



ELKWATER SKI CLUB

**PARENT HANDBOOK
2021-2022 SKI SEASON**

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CLUB CONTACT INFO

Email: elkwaterraceclub@gmail.com

Visit our Facebook and Instagram page:



WWW.ELKWATERSKICLUB.COM

TeamSnap

TeamSnap is an app that allows our team to easily coordinate communication and make announcements and will be the primary method of communication. We will send out an email invite, so you can download the app and join the Elkwater Ski Race Club TeamSnap. The app is also available in the App Store and Google Play.



Executive Contacts

EXECUTIVE	NAME
Club President	Jay Clark
Vice-President	Patricia Desgagnés
Secretary	Marci Sweet
Treasurer	Jon Sookocheff
Bingo/Casino Coordinator	Michael Courty

GOALS AND OBJECTIVES

Young athletes are the focus of the Elkwater Ski Club. Our goal is to promote skiing and ski racing as a lifelong sport and to provide growth opportunities in an environment that thrives on friendship and family involvement.

Our non-profit club trains primarily at Hidden Valley Ski Resort.

WHO ARE WE?

The Elkwater Ski Club is a non-profit society that develops skiing skills in a fun environment for children and emphasizes a family atmosphere. We are members of Alberta Alpine, the governing organization for ski racing.

WHAT WILL MY CHILD LEARN?

Your child will learn alpine and freestyle ski skills that will last a lifetime. We teach not only racing skills, but also free skiing skills to handle any terrain with confidence. Our skiing programs are based on the Nancy Greene ski philosophy, and all skiers are assessed using the Snowstars Program.

WHAT DOES THE CLUB PROVIDE?

1. Instruction at Hidden Valley from certified ski coaches on the weekends.
 - Coaching on Saturdays. Exact times will be confirmed but expect to spend the whole day at the hill.
 - Season starts when Hidden Valley opens (early December, dependent on snow) and ends when the Hidden Valley closes (about mid-March).
 - Coaches are not disciplinarians and will ask children who are misbehaving to sit out. Parents/guardians will be responsible for supervising skiers who are asked to sit out. This will minimize disruption of club activities.
 - A parent/guardian is required to be within reach during club hours in case of emergency.
2. Membership in the Alberta Alpine Ski Association. This covers insurance for skiers while training and is required for the club to operate.

SKI PROGRAM

Our ski programs are designed and supported by Alpine Canada Alpine's Athlete Integration Model (AIM). It is based on the principles of growth, development and

maturation. The AIM model is a tool that assists coaches, parents and volunteers in providing the best environment for our athletes.

NANCY GREENE PROGRAM

The Nancy Greene Program is in the “FUNdamental” stage of skiing and ski-racing for children aged 5 - 11. The focus is on agility, balance, coordination, strength and speed.

- To encourage our athletes, the Elkwater Ski Club will pay for race registration fees at up to 2 approved events, should the Executive decide, the club will attend those events.
- Where travel is involved, the Elkwater Ski Club pays for all approved coaching expenses.

EQUIPMENT REQUIREMENTS

To ensure safety and optimum performance, each athlete must be adequately equipped with the following:

1. Skis, boots, poles, and warm clothing are required. We also recommend having a ski bag with additional clothing such as mitts, liners, sweaters and socks in the event of clothing getting wet or the need to layer up due to cold weather. Athletes are also encouraged to have a supply of hand warmers if they get cold easily. Club vests are provided for use while skiing for the season; they must be returned at the end of the season. (Note: one \$75 undated cheque is required as a deposit for the vest.) Athletes can benefit from our partnership with Gravity Sports for access to quality clothing and equipment at reasonable prices.
2. A valid lift ticket for every coaching day. Please visit <http://skihiddenvalley.net> for Hidden Valley season pass pricing. Athletes are required to purchase their own lift tickets at races and mountain training.

CLUB FEES

The current club fees are \$300 per skier. Additionally, two (undated) cheques are required for each child registered in the club:

- One \$250 cheque (undated) to be held by executive, it will be cashed if the fundraising (bingo and casino) requirements are not met (see below).
- One \$75 (undated) cheque to be held by the executive until the Club vest is returned at the end of the season.

Club fees are subsidized for all athletes through funds generated from bingo (4 per child registered in the club) and casino commitments (1 per family with children registered in the club). See fundraising below.

Registration ends **January 15, 2022** and all fees and the registration form must be paid by then. Refund of club fees will not be provided following registration. However, if the club season is cancelled due to unforeseen circumstances, either partial or full refund will be provided (dependent on the date of cancellation). Missed days will not be reimbursed by the club.

SKIER ABILITY

Children who join the club must be able to ski in a controlled manner being able to stop/turn on command, as well as being able to move around the hill unassisted. Evaluation of your child will begin at the start of the season and will run until end of registration. If it is deemed that any child's ability is not up to the level required to be in the club, the parents will be encouraged to use the ski school to further their child's ability before they are eligible to join the club. All decisions made by the Executive are final.

