



Georgian Bay Nordic 

Parent Handbook

2023/2024

Who Are We?

Georgian Bay Nordic (GBN) is a racing club for skiers in Grey and Bruce counties whose primary focus is competition at local, provincial and national races. GBN was founded in 1989. We do not maintain our own trails, but train and ski at Sawmill Ski trails, south of Hepworth, which are maintained by the Bruce Ski Club (BSC). Our 'home' is the "GBN Athlete Training & Development Centre" at the Sawmill trailhead (wax shed and storage hut) built by GBN and BSC volunteers, with GBN funds, and with kind permission of the BSC.

Bruce Ski Club (BSC)

BSC is a recreational ski club that develops and maintains two trail systems in Grey and Bruce County: Sawmill & Colpoys. BSC owns the shelter at Sawmill as well as the trail grooming equipment for all trail systems. All GBN members must also be members of the BSC.

Who Joins GBN?

GBN welcomes skiers from ages 10 and up. The skier's age is based on the calendar year (grades 5-13) at the start of the season (i.e., their age on Dec 31 of the ski season – for example 2023 of the 2023/2024 season). GBN candidates should have previous ski experience (i.e., Jackrabbit program graduates, or elementary and high school racers) and a keen interest in improving through training and racing.

Philosophy

What is the GBN Philosophy? "A Fellowship of Skiers in Pursuit of Excellence": instilling a love of nordic skiing that will last a lifetime, teaching excellence in ski technique, both classic and skating, good sportsmanship, and racing to the best of one's ability. This quest for excellence is focused on skiing and racing but also expands to include many facets of our personal and community life.



Which GBN category should your child join?

DEVELOPMENT TEAM: U12

WHO JOINS? Skiers who are 10 or 11 years old (typically Grades 5 and 6) as of Jan. 1st

PHILOSOPHY: Teaching good ski technique while maintaining a fun atmosphere.

REGISTRATION FEE: \$127 + \$23(SOD/XCO/NC fees) = \$150 Covers
fall training camp, NC insurance and coaching support at local, SOD and Youth Champ races.

PROGRAM: 1 to 2 practices per week dry land training from September until snow. 2 practices per week during the ski season (November to March). Access to other training opportunities with parental support.

RACING OPPORTUNITIES: Local and SOD Paraffin Series (for example Highlands: Duntroon, Mono Nordic: Orangeville, Midland, Georgian Nordic: Parry Sound). Wax support usually consists of inspection of glide wax and final prep and grip wax day of, as required. Glide wax support may be provided if team parental and coaching support is available. There is an Ontario Youth Championship at the end of the season; if there is parental support, GBN athletes may attend. Coaching expenses covered and wax support provided at Youth Championships.

Note: If participating in O Cup races, the coaching expense costs will be shared amongst skiers with U12 paying 100% of their share. For Youth Championships, U12 will pay 25% of the skier share, 75% covered by GBN.

EQUIPMENT: Wax Classic and Skate Skis (race/practice and rock skis recommended).

DEVELOPMENT TEAM: U14

WHO JOINS? Athletes who are 12 or 13 years old (typically Grade 7 and 8) as of Jan. 1.

PHILOSOPHY: Developing good ski technique and developing racing skills and experience in a fun atmosphere.

REGISTRATION FEE: \$252 + \$23(SOD/XCO/NC fees) = \$275 Covers
fall training camp, NC insurance and coaching support at local, SOD, Youth Champs and with coach recommendation and parent support Ontario Cup races.

PROGRAM: 1 to 2 practices per week dry land training from September until snow. 2 practices per week during the ski season (November to March). Summer training opportunities as available and as interest permits.

RACE OPPORTUNITIES: Local and SOD Paraffin Series (for example Highlands: Duntroon, Mono Nordic: Orangeville, Midland, Georgian Nordic: Parry Sound). Wax support usually consists of inspection of glide wax and final prep and grip wax day of, as required. Glide wax support may be provided if team parental and coaching support is available. Skiers are encouraged to race one Ontario Cup race weekend (the location of which changes from year to year). In this case full wax support is provided. There is an Ontario Youth Championship at the end of the season and if there is parental support, GBN may attend. Coaching expenses covered and wax support provided at Youth Championships.

