



Welcome to the Golden Kicking Horse Alpine Team (GKHAT) Parent Handbook.

At GKHAT our goal is to foster a lifelong love of skiing, develop racing skills, provide quality training and racing experiences, and ensure everyone has fun.

For important dates and up to date information, visit [www.GKHAT.ca](http://www.GKHAT.ca)

### Who Is GKHAT?

GKHAT is a volunteer driven, non-profit organization dedicated to promoting alpine skiing and ski racing. The Board of Directors are volunteers elected at the annual general meeting (AGM) by the membership. Nomination to the board is open to all club parent members in good standing.

<b>Board Members</b>	
President	Heidi Perren
Vice President/Treasurer	Rocky Baker
Secretary	Julia Stadnyk
Communications	Lexi Barrett
Equipment	Dan Bracko
Registrar	Janelle Pepin
Volunteer Coordinator/Parent Liaison	Rachelle Robichaud
Past President	Tracy Van Zalingen
Sponsorship	Allison Clare
<b>Committee Leads</b>	
Information Technology	Landra Trevis
Fundraising	Sarah O'Connor
Race	Amy Bellomo
Past Board Member Support	Rhonda Laurell

## **Directory**

1. [Season Overview](#)
  2. [Coaching](#)
  3. [Daily Overview](#)
  4. [Ski Groups](#)
  5. [Program Descriptions](#)
  6. [Equipment Requirements](#)
  7. [Volunteer Requirements](#)
  8. [Races and GKHAT Events](#)
  9. [Cold Weather Policy](#)
  10. [Refund Policy](#)
  11. [Financial Assistance](#)
  12. [Team Van](#)
  13. [Athlete Discipline Policy](#)
- [Appendix A – Detailed Volunteer Descriptions](#)

## 1. SEASON OVERVIEW

### Pre-Season

- **Start Date:** Pre-season begins the second weekend of Kicking Horse Resort's opening (anticipated to be December 13, 2024), for all athletes except for Minis (see below).

### Holiday Breaks

- **No Regular Programming**
- **Christmas, Spring and / or Easter Camps:** See the Calendar for camp details closer to each break.

### Regular Program Schedule

- **Post-New Year Start:** Regular program starts the first weekend after New Year's (January 3, 2024).
- **Duration:** Programs run for the next 11 – 13 weekends, continuing into March, depending on the program level.

### U6 Minis

- **Program Start:** Minis start the first weekend after New Year's.
- **Session Structure:** The season begins with 4 weeks of half-day sessions, transitioning to full-day sessions for the remaining weeks.

### Home Races

- Events are designed to be fun, foster team spirit and to develop a love for ski racing.

#### Key Events:

- **Cookie Cup:** January.
- **Nancy Green Ski League Race:** Mid-late February, subject to volunteer support, GKHAT hosts neighboring clubs for a Nancy Green style race.
- **Ski-tacular Wrap-up:** Final event in March.

### Away Races

- Athletes will have the option of participating in several away races, depending on age. See the Detailed Program Description and Race section for more details.

## **2. COACHING**

**Head Coach/ Program Director:** Ryan Ford headcoach@gkhat.ca

**Nancy Greene (U10) Head Coach:** Sarah Recoskie nghead@gkhat.ca

Our coaching team consists of certified CSCF (Canadian Ski Coaches Federation), and CSIA (Canadian Ski Instructors Alliance) coaches. They are passionate about skiing, ski racing, and sharing their love of the alpine. Our coaches prioritize Safety, Fun, and Learning: safety first, followed by fun and learning together. They use the mountain setting and conditions to create learning opportunities that foster a love for the sport.

### **Addressing Concerns**

If you have a concern with your coach or any member of our coaching team, please follow these steps:

- **Minor Issue:** Speak to your coach at an appropriate time outside group training. Please avoid confronting coaches during training sessions to maintain a positive relationship.
- **Major Concerns:** Contact Ryan, Sarah or the Parent Liaison in person or by email with your concern.

### 3. DAILY OVERVIEW

#### Schedule

**8:30 am** – U12/U14/U16 depart from the yurt.

**9:00 am** – U6/U8/U10 depart from the yurt.

**2:30 pm**– Pickup outside the yurt

Athletes will stop for short breaks and warmups as needed, as well as lunch.