Coaches will do their best to encourage independence among the children, but their safety is paramount. Depending on the number of children registered, ages, abilities and physical size, parents may be required to assist coaches in ensuring athlete safety on chair lifts and T-bars both at Hidden Valley and at mountain events. Coaches will discuss lift options with parents of young children if needed.

EXTREME WEATHER CONDITIONS

In the event of extreme cold weather conditions, please monitor Team Snap, the club Facebook page and personal e-mail accounts for notification of cancellation. Hidden Valley Ski Resort may also close in extreme cold conditions based on similar criteria.

FUNDRAISING

Parent participation in bingos and casinos is required in order to keep the club operational. The Elkwater Ski Club is a non-profit, **volunteer based** club. Without the full cooperation of all parents, we would not be able to offer our ski program for the affordable cost that we do. Fund raising allows us to pay the cost of race registrations, skier and parent memberships to Alberta Alpine, purchase training equipment as well as vests and safety gear for our athletes. In addition, approximately 80% of our coaching fees and all coaching related expenses are paid by the club.

THESE EXPENSES CAN ONLY BE PAID WITH THE ONGOING, YEAR ROUND SUPPORT OF OUR PARENTS TO ASSIST WITH BINGOS AND CASINOS.

If we are unable to continue providing parent volunteers to assist with all our casino and bingo shifts, we will lose the privilege of these significant money-makers for the club. This would result in a sizeable increase in fees, thereby making ski racing with our club an exclusive sport rather than a family sport.

BINGO

Every family who becomes a member of the Elkwater Ski Club is required to work 4 Bingos per child registered.

The number of bingo commitments required per family is based on enrollment. Club members will be notified if the bingo requirements change due to enrollment numbers.

The volunteer schedule will be emailed and/or posted to the club Facebook page. Members will have the opportunity to sign up for their preferred dates for a period of two weeks after which time, shifts will be automatically assigned.

ALL SCHEDULED BINGOS ARE MANDATORY AND MUST BE WORKED

Parents must also note that although the ski season lasts for approx. 4 months of the year, fund raising is a yearlong commitment.

The \$250 cheque (undated) is required for each child registered in the club and will be cashed if a bingo shift requirement is not met. If you are unable to work your scheduled bingos, you can choose to switch with another club member or offer your slot to another club member who is willing to pick up an extra bingo. In these cases, bingo credits will be given to the family that is present at the bingo hall.

You also have the option of sending a representative of your own to work your bingo. The bingo credit would then be applied to your family. Any family representative must be at least 18 years old and prepared to remain for the duration of the bingo shift. Please discuss options for bingo shift coverage with the Club's Bingo/Casino Coordinator. Bingo volunteers are also entitled to a complimentary meal during their shift.

Additionally, 14 days prior to each bingo date, all members will be contacted via email. Those assigned to work will be expected to respond as to whether they are fulfilling their commitment/trading/or hiring replacements and to advise the Bingo/Casino Coordinator of the name of the individual working, a minimum of 10 days prior to the bingo date.

IT IS THE FAMILY'S RESPONSIBILITY TO ENSURE THAT THEIR SHIFT IS COVERED AND CONFIRMED AT LEAST 10 DAYS BEFORE THE SCHEDULED BINGO WITH THE BINGO/CASINO COORDINATOR.

Please plan for summer holidays and days/evening where you are unable to work by finding a replacement for your shift.

Bingo workers will be assigned randomly to all positions (cage & floor). If you are assigned to work a cage position, keep in mind you cannot hire someone to fill your position (Bingo Hall rules). **All people working in the cage must be Club Members or Associate Members.** It is important that everyone be trained to participate in all positions to make the Club run smoothly. Training is provided prior to your shift.

The Bingo Association requires a pre-determined number of people to work each event. We do not schedule extras. If you do not show, the Club is fined and is recorded as being short staffed. **Regular occurrences of being short staffed can cause the club to lose our bingo license, and therefore, forfeit any bingo proceeds permanently.** The no-show member's \$250 deposit cheque will be cashed immediately to cover the incurred cost.

CASINOS

Every family with one or more members of the Elkwater Ski Club is required to work at our Casinos.

Casinos are a huge financial contributor to the Elkwater Ski Club. Casinos are assigned to the club approximately every 14-18 months. There are a total of 13 shifts per day that must be filled. The "chip cage" shifts are approximately 8 hours each with two shifts per day. There is also the option of a shorter 4 hour "count room" shift at the end of the night.

Casinos are a 2-day commitment but with enough volunteers you may only be required to work one shift. All members are asked to work shifts during the 2 days of our assigned casino dates. Casino volunteers are also entitled to a complimentary meal in the lounge during their shift.

The casino schedule is e-mailed to all families approximately 2 months prior to the casino dates. It is the parent's responsibility to contact the Bingo/Casino Coordinator to schedule your preferred time. If you cannot attend the casino shift that you committed to, it is your responsibility to notify the Bingo/Casino Coordinator ASAP so that a replacement can be scheduled.