Note: If participating in O Cup races, the coaching expenses will be shared amongst skiers with U14 paying 25% of coaching costs for the first O Cup and 100% of the skier coaching costs for subsequent O Cups. For Youth Championships, U14 will pay 25% of the skier share, 75% covered by GBN.

EQUIPMENT: Wax Classic, Skate Skis (skate/practice and rock skis recommended) and roller skis recommended.

U16 and U18/Open

WHO JOINS? Skiers who are 14 to 18 years old (high-school age) as of Jan. 1st.

PHILOSOPHY: Excellence in ski racing. These skiers will have committed to ski racing to the best of their ability. Training is supported year-round based on athlete interest and commitment.

REGISTRATION FEE: \$452 + \$23(SOD/XCO/NC fees) = \$475

Includes for training; video analysis and training evaluation, wax support at races and NC insurance, portion of the coaching expenses at O-Cup races (as noted below).

RACING: Race expenses incurred by each individual skier at local or O-Cup races including race fees, transportation, food and hotel costs are not included in the registration. Athletes will be responsible for registering for their own races, typically on-line registration via Zone4. A portion of the coaching expenses at the O-Cup Races may be incurred as noted below.

PROGRAM: Two practices per week September through March with access to all training camps and specialty weekend events. Summer training as interest and commitment permits. Coaching support is provided to develop a year-long training plan based on the needs of the individual athlete.

RACE OPPORTUNITIES: Local and SOD Paraffin series races and Ontario Cup races with full support. Skiers can attend National Championships, coaching support at the club (exec/coaches) discretion. Skiers may strive to gain positions on the Ontario Racing Team. This will provide them with Provincial Coaching Support and Training Camps.

Note: If participating in O Cup races, the coaching expenses will be shared amongst skiers with O Cup skiers paying 25% of coaching costs for O Cups, with 75% covered by GBN.

EQUIPMENT: Wax Classic and Skate Skis, rock skis, roller skis, training watch.

ALUMNI

For those skiers who have moved on to higher education and wish to continue racing under the GBN banner. Also used by graduating members interested in participating in summer training \$50/year (includes \$23 SOD, XCO, and NC).

GENERAL INFORMATION

HOW GBN WORKS?

GBN is a parent/volunteer run club. We obtain our revenue through two sources:

1. Membership Fees, and
2. Fundraising.

GBN expenses include coaching expenses at races, waxes, equipment, and fundraising expenses. Currently, coaches are volunteer based. Stipends are typically provided to the coaches at the discretion of the executive based on available resources.

GBN is operated by a volunteer executive. The role of the executive is to conduct the “business” of the club, including ensuring the clubs financial position and allocation of funds to support the program (athletes and coaches). In general, the executive positions include: president, vice president, secretary, treasurer-- plus other supportive roles such as travel coordinator, fundraiser, parent liaison, and uniform coordinator. The executive is typically established at the Spring General Meeting (end of the race season). Feel free to approach any member if you have questions about the running of the club (business). Ask the coaches about any questions you have related to the athletes and programming.

Current (2023/2024) Executive Members Include:

Nancy Law, Adriana Cipolletti, Tien Angus, Michelle Lafleur, Seonwha Chun, and Pat Day.

An Athlete representative, selected by the athletes, is also a position on the executive, attending meetings on an invitation basis, and primarily acting as liaison between the athletes and executive.

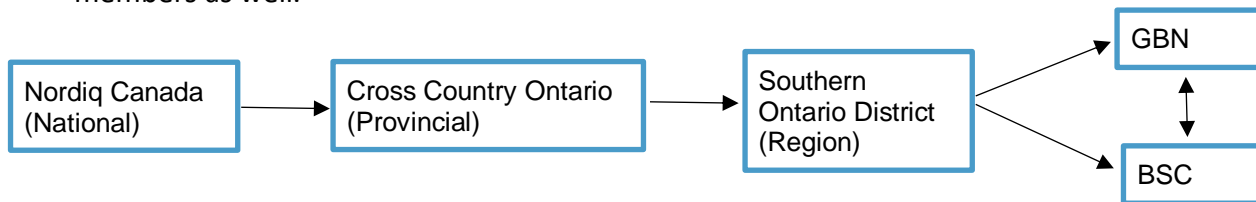
GBN is essentially a group of families and volunteer coaches working together to provide a fun and committed program for youth interested in advancing their skill in cross-country ski racing.