#### Meeting Location

- **GKHAT Yurt:** Athletes and coaches meet at the GKHAT Yurt, located on the north side of the day lodge in the Kicking Horse base area.
- **Punctuality:** Ensure children are ready to depart at their scheduled start time. Groups will not wait for latecomers. If your child is late, message their coach to arrange a meeting place.

#### What to Bring

- **Snacks:** Send your skier with a pocket filled with snacks.
- **Backpack Filled With:**
  - Lunch
  - Extra buff
  - Mitts
  - Hand-warmers
  - Water
  - Easily portable snacks

**Equipment:** See detailed section below

#### Training Schedule

- **Mornings:** Focus on training environments like racecourses, skills & drills, and technical skiing.
- **Afternoons:** Groups typically explore the mountain and engage in free-skiing development.

#### Parent Availability

- **Phone Availability:** Parents must be reachable by phone during the ski day in case of emergencies.

- **Contact Information:** Provide updated contact and emergency contact information at registration. Inform your child's coach if contact info changes for any given training or race day.

#### **Parent Participation on Training Days**

- U6 Minis require volunteer tail gunners for every session. There will be a sign up on Sign Up Genius (see the "Get Involved" section of the GKHAT website for the link).
- **If you are not tail gunning, we ask that you do not ski with the groups. Having parents around affects the group dynamic and can hamper a coach's ability to carry on with their session as planned.**
- You may ask the coach if you can join for a run or part of a run, or you can give your athlete a high-five and carry on with your ski day.
- A brief check-in at lunch hour with your child is allowable but not necessary.

#### **Independence Requirement**

- Skiers must be able to participate independently to be eligible for GKHAT. If this policy is challenging for your family, GKHAT may not be the right program for your child.

#### **4. SKI GROUPS**

Athletes will be placed into training groups based on age, ski ability, social needs, confidence, desires and other factors. **If you have requests for athletes to be in the same group as friends, please indicate this during registration.** We will try to accommodate these requests; however, coaches have the final say on group composition.

Despite our best efforts, group assignments are never perfect, and during the first couple weeks there may be some shuffling. If you feel your athlete's group isn't suitable after the initial period, discuss this with the group coach or head coach. We will do our best to accommodate, but changes may not always be possible due to limited options and space.

##### **Friday programming**

Friday programming looks different than Saturday and Sunday due to smaller numbers.

Key differences include:

- Age groups and skill abilities are combined.
- Groups may change at the end of the season when younger kids finish.
- Friday U6 (GKHAT Mini) program is subject to sufficient registration numbers.

## 5. PROGRAM DESCRIPTIONS

This section includes an overview of our programs and skiing ability prerequisites along with a **detailed description** of each program listed in the table below.

<b>Program/Age (Dec 31, 2024 Age)</b>	<b>One Day Per Week Cost*</b>	<b>Two Day Per Week Cost*</b>	<b>Skiing Ability Prerequisite - Prior to program start</b>
<b>U6 (Mini)</b> 4 and 5 year-olds 2019 / 2020 birth year	\$600.00 + \$120.24 (BCA)	N/A	Able to ski confidently and independently on easy terrain (i.e. from Catamount top down and easiest way down from Gondola).
<b>U8</b> 6 and 7 year-olds 2017/2018 birth year	\$710.00 + \$120.24 (BCA)	N/A	Able to ski confidently and independently on steep intermediate terrain (Silver Lining, Show-off, etc.), and should have some experience in some steeper ungroomed terrain (i.e. Think twice, Bowl Over)
<b>U10</b> 8 and 9 year-olds 2015 / 2016 birth year	\$965 + \$120.24 (BCA)	\$1,357.50 + \$120.24 (BCA)	Able to ski confidently and in control on advanced terrain (Show-off, Feuz Bowl, Double Header etc.)
<b>U12</b> 10 and 11 year-olds 2013 / 2014 birth year	\$795 + \$120.24 (BCA)	\$1,193 + \$120.24 (BCA)	Able to ski confidently and in control on advanced-expert terrain (Feuz Bowl, CPR etc.)
<b>U14 and U16</b> 12 - 15-year-olds 2009 /2012 birth year	\$795 + \$195.83 (BCA)	\$1,193 + \$195.83 (BCA)	Able to ski confidently and in control on advanced-expert terrain (Feuz Bowl, CPR etc.)

\* BCA - Denotes required BC Alpine Insurance for each individual Athlete.