SPONSORSHIP

Corporate sponsorship opportunities are available in support of club programs benefitting the enrolled participants. Also, equipment branding such as clothing or race bibs can be accommodated.

VOLUNTEER COMMITMENT

The Elkwater Ski Club relies heavily on parent involvement in order to run the club and activities. Almost everything that we do requires parental support, and without your

commitment we would not be able to function as the strong and committed club that we are.

The club strives to involve all families whenever possible in a variety of club activities that take place throughout the season. The following are areas where we require assistance:

- Executive member positions
- Assistance in getting children through lift lines and on lifts
- Race organizers / registration
- Course set up /take down both at home and away
- Assistance on the hill at home and away
- Year-end BBQ and awards
- And any other parent volunteer needs as they arise (on hill helping set up/tearing down equipment, etc.)

BIG MOUNTAIN TRIPS

Two to four times per season, the club will go to another ski hill to train, or to participate in a race. These trips allow skiers to gain confidence on more difficult terrain. Attendance at these events is optional; however, when the club is on a big mountain trip coaching will not be offered at Hidden Valley.

WHAT TO EXPECT ON BIG MOUNTAIN TRIPS

- Logistical details will be sent out in advance of a big mountain trip.
- The Head Coach and/or delegate will make block bookings at a hotel for any mountain trip. It is your choice whether you want to book in at the club hotel by the specified deadline, or you may choose your own accommodations. All travel and accommodation expenses are the responsibility of those attending.
- Coaches will specify meeting times and locations in advance. Plan to arrive early.
- Parents may be responsible for purchasing their child's lift tickets.
- Please check with coaches as tickets are sometime pre-purchased. If tickets are pre-purchased, parents are generally notified in advance through e-mail.
- Lift tickets should be affixed to the goggle strap.
- If participating in a race, athletes will receive a numbered bib. The bib number is also your position in the start order for the race. Start order is randomly assigned by computer, for each race. Bibs are collected by volunteers at the finish line after your athlete's final run of the day.
- Most parents choose to ski on big mountain trips. They are encouraged to follow the group and help out where possible.

CALENDAR OF EVENTS

2021/2022 CALENDAR OF EVENTS: TBD

COVID EXPOSURE REDUCTION PLAN

In all cases, the Elkwater Ski Club will follow protocol established by both Alberta Health Services and Hidden Valley Ski Resort (as operated by Alberta Parks).

ATTENDANCE

1. In all cases, the Elkwater Ski Club will follow protocol established by Alberta Health Services, and Hidden Valley Ski Resort.
2. Skiers are asked to not attend Club if they
 - are feeling unwell.
 - have currently been asked to self-isolate for any reason. This currently includes:
 - Travel outside of the Canada within the last 14 days
 - Illness with signs and symptoms of COVID, with a COVID test pending.
 - Concern regarding exposure to known COVID in the last 14 days
3. Health Screening: All skiers must perform self-screening prior to attending the Ski Club. <https://open.alberta.ca/publications/covid-19-information-alberta-health-daily-checklist>
4. Participants showing signs of illness will be asked to return home, if symptoms and signs are consistent with AHS COVID criteria.
5. Contact Tracing: Attendance will be recorded via Team Snap to allow for efficient contact tracing in event of a COVID case and exposure. It is important that parents accurately record their child's attendance on Team Snap.
6. Skiers in the club will be treated as a cohort, with hygienic precautions in place (noted below). They will have access to the heated club shack at the base of the hidden valley run ("the shack"), and will ride the chairlift together.

DROP-OFF AND PICK-UP

1. Skiers are asked to arrive on time and ready to ski (i.e. with ski boots and ski clothing on) at the shack. Lunches can be stored in the shack.
2. Skiers are asked to minimize time spent in the lodge by meeting up with coaches at the shack.
3. Individual coaching groups will be determined each day, and consist of a maximum number of people, including coaches, children, and volunteers. These numbers will follow AHS COVID guidelines.

HYGIENE

1. Skiers are asked not to share water bottles, food, or other personal items (except in unplanned circumstances or emergencies where failure to do so would result in health concerns e.g. hypothermia, etc).

2. Any equipment used by multiple skiers will be cleaned routinely and at the end of each practice. Ski club gear (vests, bibs etc) will be assigned to a single skier for the duration of the ski season.
3. The shack will be used by skiers for reasons such as warmth, lunch storage, injuries, or other emergencies.
 - When access to the shack is required, group use will be staggered and capacity limits maintained.
 - Sanitize hands when entering the shack and after eating.
 - Touch surfaces will be cleaned and disinfected by program volunteers each time a program uses a building. Each cleaning will be recorded on a cleaning log.
4. Masks or face coverings are required at all times, except when eating.
5. Limit lodge use, especially during peak times.

TERMS AND CONDITIONS

The contents of this parent handbook comprise the terms and conditions of membership in the Elkwater Ski Club, and are subject to change.