Detailed Executive Roles described at the end of the handbook.

AFFILIATION

GBN operates within the Southern Ontario District (SOD) of Cross-Country Ski Ontario (XCO), which is the provincial body under Nordiq Canada (National). There are four Districts in XCO: Lake Superior, Capital District, Northern Ontario, and Southern Ontario.

While administratively separate from the Bruce Ski Club (BSC), all GBN members are BSC members as well.



FUNDRAISING

GBN relies on fundraising to cover a majority of expenses. Raising funds allows GBN to keep registration fees relatively low and as a result, more accessible.

Consequently, parents and skiers are expected to help with our fundraising events. Recent fundraisers have included Awesome Adult Afternoon on Skis, Tree Planting, and Pure Grit Trail Race. The money raised as part of fundraising goes to the general GBN account.

Love Your Skis is a ski maintenance fundraiser that raises money specifically for Nationals. All team members are welcome to assist and learn waxing skills.

The primary fundraiser for the 23/24 season is the Pure Grit trail race held the first weekend in May.

What do the registration fees cover?

GBN is coached by volunteers. Registration fees cover administration, club registration and liability insurance (with NC and CCO), waxes, training equipment, coaches' out-of-pocket expenses, a small stipend for the coaches, coaching course fees and capital costs such as the cost of the GBN wax/equipment shed at Sawmill.

Types of Races

There are several types of races that GBN skiers have the opportunity to compete in over their racing career. In progression from “local” to National level these are as follows:

- SOD (Southern Ontario District) Races
- Loppets and unsanctioned races
- O-Cups (XCO)
- Easterns
- Nationals

SOD races are the most accessible races to skiers since they are relatively local (within 1 to 3 hours’ drive). They are XCO sanctioned events typically held in a single day and a single technique (i.e, classic or free). There is a focus on fun while still providing experience in a racing environment. These races are most applicable to the U12, U14, and Focus Owen Sound Group. SOD points are earned for each race based on your finish place and/or time behind the finisher. Leaders in each division are selected for the SOD Team, which includes additional training opportunities and a jacket.

There are several Loppets and a few Race Series that are not specifically sanctioned through XCO. These races are typically one day events of a longer distance. Some loppets (such as the Gatineau Loppet) are quite famous and attract competitive skiers from afar.

O-Cup races are sanctioned by XCO/NC and are ‘points races’ (for NC Race License Holders). These races are typically held over an entire weekend (2 to 3 days) and include a race in each technique. The O-Cup Races are a key component of the GBN racing season for the O-Cup division. These races draw athletes from clubs across Ontario (and often Quebec). From the points list, the Ontario Team and Ontario Talent Squad are selected. Earning a position on these teams provides for additional training/coaching support throughout the year.

Easterns is a more regional NC sanctioned meet that includes Quebec and Eastern Canada. Often some western Canadians athletes will attend the race. It is sometimes associated with an O-Cup race. This race is a highly competitive environment and recommended for the those committed to racing. For the 2023/24 race season, each of the 5 O Cups will have a maximum budget of **\$1000** to cover GBN’s 75% share of the coaching expenses. Any balance remaining after the O Cup is not transferred to the other events, but will remain in the account to support honorariums and wax.

Nationals is the highest achievement for our athletes. This is an open event (qualifications not required) and is available to GBN club members. Nationals funding is not part of the regular GBN race budget. If a skier decides to attend, and wants outside funding, then additional fundraising will be required. This will need to be led by the athlete and supported by the GBN

family. Events like Love Your Skis, Soup lunches, and Ski lessons could be used to support the interested athlete(s).