Additionally, one parent per family must purchase Parent BC Alpine Insurance for \$34.45.

U10 Fees include Kimberly Race Fees.

### **U6 Minis (4- and 5-year-olds as of Dec 31, 2024)**

The focus of Mini GK HAT is to establish a foundation of strong skiing skills, teach young athletes how to ski safely on the mountain, ski as part of a group, and most importantly to have lots of FUN while exploring the mountain. We use a combination of all mountain and racing environments to develop skillful young skiers.

**As a prerequisite, skiers must be able to ski confidently and independently on easy terrain (i.e. from Catamount top down, easiest way down from Gondola).**

#### **Program Details:**

- **11-Day Program:** Skiers can choose one day per weekend, either Friday, Saturday or Sunday
- **Duration:** 11 weekends, starting in January and finishing in March.
- U6 starts with half day programming transitioning to full days through the course of the season.
- Half days will either be morning or afternoon sessions depending on group assignments.
- **Home Race Events:** Includes 2-3 home race events.
- **Target skier: coach ratio** is 4:1 or less.
- **Parent Involvement:** Parents are required to volunteer as tail gunners for a limited number of days throughout the season. Emails will be sent out with volunteer sign-up requests early in the season, and sign-up links will be available in the “Get Involved” section of the GK HAT website.

### **U8 (6 and 7 year-olds as of Dec 31, 2024)**

The GK HAT U8 program is for skiers who want to develop strong skiing skills, have fun with their friends, and learn through a combination of race training environments, race events, and all mountain skiing.

#### **Program Options:**

- **12-Day Program:** Skiers can choose one day per weekend, either Friday, Saturday, or Sunday.

#### **Program Details:**

- **Duration:** 12 weekends, starting in December and finishing in March.

- **Home Race Events:** Includes 2-3 home race events.
- **Optional Away Events:**
  - Athletes have the option to travel to other local hills for Nancy Greene Festivals and races hosted by our neighboring clubs.
  - These events are a family-oriented, fun addition to the season and can help develop team spirit, love for the sport, and give our young skiers a sense of accomplishment.

**As a prerequisite, skiers must be able to ski comfortably and independently on steep intermediate terrain (Silver Lining, Show-off, etc.), and should have some experience in some steeper ungroomed terrain (i.e.. Think twice, Bowl Over).** Beginner and Intermediate skiing programs are offered by the Winter Sport school at Kicking Horse. Feel free to contact us to help decide what is the right program for your young skier. The focus of the program is to develop skiing and ski racing skills while having as much fun as possible skiing the mountain with friends. We want to spark the ski racing fire in our young skiers! Safety, technical skills, tactics, focus, athleticism, and team spirit are all key components of what we aim to develop in this program to make great skiers who love skiing and have a strong foundation in ski racing.

### **U10 (8 and 9 year-olds as of Dec 31, 2024)**

The GK HAT U10 program is for skiers who want to develop strong skiing skills, have fun with their friends, and learn through a combination of race training environments, race events, and all mountain skiing. At this age, we begin to sharpen our focus on fun technical skiing in race environments with some all-mountain skiing.

#### **Program Options:**

- **14-Day Program:** Skiers can choose one day per weekend, either Friday, Saturday, or Sunday.
- **28-Day Program:** Skiers can choose two days per weekend, combining any of the available days (Friday, Saturday, and Sunday).

#### **Program Details:**

- **Duration:** 14 weekends, starting in December and finishing in March.
- **Home Race Events:** Includes 2-3 home race events.
- **Away Events:**
  - Kimberley Nancy Greene Festival registration fees are included in the fee structure.

- Athletes will have the option to travel to other Nancy Greene Festivals (ex. Lake Louise Doug Meyers Invitational) and races hosted by our neighboring clubs.
- These events are a family-oriented, fun addition to the season and can help develop team spirit, love for the sport and give our young skiers a sense of accomplishment.

**As a prerequisite, skiers must be able to ski with confidence and control on advanced terrain (Show-off, Feuz Bowl, Double header etc.).** Beginner and intermediate skiing programs are offered by the Winter Sport school at Kicking Horse. Feel free to contact us to help decide what is the right program for your young skier.

The focus of the U10 program is to develop skiing and ski racing skills while having as much fun as possible skiing the mountain with friends. We want to spark the ski racing fire in our young skiers! Safety, technical skills, tactics, focus, athleticism, and team spirit are all key components of what we aim to develop in this program to make great skiers who love skiing, and have a strong foundation in ski racing.

