

Fort McMurray Competitive Ski Society: Rules and Regulations

Revised: June 2008

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This document outlines the rules and regulations of the *Fort McMurray Competitive Ski Society* (FMCSS).

It is intended as a guideline for coaches, racers and parents so they will have a common understanding of the expectations.

This document has been approved by the Board of Directors of Fort McMurray Competitive Ski Society.

1.0 Coaching

All coaches must read and follow the rules and regulations of the FMCSS.

Certification

All coaches will be required to have at least Level I CSCF certification, unless the Board of Directors agrees to an exception. The tuition cost for coaching courses will be reimbursed by the FMCSS after completion of one season of coaching our programs. Travel and living expenses for courses are the responsibility of the student.

Coaches conducting training in a terrain park and / or half pipe must hold a current Park & Pipe Certification. Coaches who do not have this certification may only utilize the Vista Ridge Terrain Park and / or Half Pipe for training racers if another certified Park & Pipe coach supervises the training in a manner acceptable to the Head Coach and with agreement of the supervising certified Park & Pipe coach.

Races

Coaches are required to attend out-of-town races with the team upon request. It is expected that one Coach attends for each 10 racers. If more than one race occurs e.g. K1 at Jasper and K2 at Nakiska, a coach and appropriate chaperones will be provided.

The Coach will be accompanied at each race by a chaperone of the Society to provide driving assistance and racers supervision after the race. This requirement may be waived if parents of all racers attending the race and the Coach agree to travel without the chaperone provided there are two drivers for the vehicle as per club policy.

Coaches will ski with their assigned group prior to the races (including course inspection) and after the races if time permits. The racers are to receive 2 hrs of Instruction each time out. When possible, a coach will be at the starting gate to instruct and encourage the racers.

Team race calendar

Team Race Calendar will be prepared by the Head Coach based on the Alberta Alpine race calendar. The calendar should be presented to the Board of Directors at least a week prior to the Society's annual fall meeting to be held usually by the end of October and scheduled as per Society's By-laws.

Selection of races or training should be based on individual racer goals, racer eligibility, and skills, taking into consideration the overall team benefit. Ratio of on-snow training days versus racing days should be consistent

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with Canadian Ski Coaches Federation recommendations.

Recruitment, training, and development

Recruitment, training, and development of coaches are the responsibility of the Board and Head Coaches. Assignment to each program will be recommended by the Head Coach and approved by the Board of Directors.

To enhance communication between parents and coaches, prior to starting the program a meeting shall occur to meet the coach, racers and parents. A mid-season personal progress report update meeting shall also occur between the coach, parent and the racer.

2.0 Out of Town Races & Training Camps

Chaperone's Responsibilities

For each race out of town, the Alpine, Regional or Nancy Greene Director or the Board will designate chaperones. A chaperone is to be an authorized driver with the club van's insurance company. When selecting a chaperone preference is to be given to the parent of a racer registered for the race.

His/her responsibilities are to ensure that discipline, safety while traveling and rules/regulations are maintained. Discipline problems should be addressed immediately in consultation with the coach section 4.0 titled "Prohibitions & Discipline". Any problems should be reported back to the Alpine, Regional or Nancy Greene Director. A chaperone is responsible for the team members before and after the race.

This includes:

- Preparing nutritious meals and bag lunches
- Ensuring all allergies are respected
- Assigning homework time
- Maintaining a bedtime curfew

Chaperones are required to be a volunteer worker at the race. Alberta Alpine recommends a ratio of 1 volunteer for each 3 registered racers attending. There are several areas to volunteer in i.e. gate keeping, bib collection, course worker, and race office. Chaperones do not have to know how to ski to volunteer – there are numerous jobs that can be done by non-skiing volunteers. A list of races and chaperones volunteering for each race will be established as early in the season as possible to permit vacation scheduling and rotation of chaperones. The Alpine, Regional and Nancy Greene Directors will maintain these lists. Racers must be aware of how they may contact a coach or a chaperone at all time on trips.