Parents/Athletes are responsible for registering for their own races. Race registration is completed online. Race notices and links will be provided through the club.

GBN 'O' Cup & Youth Champ Wax Protocol

- A. For Paraffin series / SOD races waxing will be offered, when possible, prior to the race day, usually during practice times.
- B. For 'O' CUP and Youth Championship multiday events the following will apply.
 - a. Racer bibs will be located at the team wax bench. It is good practice to collect your bib from the wax bench when arriving. Put it around your neck so it does not get lost.
 - b. A wax bench can be available for removing and applying travel wax. It is the skier's responsibility to complete. The bench will likely be placed outside near the team wax bench.
 - c. Skiers should deliver clean race skis to the wax bench upon arrival. Clean skis mean that the glide zones are scraped and brushed; the kick zone should have had a cleaner applied and a light sand with sandpaper. The wax pocket must be clearly marked with a sharpie, silver or gold is ideal. Skis should be labelled clearly with the skier's name and GBN. Putting a phone number on is also wise. Using blue painters' tape and a sharpie works well.
 - d. Warm up and training ski preparation is the responsibility of the skier.
 - e. Race skis will be prepared 45 minutes prior to race time for testing and adjustment.
 - f. During ski preparation skiers and parents are welcome to drop by the wax bench with logistical questions or for support. It is not a time to learn about waxing technique or a place to congregate and chat.
 - g. On classic race days, it is the skier's responsibility to clean the grip wax off after the race.

Coaching and Wax Costs Associated with Races

GBN Coaching and Executive Partnership will develop the Racing Season Plan at the beginning of the season. The intent of this plan is to decide which races will be "club supported". A "club supported" race is one where a coach will be attending, and support provided by the club both financially and technically. Athletes are always welcome to attend any races they see fit, even races that are not club supported.

Fee Structure for Club Supported Races

It is the intent of GBN to cover 75% of the cost of coaching and wax for O-Cup races. The remaining 25% will be equitably covered by racers. However, if there is limited fundraising, the coaching costs for races may be covered at a lower percentage by GBN. Competing skiers will equitably share the coaching costs not covered by GBN for that race. For example, if 5 skiers attended a club supported race, the unpaid coach's fees would be split equally by all 5 skiers, regardless of the number of races/days attended. This formula would primarily be associated with O-Cup Races.

Coaching expenses, include accommodation, fuel, food (up to \$50.00/day), banquet tickets and other approved expenditures. Approval must take place before the race event. It is expected that parents work as a team to provide meals for coaches during the race events.

If a coach has a child registered to race at an event, coach expenses such as accommodation, fuel and food will not be reimbursed by GBN. This same policy will be extended to a wax tech or other support parent at races.

Fee Structure for Races that are not "Club Supported"

In some instances, it may not be possible, or make financial sense, to send a GBN coach to a race. For example, only one or two athletes may have elected to attend and a parent volunteer may be able to support the race. If a skier decides to attend a race that is not 'club supported', with preapproval by the GBN Executive, GBN will cover wax and external coaching fees up to \$75 per registered race day, paid to a supporting Nordiq Canada sanctioned team, who supports the athlete.

Fee Payment Deadlines

In order to coordinate with our Nordiq Canada yearly insurance, athletes wishing to participate in the summer program must register and pay the full fee by May 1st of the current year. For athletes not involved in the summer program, their deadline for fees and registration will be September 1st. **Skiers MUST be registered and payment received, in order to participate in practices.** All registration is completed through Zone4.ca with the option of paying by cheque, credit or cash.

What do the GBN registration fees not cover?