#### **U12 (10- and 11-year-olds as of Dec 31, 2024)**

GKHAT's U12 program aims to develop athletes who want to become the best skiers and ski racers they can be. We strive to provide a high standard of coaching, training opportunities, race experience, and adventurous free-skiing to fuel a love of skiing. We aim to build a solid technical foundation, and to give athletes the skills they need to move on to the next level and beyond if the athlete so chooses.

#### **Program Options:**

- **14-Day Program:** Skiers can choose one day per weekend, either Friday, Saturday, or Sunday.
- **28-Day Program:** Skiers can choose two days per weekend, combining any of the available days (Friday, Saturday, and Sunday).
- At this age, we highly encourage athletes to ski **more than one day per week;** athletes who ski one day per week will experience a narrower spectrum of training environments.

#### **Program Details:**

- **Duration:** 14 weekends, starting in December and finishing in March.

- **Strategy:** GKHAT uses Alpine Canada's Long-Term Athlete Development (LTAD) strategy as the training standard for athletes with all levels of aspiration in skiing. For more information, see Alpine Canada at <https://ltad.alpinecanada.org/>
- **Race Events**
  - Athletes are encouraged to attend one or two away races per season at this level.
  - LTAD recommends 8-10 race starts during the season (a typical race weekend would usually include 4 race starts).
  - Regardless of interest in ski racing, these events are a family-oriented, fun addition to the season and can help develop team spirit, love for the sport, and give our young skiers a sense of accomplishment.
- **Home Race Events:** Registration includes 2-3 home race events.
- **Away Events:**
  - Nancy Greene Races - These races are best suited to athletes who prefer a more fun-based approach, particularly the Kimberley Nancy Greene Festival. Nancy Greene Races are for U6/U8/U10/U12.
  - Kootenay Zone Races - These races are best suited to athletes who are looking to experience a little more competitive race environment and a full weekend of technical racing. Zone races are for U12/U14/U16.
- **Preseason Ski Camps:** Camps will be offered for enthusiastic skiers who want to get on snow and start working on their turns early.

**As a prerequisite, skiers must be able to ski with confidence and control on advanced-expert terrain (Feuz Bowl, CPR etc.).** Beginner and intermediate skiing programs are offered by the Winter Sport school at Kicking Horse. Feel free to contact us to help decide what is the right program for your young skier.

### **U14 and U16**

**U14 (12 and 13 year-olds as of Dec 31, 2024)**

**U16 (14 and 15 year-olds as of Dec 31, 2024)**

GKHAT's U14 and U16 program aims to develop athletes who want to become the best skiers and ski racers they can be. We strive to provide a high standard of coaching, training opportunities, race experience, with some free-skiing to continue to build strong athletes with solid technical skills. At this level, more time is devoted to race training and skiers can expect to spend a significant portion of their ski days working on racing skills.

### Program Options:

- **14-Day Program:** Skiers can choose one day per weekend, either Friday, Saturday, or Sunday.
- **28-Day Program:** Skiers can choose two days per weekend, combining any of the available days (Friday, Saturday, and Sunday).
- At this age, we highly encourage athletes to ski **more than one day per week**; athletes who ski one day per week will experience a narrower spectrum of training environments.

### Program Details:

- **Duration:** 14 weekends, starting in December and finishing in March.
- **Strategy:** GKHAT uses Alpine Canada's Long-Term Athlete Development (LTAD) strategy as the training standard for athletes with all levels of aspiration in skiing. For more information, see Alpine Canada at <https://ltad.alpinecanada.org/>
- **Race Events**
  - Athletes are strongly encouraged to attend three or more away races per season at this level.
  - At the U14 and U16 levels, the LTAD recommends 10-20 race starts during the season. These may include Zone races, Provincial events, speed camps, and Ski Cross races.
- **Home Race Events:** For home events, U14/16 athletes may be included as mentors to younger skiers to build team and leadership skills.
- **Away Events:**
  - Up to three Kootenay Zone Races - hosted by other clubs throughout the season. These races include slalom and GS races.
  - Speed Camp (if offered) - typically a weekend of training Super G at a host ski hill followed by a fun race.
  - Western Ski Cross Events - Hosted by different clubs, full 3-day weekend introduction to ski cross, suitable to all levels of athletes and tons of fun!
  - BC Games or Provincial races if the opportunity arises.
- **Preseason Ski Camps:** Camps will be offered for enthusiastic skiers who want to get on snow and start working on their turns early.

