**-If a team member is feeling sick with COVID-19 symptoms:**

1. they should remain at home and contact Health Link at 8-1-1 and/or complete the [Alberta Health Services \(AHS\) COVID-19 Self-Assessment](#).
2. while at practice, they should be sent home immediately and contact 8-1-1 or a doctor for further guidance.
3. they may not participate in a practice.

**-If a team member has been tested and is waiting for the results of a COVID-19 Test:**

1. the team member must not attend practice.

**-If a team member tests positive for COVID-19:**

1. the team member will not be permitted to return to practice until they are free of the COVID-19 virus.
2. FNCS will take direction from AHS with respect to other team members from the same program group.

**-If a team member has come in to contact with someone who is confirmed to have COVID-19:**

1. As per the Alberta Public Health order, they should self-isolate for a minimum of 14 days.

**-Any team member must Quarantine and Self-Isolate if:**

1. they travelled outside of Canada within the last 14 days.
2. they have any symptoms of COVID-19.
3. anyone from their household shows symptoms of COVID-19.
4. they have close contact with an infected person.