- Race Entry Fees,
- Ski Equipment (skis, poles, boots, roller skis etc.)
- General Maintenance of personal Ski Equipment
- Training wax,
- GBN Uniforms (Not mandatory but Jacket Recommended U16 and U18/Open Athletes)
- Travel, accommodations, food and expenses for out-of-town races
- Carpooling (outside of COVID) is recommended where possible. It is the responsibility of the parties to work out any expectations for compensation (i.e., gas money) between themselves, if any.
- Portion of Residual Coaching expenses for O-Cup Races (25% share)

Parent Responsibilities

- Registration with the club.
- Provide Appropriate Equipment – support available
- Provide working/waxed equipment at practices
- Transportation of Skiers to and from practices and meets
- Registration of your skier in races.
- Annual Purchase of a NC Race License (as applicable) – see below
- Fundraising.
- Support GBN or BSC, as possible.
- Reading Club emails and correspondence.
- Join club WhatsApp group
- Support coaches at meets as possible.
- Having fun at races and cheering on your athlete.
- Supporting your skier's proper nutrition and workload.
- Understand Rowan's Law and support their Skier in the event of concussion.
- Parents are there to support their child. Let the coach do the coaching.
- Supporting your child at race events. Parents/Athletes are responsible for themselves at races including transportation to and from the event, attending the club meeting.
- Away races are typically conducted in the spirit of community, with shared meals, car-pooling, and race support, subject to COVID-19 protocols/restrictions.

Nordiq Canada Racing License

Nordiq Canada encourages all skiers to purchase a racing license and renew it annually. Skiers will have this race license number throughout their career. Skiers don't technically need a license unless they plan to attend an O-Cup (mandatory) or want to attend the Ontario Youth Championships (U-14), where seeding favours license holders.

The cost is approximately \$25 for younger athletes and \$55 and up for older athletes.

To purchase or renew your license, go to:

<https://nordiqcanada.ca/races/racing-license/>

You may need the following information:

- Club Official is Pat Day
- Coach is Matt Nelson NCCP License #565576

Who enters my skier in a race?

The Parents/Athletes are responsible for registering themselves in each race they plan to attend. Emails will be sent out by the club providing links and deadlines for registration. Please note that there is usually a cut-off date for registration anywhere from a several days prior (SOD Races) to a few weeks (O-Cups).

Coaching Team

In order to provide support to our range of athletes and maximize programming, GBN uses a Coaching Team approach. The coaching team consists of Ken Clarke, long-time BSC race coordinator; Jack Van Dorp (a GBN alumni); Chris Hodgkinson (a GBN parent); and Matt Nelson (a GBN Parent). All coaches have various levels of XCO/NCCP certification and are enthusiastic about nordic ski racing and coaching athletes.

Matt Nelson is currently acting as the Coach Coordinator to bring the Coaching Team's experience and expertise together to deliver a comprehensive skiing experience for GBN athletes. Matt Nelson is the primary contact for questions regarding the programming.

ALL OF OUR COACHING STAFF ARE VOLUNTEERS! IN RETURN, PLEASE GIVE THEM A POSITIVE ATTITUDE AND A DESIRE TO DO YOUR BEST.

SafeSport Policy

The GBN SafeSport Policy must be implemented by November 1, 2023 at the latest as directed by Cross Country Ski Ontario and Nordiq Canada in order to maintain our status as a club and our club insurance.

The goal of the SafeSport Policy is to allow participants (athletes, coaches and volunteers) to work and learn together without fear of abuse, neglect, or other maltreatment. Through a Code of Conduct, it aims to be abuse-free, and guarantees that SafeSport environments are positive, inclusive, and respectful.

Every club should have a SafeSport Officer as a member of the Board and as indicated by Nordiq Canada, should be separate from the president/director of the club. This individual will also be responsible for making up the screening committee (1-3 individuals) to implement the screening policy. They will also be responsible for take the lead on complaints if any are filed.

Multiple policies – these are mandated by Nordiq Canada and are posted to our club website.

- a) Athlete Protection Policy
- b) Code of Conduct and Ethics Policy
- c) Discipline and Complaints Policy
- d) Event Discipline Procedures
- e) SafeSport Policy
- f) Screening Policy
 - GBN athletes (U16 and older) must complete 2 free on-line training modules from The Locker, based on holding a race license. Currently these modules are a one-time completion. All athletes will need to apply for an NCCP # on the site before beginning the modules.
 - All other volunteers (Exec members and wax techs) must complete these modules as well as an E-PIC (\$28.25 through myBackCheck as organized by XCSO).
 - Coaches complete all of above and Make Ethical Decisions (MED) Evaluation (If a coach has taken the Introduction to Community Coaching e-learning module in the Locker, their MED training is included in the ICC and the coach can directly go take the MED Evaluation.)
- g) Social Media Policy
- h) Whistle Blower Policy

Completion of training modules and criminal record checks must be tracked by the SafeSport officer in a confidential way.

