



**Parent Information: Skier Development Program
Jackrabbits / Bunnies / Track Attack / Bull Mountain Racers
2023-2024, including COVID 19 Safety Policies**

We look forward to seeing you all up at Bull Mountain for a fun and wonderful ski season. Skiing is a great way for families to get outside, enjoy nature and get some fresh air and exercise.

Start Date for Lessons: January 07, 2024 (snow dependent)

Lesson Times: Sunday afternoons, 1 pm start Length of lessons will depend on weather, temperature, ages of the children, but will be anywhere from 30 minutes to 2 hours.)

Weekday evening practices for older children will be based on interest and available coaching. **If your child is interested in Tuesday weekday evening practices(6-8pm), please contact Bev 250-267-3693.**

Youth Programs: (see details on website)

- Bunnies: 5 years and younger
- Jackrabbits: 6-9 years
- Track Attack: 10-12 years
- Bull Mountain Racers: supplementary program offered to older Jackrabbits & Track Attack (9+ years) for those who would like additional training during the week
- Youth Recreational Skiers may run again if we have a coach.

New Procedures to comply with COVID 19 guidelines

Return to Sport Guidelines have loosened this year and there are no specific directives despite ongoing illness in our community. We remind participants that continuing to practice social distancing, good cough hygiene, staying home if sick and using a mask when indoors will help reduce transmission among our ski community. Our current guidelines are subject to change with new public Health or Government directives.

Before you arrive at Bull Mountain:

- Participants & parents / guardians are reminded to stay home if you are sick.
- Ensure you have packed water bottles and snacks for your children. There will be no sharing of food/drink.
- Ensure your children are dressed for the weather and have a personal backpack for additional layers.
- Pack hand sanitizer.

Parking & Arrival:

- Please park in the upper parking lot.
- Participants & parents / guardians must come ready to ski. We will meet in the stadium for lessons and may use the lodge or gather at the fire **after** lessons.
- Children will be placed in groups at the first lesson by age and experience.

Equipment Rentals (if required):

- Equipment rentals **must be pre-arranged**. Contact WLCCSC_Jackrabbits@outlook.ca or phone Beverly 250-267-3693 if your child needs rentals. Rentals from the club are done for each session
- Equipment must be picked up by 12:45 pm. The rental shop is in the basement of the new lodge in the stadium. Prepaid season rate \$50/ set or daily rental rate applies if daily.

Lodge & other buildings:

- Consider using a mask inside and please stay home if you are sick.

Lessons:

- Lesson duration will depend on the day's temperature & weather, and the age of the children in each group.
- Parents / guardians should check with the coach each day about the lesson plan / route and if the coach needs a parent helper. If this is your child's first year skiing or they typically require assistance with clothing/ equipment/going to the bathroom we will need a parent to be present.
- Children's attendance will be recorded by the coaches.

Pick-up after Lessons:

- Parents / guardians will need to be available to pick up their child immediately at the end of the lesson.

Volunteers would be much appreciated for....

- Assisting with the fire pit in the stadium, assisting with events for the kids through the season (race day, scavenger hunt, moonlight/headlamp ski).
- Coaching (the Club will help with coaching course fees). If you have volunteered for assistant coaching and have not heard back, please contact Beverly at 250-267-3693 (text) or email bevrooke@hotmail.com.
- Skiing along with the lesson groups, especially with the Bunnies and Level 1-2 Jackrabbits.

Questions?

General WLCCSC inquiries: info@williamslakecrosscountryskiclub.ca

Skier Development Program inquiries: WLCCSC_Jackrabbits@outlook.com or Beverly 250-267-3693

We're looking forward to seeing you at Bull Mountain!



www.williamslakecrosscountryskiclub.ca