**As a prerequisite, skiers must be able to ski with confidence and control on advanced-expert terrain (Feuz Bowl, CPR etc.).** Beginner and intermediate skiing programs are offered by the Winter Sport school at Kicking Horse Mountain Resort.

## 6. EQUIPMENT REQUIREMENTS

Ensuring that your child has the right equipment and that it is well-maintained will significantly enhance their skiing experience and performance in the GKHAT programs.

### SKIS

For athletes in the **U10 category and older, race skis (or at least carving skis) are required.** Here are the key recommendations and guidelines:

- **Recommend Race Skis:** If purchasing only one pair, consider the following:
  - **Slalom (SL) Skis:** Recommended for athletes under 120 lbs.
  - **Giant Slalom (GS) Skis:** Recommended for athletes over 120 lbs.
- **Ski Length Guidelines:**
  - **Slalom (SL) Skis:** Generally, measure between the chin and nose.
  - **Giant Slalom (GS) Skis:** Typically measure around the top of the head.
  - Lighter and less experienced skiers should opt for shorter skis within the recommended range, while heavier or more aggressive ski racers may prefer skis on the longer end of the range.
- **Binding Settings:**
  - **DIN Settings:** Review and adjust your child's DIN settings at the start of the season and during the season, especially if they experience a growth spurt. This is crucial for their safety as they ski faster and more aggressively.
- **Ski Tuning:**
  - **Regular Tuning:** For both race and free skis, regular tuning is vital. Properly tuned skis enhance performance and safety.
  - **Before Races:** Tuning race skis before competitions is strongly recommended.
  - **Discounted Tuning:** Selkirk Sports offers discounted rates for tuning services for GKHAT athletes.

### BOOTS

Properly fitting ski boots are crucial for comfort, control, and performance on the slopes. Selecting the right size and flex for ski boots is vital to ensure that young skiers can perform optimally and comfortably. Always consider having a professional boot fitter assist if there is any uncertainty about the fit. Here's a step-by-step guide to help you choose and fit ski boots for your young skier, along with a size chart for reference.

- **Size Chart:**

<https://the-raceplace.com/pages/how-to-size-ski-boots>

- **Fitting Procedure:**

1. Remove the Liner: Take out the liner from the boot shell.
2. Foot in Shell: Place the athlete's sock-covered foot into the shell with toes touching the front.
3. Check Space: Ensure there is approximately two finger's width (almost an inch) of space behind the heel.
4. Replace the Liner: If the shell seems to fit, put the liner back in and have the athlete try on the boot with the liner.
5. Flex Test: Ensure the athlete can flex the boot when it is warm. Boots will become stiffer in the cold, so this flexibility is essential.

- **Flex Rating Recommendations:**

- **U12 (Under 12 years old):** Boots should not be stiffer than a 70 flex.
- **U14 (Under 14 years old):** Boots should not be stiffer than a 90 flex.

## **SKI POLES**

Turn the poles upside down and grip the pole below the basket, the elbow joint angle should be slightly smaller than 90 degrees.

## **HELMETS**

- **U10 and older:** Hard ear race helmets **are required** for all skiers
- **U14 and older:** Helmets must be **FIS Approved**.

## **OTHER EQUIPMENT**

- **Back protectors:**
  - **U12** - Recommend
  - **U14/U16** - Mandatory
- **Chin guards:**
  - **U12 and Up** - Mandatory for slalom training and zone races.
- **Pole guards, shin guards, and arm guards:**
  - **U12 and Up:** Strongly recommended for training.
  - **Required for all athletes traveling to away races.**
- **Race suits:**
  - **U12/14/16** - Encouraged but optional

If you have specific questions about equipment fitting, please inquire at Selkirk Sports or

email Ryan at [headcoach@gkhat.ca](mailto:headcoach@gkhat.ca).

## **JACKETS**

- GKHAT does not require but encourages the purchase of a team jacket.
- Families are encouraged to purchase a previously loved jacket from other team members. If you are looking for a used or new jacket, please check out our Facebook Buy and Sell group or email [info@gkhat.ca](mailto:info@gkhat.ca) for more information.