Roller Skiing

In the summer and fall training sessions, roller ski practices will be held at various times. There will be roller ski practices that include the broader club, held at a more secure and safe setting (such as a parking lot), while some of these practices will be held on active road ways (i.e., with vehicular traffic).

With respect to the “on-road” practices, safety is a key concern. Being able: to maneuver, stop in a controlled manner, roller ski for 1 to 1.5 hours continuously, and listen to instructions is a must. In order to participate at these “on-road” practices, athletes must prove proficiency in roller skiing (typically high-school age and older – U16/U18). Such proficiency will be determined by the coaches through training days in more controlled roller skiing opportunities or through opportunities where athletes can showcase their roller skiing ability.

If you are uncertain about an athlete’s ability to participate, or whether they have been qualified to do so, please contact a coach prior to attending a roller ski practice.

Skiers are responsible to wear appropriate clothing and equipment including:

- Helmet
- Eye wear
- Bright (yellow/blaze) and/or reflective shirt/jacket
- Other and optional: gloves, lights, weather appropriate clothing, water bottle, snack

Roller ski poles will require a carbide tip, approximate cost is anywhere from \$15-30. It is a good option to buy from skiwax.ca using the club discount code “GBN25”. This is also a good source for wax and equipment.

Please see Equipment and Waxing section below for roller ski rental cost.

Equipment and Waxing

We understand that the equipment and waxing needs for families that are new to skiing can be overwhelming. Not only are there different types of skis, but also boot and binding systems. Waxing technologies and waxing rules are ever changing. DON’T WORRY – support is available from other parents and coaching staff. Don’t hesitate to reach out for help.

New and/or top of the line equipment is not needed for the athletes. The fit of the equipment is the most important. Used equipment is often available from other GBN families and in the fall, ski swaps are also available at several clubs (e.g., BSC/Suntrail, Highlands, Hardwood). Again, don’t hesitate to reach out to other parents/coaches for support.

Skis require care during the season, with both glide waxing (for skate and classic skis) and grip waxing (classic skis). Keeping clean functioning skis are important for athletes to train appropriately. For those new to waxing, parent and coaching support is available. Again, DON'T WORRY – this is an incremental learning process which can advance with your skier. Newer technologies, such as cold applied and liquid waxes continue to make this easier.

Athletes are expected to show up to each practice with functioning equipment and skis that are ready to be used. On Classic Technique training days, skiers will be expected to have at least cleaned skis. The grip wax can be applied at the beginning of practice and the club will have a box of waxes available. However, any assistance in preparing athlete skis is appreciated (such as having the grip wax prepared, or helping apply grip to other skis) in order to maximize training time.

SKIS: skate and classic

- Fit is essential – check if skis are still the correct length and stiffness (camber) for the skier's current height and weight.
- Waxless classic are Ok for younger beginning racers and make excellent training skis. They are, however, slow for racing.
- Classic Skin Skis are a great option for training.
- Keep (or acquire) old skis to use as rock skis for training on poor snow days or as warm up for races

Poles: skate, classic, running poles, roller ski poles

Again, fit is essential – a rough guide - skate poles come to chin and classic to armpit when standing on the skis with boots on. Running poles should reach mid chest (there are a large selection of running poles in the Development Centre). Special tips can be purchased for roller skiing.

As the price of the pole increases the weight decreases as well as the pole's ability to transfer power to the snow (too soft a pole will bend rather than push into the snow)

BOOTS: skate and classic

For beginning racers, a combi boot is OK, but technique specific boots do facilitate better skiing.

Currently, there is a transition from the SNS type bindings to the Prolink/NNN system. These are NOT compatible. We recommend that new equipment be purchased with Prolink/NNN system, but understand that some skiers with used equipment will still have SNS systems. Please note that bindings can be changed on skis.

