

# Jackrabbit/Track Attack Parent Information & Responsibilities

## Volunteering

Fernie Nordic Society's skills development program is run entirely by volunteers. Parents are key to making a club operate. Luckily we have a vast pool of talent to draw from in our community. As athletes progress in the sport it parent involvement becomes more vital. Please share your talent with us to facilitate awesome lessons for your kids. Parents are required to sign up for a at least 4 volunteer tasks over the course of the season (Volunteer coaches are exempt). Sign up sheet will be coordinated by the Master Den Parent Coordinator and emailed to the parents before the beginning of lessons. Opportunities to train as coaches or officials may be available as well.

- Local events need parent volunteer help with course control, course control, timing, registration and check in.
- Please respond to all emails asking for assistance or contacts.
- Any questions or concerns can be brought to the attention Clark Weber, Jeff Williams or Megan Lohmann.

## Parent Information & Responsibilities

Thank you for enrolling your child into this “learn-to-ski” program. There are a few things that we think are important for you to know about, so that we can make this an enjoyable experience for you, and your child.

- Ski lessons will start at 10:30 am every Saturday, from Dec. 6th onwards (Holiday schedule change TBD and will be emailed).
- Jackrabbit & Bunnyrabbit lessons will be 1 hour long, from 10:30 am to 11:30 am.
- Lessons for Track Attack will be 1.5 hours long, starting at 10:30am.
- All the children should have their equipment ready and on at 10:30 am sharp, to ensure a punctual start. If your child has waxable skis, ensure your child’s skis are prepared with the proper kick-wax prior to the 10:30 am start.
- Ensure your child is wearing the appropriate clothing. Cold feet or hands can turn any fun activity into a nightmare.
- Please sign up for assorted volunteer duties; your help in this much-loved part of the Jackrabbit program would be appreciated.
- Group coaches will coordinate snacks with their participant’s parents.
- The Bunnyrabbits, Jackrabbits, and Track Attack kids will all receive booklets at the beginning of the course. Please read through this with your child to see what goals your child should try to achieve for this year. Please keep track of the goals obtained and ensure your leader knows what you have achieved. Achievement stickers for the booklets will be available for anything your child completes. Talk to your child’s leader if you have not received a booklet. If you received one the year before, you are meant to use it for the following years until your child graduates from Bunnies to Jackrabbit, and from Jackrabbit to Track Attack.

- Parents are encouraged to get involved in volunteering, but we would like to see parents not ski with their own children. Children will often ski better, and take instructions better, from a non-parent. Even in the Bunnyrabbit group, we would like to see no more than 1 parent with each leader.
- Please ensure that you have given us your email address so that the leaders can get in touch with your child in case there are any changes in the lesson plan/venue.
- Parents who wish to obtain rental equipment (first come, first serve) contact the club.
- The more your kids ski during the winter, the more fun it is for them. It isn't necessary to go to the Elk Valley Nordic Centre - there are many opportunities to ski in town, including the Fernie Golf and Country Club, the dike trail or you can ski in schoolyards, and your own back yard!

Once again, thank you for getting involved in this fun winter sport, and we hope you and your child has a great time. If you have any further questions, please do not hesitate to contact Clark Weber at 250-946-6644, or email [bluerockeng@telus.net](mailto:bluerockeng@telus.net).

## **Cold Weather Policy**

The following outlines our cold weather policy

Jackrabbit leaders will also consider the following safety measures when skiing with young children during cold days (temperatures below - 10C).

- If children are inappropriately dressed they may be excused from the session and parent will be notified. If you require guidance on appropriate dress for the weather, please contact your group coach.
- A hat should be worn at all times, ensuring ears are covered to avoid frostbite.
- Children will be brought into the warming hut when they say they are cold.
- Group coaches will choose areas that are protected from the wind, avoid activities in open areas and keep the young children close to lodge in the event that someone does get cold. They will allow additional time to warm-up as it takes longer to get the body warmed-up for sport activity in cold weather.
- At the discretion of the group leader the session may be cut short if extreme weather becomes a safety issue.

## Skills Development Ski Rental Program

Rather than purchasing equipment, many families may decide that they would prefer to rent the skis, boots and poles that their kids will use for the year. FNS has started a program to allow Jackrabbits and Track Attack athletes to rent one of the following packages, there is limited supply of rental equipment (we will only rent whole packages, not just boots or skis or poles):

<b>Packages</b>	<b>Includes</b>	<b>Price</b>
<b>Waxless Classic Package (for Jackrabbits, Level 1 or Level 2)</b>	Waxless ski with NNN bindings (100cm -140cm) Junior NNN Boot (sizes 12-5) Poles	\$45.00
<b>Classic/Skate Combi ski package TrackAttack (Levels 3 and 4)</b>	Waxable ski with NNN bindings (120cm - 160cm) Junior NNN Boot (sizes 12-5) Two pairs of poles (skate and classic length)	\$45.00 + \$30.00 (for skate skis)

Rental equipment will be distributed upon receipt of payment and a postdated cheque for \$100 as deposit. You are required to take good care of the rental equipment as you will keep it until the last lesson of the season (Mid-late March).

Normal wear and tear is expected, however, at the discretion of the club you may be charged for any breakage of equipment or more serious damage.

Equipment returned at the end of the season and in good order will result in your deposit cheque being returned to you.