## **7. VOLUNTEER REQUIREMENTS**

### **GKHAT VOLUNTEER POLICY**

We are a club with a culture of volunteerism.

GKHAT is a volunteer driven organization; the experience our children have is enhanced through parent participation. Parent volunteers fuel all aspects of GKHAT and play a major role in the success of our programs. The club relies on generous volunteer contributions to keep the club running smoothly.

We welcome you and your athletes into the program and look forward to your participation. Volunteering with the club is a highly rewarding requirement of joining GKHAT. We work together to sow the seeds of community and success; it is expected that all parents will donate their time equally to support the program their children are registered in. There are many ways to participate, regardless of your skill level and time available.

### **BENEFITS OF VOLUNTEERING**

- Become part of the GKHAT community and meet other parents
- The role of parent volunteers contributes to our ability to deliver a high-quality program. Our skiers' experiences are better when parents support our season. Without parent support we cannot offer events or racing experiences.
- Learn the sport of ski racing and understand how the skills your skier is learning in training are applied on race day.

### **VOLUNTEER CODE OF CONDUCT**

- Please show up on time for your scheduled shift and ready to work.
- Please commit to a shift and avoid last-minute cancellations. Races and events cannot proceed without a certain number of volunteers and last-minute replacements are challenging for the volunteers' coordinating events.
- Remember, we are all volunteers. If you do not know what to do, please ask for a more experienced volunteer.
- Please help to ensure that you and others have fun
- Do not abandon your duties without first talking to the person in charge of the event.

### **GKHAT VOLUNTEER COMMITMENT**

- A. There are 3 regular season volunteer needs our families are required to participate in each season to run safe and successful programming for our skiers:**
1. **Yurt Clean-Up** - all families will be scheduled to complete one day of yurt clean-up at the end of a training day. If you cannot make your scheduled day, please reach out to other families to arrange a trade.
  2. **U8+ Parent Course Setting Volunteers** - We ask the parents of our U8, U10, U12, U14 and U16 athletes to volunteer once per season to help our coaches set up the training environment for the day. Doing this will enable our skiers to get started in the training environment more quickly and thus to get more out of each training day. A volunteer sign up will be shared at the start of the season.
  3. **U6 Mini Tali gunning** - We ask all parents of minis to volunteer 1-2 times a season during regular programming as a tailgunner. A volunteer sign up will be shared at the start of the Mini season. Minis will also require a tailgunner (1:2 ratio) for our two home race events.
- B. GKhat families are required to support fundraising efforts.**
- At a minimum all GKhat families are required to secure a silent auction item(s) with a minimum value of \$150 (per family, not per child), or make a familial donation to GKhat in the amount of \$300. The auction takes place in November, with items due by the end of October.
  - The auction's success is vital to keeping registration costs as low as possible for families, which is why participation is mandatory. This requirement is not meant to add financial burden to a family, if you require assistance in fulfilling this requirement please get in touch with our fundraising coordinator ([fundraising@gkhat.ca](mailto:fundraising@gkhat.ca)) for ideas on what makes a great auction item.
- C. Outside of the regular program volunteer needs, GKhat requires various levels of volunteering both on and off the snow.**
- Examples include volunteering for Event Committees and for race set up, take down, timing etc. Please see the appendix A for details of each of the volunteer positions

## **8. RACES AND GKHAT EVENTS**

During the season, we host a few events and travel to neighboring resorts for races and events. All athletes participate in our home events, and families have the option to travel to all, some, or none of the races at other resorts. During events at other resorts normal programming continues for athletes staying at Kicking Horse Resort. Watch your inbox or [gkhat.ca](http://gkhat.ca) prior to events to sign-up for volunteer positions and information for the race day.

### **Event/Race Arrival**

It is important for athletes and volunteers to arrive at the yurt on time on event days. Please consider the CP rail crossing in the morning. It is common to see the train cross between 8:20 am to 8:40 am, which will delay driving for up to 30 minutes.

### **GKHAT Club events**

Each year we hold the Cookie Cup in mid-late January, and the Skitacular Club Championships on our last weekend of programming in March. These events are for GKHAT athletes only and are composed of a variety of events, and focused on fun, team spirit, and friendly competition.