Roller skis - skate, classic, combi

Roller skis are an excellent pre-season training tool and are generally easier on the joints than running. They build ski specific muscles, balance and technique.

Commercial roller skis are anywhere from \$216 to \$400. Purchase roller skis with the slowest wheels.

As more athletes are roller skiing, trying to keep on hand enough roller skis for rental purposes as well as maintenance is becoming a challenge. Thus, it was decided that priority will be given to grade 5/6 athletes for roller ski rentals. Older athletes are encouraged to purchase their own if they wish to roller ski. The website below is a good source.

<https://barnettcanada.ca/collections/skating>

Rental fees are as follows; seasonal rate of \$75 or a daily rate of \$10. Please contact Tien or Jason Angus for roller ski rental equipment.

OTHER:

Waxing Iron: Essential to protect those expensive skis, if you plan to use paraffin waxes.

Watch: Excellent for training – a timing function and waterproof is a bonus.

GPS/Heart-Rate/Training Watch: Most applicable for high-school and O-Cup athletes. Excellent for optimizing training as you can ensure you are training in the Zone you have chosen for that particular workout.

RACE DAY PREPARATION (for skiers and parents)

- Athletes should wake up and eat breakfast 3 -4 hours before their race time. It is the responsibility for each athlete to know his/her start time. This information can usually be found the night before on zone4.ca.
- Check the weather and dress accordingly. Dress in layers. Avoid wearing cotton. Wear an extra layer during pre-race warm-up, and maybe even mitts, or warmer gloves (not race gloves). Plan to pre-ski in a different shirt and then change into a dry base layer for racing. This avoids condensation and getting the chills during racing. Male skiers should have wind-blocking briefs for cold weather protection.
- Athletes should arrive at the race site no later than 90 minutes before their start time in order to receive their bibs, test skis and conduct a proper warm-up. At local races, athletes will also pre-ski their race course.
- Parents may accompany athletes to the start area to collect warm-up clothes, take pictures and cheer like crazy. Parents should not hover at this time, if you are going to be at the start, your job is to act as a “caddy” for the skiers, but most importantly try to avoid any coaching.

Following their races, athletes go for a cool down ski and then touch base with the coach. Here, parents should be supportive of their skier and be as positive as possible no matter what the result or how your skier is feeling. It is the coach's task to debrief the skiers to find out what worked and what needs improvement. Let the coach be the coach.

- Thank your coach/waxer and 2 volunteers at the event 😊

Rowan's Law and Return to Play

When you register for skiing, you will note that you have to read and understand Rowan's Law. Under Rowan's Law and Cross-County Ski Ontario, coaches are required to follow the return to play process. Remember, the return to play process is designed to protect the athletes and support their long-term participation in sport. It is important to note that we cannot support activity (or return to sport) outside of the prescribed process. This includes practices or racing.

Please respect the coaches' obligations to follow this program and work with them to follow the program. A link to XCO resources is here: <https://xcskiontario.ca/safe-sport/rowans-law/>

GBN Executive Roles and Responsibilities

1) President

- a) Set agenda and host monthly meetings
- b) Coordinate the roles of exec members to operate efficiently as a team
- c) Act as "the face" of the club
- d) Monitor and share information from Nordiq Canada, XCSO, SOD etc.
- e) Connect with coaching team to determine required supports
- f) Communicate with local clubs
- g) Support compliance of club with XCSO and Nordiq Canada requirements.
- h) As part of the Executive set budgets and approve expenses

2) Vice President (optional position)

- a) Assist President
- b) Prepare to take on the role of President and support other exec members as required.
- c) As part of the Executive set budgets and approve expenses

3) Communications

- a) Liaison with and support athlete rep.
- b) Create a forum to elect an athlete rep
- c) Monitor skigbn@gmail.com email address
- d) Update and maintain website and social media (i.e., report race results for respective races)
- e) Take team photo, printing and use on community "Thank You" cards