Racers are expected to stay with the group, although it may be possible to arrange visits with friends and/or relatives. The arrangements must be made in advance by the parent(s) with the Coach and/or chaperone. The Coach should be aware of all arrangements that are being made as soon as possible.

Coach's Responsibilities

The coach is responsible for racing and on snow activities. The coach is to share responsibility for the team with the chaperone while off the hill, e.g., tuning of ski equipment.

The Coach can take time off after the race after passing his responsibilities to the chaperone. The coach is to share driving with the chaperone where applicable (age limitations must be 25). The coach must be an authorized driver with the van insurance company and hold a valid class 5 license.

The Coach is responsible to show up fit for work each day.

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Trip Planning

Trip planning, race registration, booking arrangement and racer notification is the Alpine, Regional or Nancy Greene Director responsibility or their delegate. All trip arrangements are to be worked out with a designated coach and are to follow the Board guidelines. The coach is to provide a list of recommended racers to enter the given race no later than two weeks prior to the race. If there are some eligible racers that are not invited, the Coach shall explain the rationale behind his/her decision to the Alpine, Regional or Nancy Greene Director. This will be communicated to the racer or the parent of the racer as soon as possible.

There will be a maximum of two racers of the same gender to share a double size bed. If a member or members of opposite gender are to share common accommodation they are to stay in separate bedrooms. No members of opposite gender are allowed to share the same bed or room. Members of the opposite gender are allowed to share the same room when a parent shares the room. If only one member of opposite gender is to travel a coach or parent/chaperone of the same gender is required on this trip.

Trip Expenses

The Treasurer will provide cost estimates to include race registrations fee, cost of lift tickets, and accommodation for all racers including the Coach and chaperones. The cost estimate should be done as soon as notice of race is available.

Overall cost will be divided and evenly shared by all participating racers. It's the Board current policy to cover cost of gas for the trip. This policy may change at any time subject to Board decision and budgetary constraints.

Chaperones will not be charged for accommodation or for groceries. All other expenses, such as lift tickets and restaurant meals, will be at their own expense.

It's a parent responsibility to provide payments prior to the trip with exception of those with sufficiently prepaid accounts. The treasurer will provide regular account updates to the parents. The Board may, on advice of the Treasurer, disallow a racer's participation on a trip if sufficient payments are not made.

All expense reports for associated billings not covered by the racers are to be submitted to the Treasurer no later than one week after the trip.

Safety Considerations while Traveling

Decision whether to attend a scheduled race will be subject to weather condition, road conditions and snow conditions at the race location. The determining factor will be the well being and safety of the team members while on the road or on the hill. Safety of the team members while traveling or racing will be the most important factor. Safety will not be compromised for any reason!

When planning a trip out of town it's a driver's responsibility to ensure that the vehicle is in a safe condition and any deficiency should be reported prior to the trip to the Vice President.

When traveling out of town in addition to a qualified driver, there will be a chaperone present on a trip to share driving and both are to ensure safe driving habits are maintained while on the road. In some circumstances the Board may allow on a shorter trip (Edmonton) no chaperone if authorized by the parent and if acceptable to the Coach.

The departure time from Fort McMurray for travel to an event must be established by the drivers and chaperones in consultation with the Nancy Greene, Regional or Alpine Director. The target time must take into consideration any school constraints on the athletes that cannot be rescheduled, the weather and road conditions, and the target distance for that day. In general it is desirable to maximize the distance traveled under daylight conditions to enhance the safety of the group, and to allow the athletes to have sufficient rest/sleep time to be able to perform in the initial races. For travel beyond Canmore / Banff, such as a race at Panorama, the travel schedule should be planned for an initial arrival in Canmore early on the first evening, with continuation the next morning. This should allow the athletes to stretch and limber up at the end of the travel, and to obtain an opportunity to hold a short training session on the local snow prior to their first race day, including an opportunity to adjust their wax if necessary. This plan also assists the drivers in managing their personal fatigue.