- f) Create club propaganda for events like Pure Grit and AAA
- g) As part of the Executive set budgets and approve expenses

4) Parent Liaison & Race Schedule Coordinator

- a) Support and guide new parents to the GBN experience, using the GBN handbook as a resource.
- b) Create a calendar to share with club that covers SOD races, O Cups, Easterns, Nationals, SOD Team training plus other races such as Arrowhead and Gatineau Loppet.
- c) Book or assign a participating parent to book blocks of rooms at hotels, including coach rooms.
- d) Create a spreadsheet of skiers interested in participating in events at the beginning of the season.
- e) As part of the Executive set budgets and approve expenses

5) Wax and Technical Coordinator (Coaching Team Support Role)

- a) Coordinate with coaching team – waxing needs:
 - i) At beginning of year,
 - ii) Prior to OCUP races,
 - iii) End of year.
- b) Inventory wax box monthly
- c) Research current wax trends, buy and test
- d) Educate the club members
- e) Prepare wax box and benches for races
- f) Purchase consumables yearly (shop towels, gloves, garbage bags)
- g) Store equipment
- h) Repair, maintain, research and source replacement gear
- i) When feasible, use Suntrail ski test bench to help fit skis for skiers
- j) As part of the Executive set budgets and approve expenses

6) Treasurer

- a) Complete Zone4 annual membership forms. Registration starts on May 1st each season.
- b) Track monthly bank statements, pay invoices, honorarium cheques, deposit cheques
- c) As part of the Executive set budgets and approve expenses

7) Social Coordinator

- a) Plan fall team social pot luck for the week before or after Thanksgiving.
- b) Plan an end of season social pot luck for late March/early April
- c) As part of the Executive set budgets and approve expenses

8) Activity Camp Coordinator (Coaching Team Support Role)

- a) Coordinate with coaching team to find a weekend in the fall to have a weekend fall training camp. Can be a multi or one day event. Goal is to do some roller ski and dryland training while team building. Often a brown bag lunch with pizza style group dinner.

- b) Coaches will plan the training program.
- c) Exec to support coaches with budget, food/venue etc.
- d) Coordinate with coaches an on-snow camp in the last weekend of November/early December based on school PD calendar and/or race schedule. Typically a three-day camp in Temiskaming Shores at the Temiskaming Nordic Ski Club. Drive up Friday morning, ski Friday afternoon, Saturday, Sunday morning, heading home at 11:00am. Options for group accommodation in Haileybury or Cobalt area. Subject to change.
- e) Coordinate with coaches to complete Lila's Loppet marathon ski challenge
- f) Coordinate with coaches support for any time trials or "special" GBN event days.
- g) As part of the Executive set budgets and approve expenses

9) Uniforms

- a) Track team vests
- b) Order GBN Jakroo gear
- c) Coordinate with athlete rep to create annual team T-shirts
- d) As part of the Executive set budgets and approve expenses

10) Roller Ski Coordinator

- a) Yearly maintenance on roller skis
- b) Research and source new skis
- c) Provide roller skis to coaches
- d) Invoice and manage roller ski rentals at \$75 per season (\$10/day) with preference to U14

11) Fundraising Coordinator

- a) Determine effective fundraising opportunities for the team and create a plan to implement with the exec support
- b) Goal of \$5,000 fundraising per season
- c) Potential Events:
 - i) Pure Grit
 - ii) Awesome Adult Afternoon
 - iii) Wine or Liquor Fundraiser
 - iv) Tree Planting
- d) As part of the Executive set budgets and approve expenses

12) Secretary (This can be a rotating responsibility at each meeting)

- a) Take minutes at the executive meetings and distribute minutes once approved
- b) As part of the Executive set budgets and approve expenses

13) SafeSport Officer

- a) Maintain accurate records of completion of screening requirements for all U16 and older athletes, coaches and volunteers
- b) Serve as reporting officer for any complaints filed under the SafeSport Policy

14) Member At Large

- a) Many hands make light work. There is always lots to do to improve and support athletes.
- b) By signing up early in your athletes career in a less formal position, it is easier to learn what it takes to keep GBN running.