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Safety Considerations while Traveling (CONTINUED)

Both the driver/coach and a chaperone are to be experienced drivers in winter conditions. Late night driving after midnight should be limited as much as possible and every effort should be made to depart from a ski area after the race as soon as possible when returning to Fort McMurray. In case of severe weather or unsafe road conditions, the persons in charge of the team shall abort the return trip and stay overnight.

For any transportation provided by the FMCSS (i.e. team bus, van or rental vehicle), all occupants must wear a seatbelt at all times. Wearing seat belts is **mandatory** and it's driver's/chaperones responsibility to enforce this policy while traveling. Offenders will be dealt with under Section 4.0 titled "Prohibitions & Discipline".

To ensure communication with the Nancy Greene, Regional or Alpine Director while away, a Coach or a chaperone will carry a cell phone.

3.0 Training on the hill

Groups will ski together at all times - no tree skiing or out of boundary skiing. Whenever possible, breaks will be taken as a group. All racers in the Alpine Program will help with course setting, carrying gates and returning equipment to lock-up area.

Parents and racers are responsible for being ready for training on time. If the racer will be absent from training the Coach must be informed.

The Nancy Greene Program will be cancelled for the day if the forecast high temperature for that day will not be warmer than -25C. It shall be the Parents responsibility to check the Vista Ridge Snowline to confirm cancellation.

4.0 Prohibitions & Discipline

All racers must obey all ski hill rules and follow basic racer etiquette at all times. All racers represent the Fort McMurray Competitive Ski Team and as an ambassador of the team, they must lead by example.

Prohibitions

The following activities and behaviors will not be tolerated:

- The use of alcohol, tobacco, or drugs
- The lack of respect for fellow racers, Coaches, or other racers
- The use of profanity, back talk, habitual absence
- Theft or abuse of ski club, ski hill, or other's property
- Gambling for money (card playing is permitted as long as no money is involved)

All racers shall treat each other respectfully, be supportive of each other in an equal way regardless of age, seniority on the team, ski abilities or gender. Newcomers to the team should be welcomed and supported.

Discipline

Minor Problem:

Minor problems will be handled immediately and as deemed appropriate by the Coach and/or chaperone. Any disciplinary action taken must be reported to the applicable Head Coach when reasonable.

Major Problem:

For a serious or repeated infraction, the racer will be sent home to Fort McMurray at the parent's expense (for out of town races / training) or suspended from the program.

The Coach and / or chaperone will contact the parent and discuss the arrangements for sending the racer home. They will notify the Director within 24 hours.

The Director and Head Coach will deal with any disciplinary action required within 48 hours of notifying the parent. The Board will decide if the racer will be allowed to go on further ski trips or if the racer is to be dropped

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as a member of the ski team. All parents involved will be notified and kept informed.

Discipline (CONTINUED)

The following will bring automatic suspension from the team for at least one year:

- Drugs
- Alcohol
- Vandalism
- Theft

It is recognized that at times exceptional unexpected circumstances will arise which the Coach and/or chaperone must deal with. Common sense and the best interests of the racers, the parents, and the FMCSS will guide their actions. Damage to the property caused by an individual racer will be charged back to parents

The Racer may appeal decision of the Board to a special Disciplinary Panel if requested.

5.0 Rules for Parents

Participants must be on time for all dryland and on hill training.

Coaches will have complete control of skiers during training and races.

Coaches are working to improve the skier's abilities and parents are expected not to interfere in a training process. If the parents have issues or concerns with the coaching they must be brought through the Alpine, Regional or Nancy Greene Director.

Skiers are expected to take part in all evening (as applicable) and weekend training. If this poses a problem, the parent should report to the Coach involved prior to training.

Note: The Society's Board of Directors requires that all parents review these Rules & Regulation with their children to ensure they understand the rules and the consequences if they do not follow them.