### **Nancy Greene Ski League (Entry Level) Races**

Each Year in mid-late February GKHAT hosts athletes from neighboring clubs for a Nancy Greene Ski League Race. We have also traveled to Revelstoke, Kimberley, and Lake Louise for their NGSL events. These races are open to all athletes in the U6, U8, U10 & U12 age groups. These races are a fantastic opportunity for athletes to light up their passion, build team spirit and see other ski areas. There are extra fees for all races at other resorts such as entry fees, coaching fees and lift tickets.

### **Kootenay Zone Races**

This race series is open to U12, U14 and U16 athletes. Typically, there is a race each winter month: west Kootenays (Red Mountain or Whitewater), East Kootenays (either Fernie, Lake Louise or Kimberley). Zone Finals take place in April. The schedule changes each year. GKHAT will send out race information as it is released from BC Alpine.

U14 athletes also have the option to attend Provincials (no qualification needed) usually in late March/early April. The U14 Provincials are held at a different resort every year

and are a great opportunity to peek into the larger world of ski racing and interact with athletes from all over the province.

### **U16 Provincial Race Series**

This race series is open to all U16 athletes. Typically, there are three races across the province, one in each January, late February/Early March and April.

### **Western Ski Cross Series**

The western ski cross series comprises four events around Alberta and BC and is open to athletes U12 and older. These events are super fun and athletes LOVE ski cross; it is super exciting. GKHAT is excited to grow the presence of the ski cross in our programs with a new ski cross course and encourages athletes to participate in these events. In the past, athletes could participate in 2 or 4 days of the competition.

## 9. COLD WEATHER POLICY

Alpine Skiing is a cold weather sport and the weather is unpredictable. GKHAT is required to cancel programming when low temperatures pose a safety hazard to athletes and coaches.

### Temperature Thresholds

- **General Policy:** If temperatures are  $-20^{\circ}\text{C}$  or colder at the Kicking Horse Day Lodge at 8 AM, the morning session will be postponed until 10 AM and will commence if the temperature rises above  $-20^{\circ}\text{C}$ .
- **U6 Minis:** If temperatures are  $-15^{\circ}\text{C}$  or colder, the training session for the day will be canceled.
- **Advance Notice:** When there is high confidence in a severe weather forecast, notice may be provided in advance of the start of the ski day.

Please ensure children are dressed appropriately for the weather.

It is important that parents are available on short notice to pick up their athletes from the ski hill when temperatures are low. Parents are encouraged to keep their children at home if they feel the temperature is too cold for them to comfortably ski.

## **10. REFUND POLICY**

GKHAT strives to make its programming as affordable as possible. Coaches are hired for the season based on the number of registrants before the season starts. Our operating budget is based on those registration numbers and therefore refunds are limited as follows:

- **Prior to Registration Closing:** A 95% refund will be issued if a request is made prior to the registration closing date posted on the GKHAT website.
- **Accidental Double Registrations:** A 95% refund will be issued if you register your child twice in error.
- **Post Registration:** Absolutely no refunds after registration closes **except for U6 Minis as noted below**
- **BC Alpine Athlete and Parent Fees Are Not Refundable**
- **First Time U6 Mini Registrants**
  - A prorated refund will be offered for the first 2 weeks of the program only (\$550 will be returned after the first lesson and \$500 after the second lesson).
  - The purpose of this refund offer is to allow new U6 Mini families a chance to determine if their child is ready, willing, and able to participate in the program.
  - After the program has been running for 2 weeks there will no longer be a refund offered for U6 Mini athletes.
  - Parents are strongly encouraged to review the program description and ability level requirements in this handbook prior to registration.

## **11. FINANCIAL ASSISTANCE**

There is a range of options/ways your family can be supported if participating in GKhat programs presents financial difficulty for your family. Please contact us directly if you would like more information on this by emailing [financialassistance@gkhat.ca](mailto:financialassistance@gkhat.ca). Your request for assistance will be kept confidential.

## **12. TEAM VAN**

The Golden Kicking Horse Alpine Team ("GKHAT") owns a van to transport our teams from Golden/KHMR to away race/training event Resorts and from Hotels to Resorts/Event Venues, a group of coaches to training/race events (where the participating coaches/athletes/supervisors cannot fit in a standard vehicle) and Ski Academy athletes from the town of Golden to KHMR. The priority of the team van is to older age groups traveling without parents, but will be available to younger age groups when appropriate when not away with our U14/16 teams.

There are 10 seats in the van, including the driver. Seat spaces are limited and not guaranteed. We will do our best to accommodate everyone's needs. Seats in the van will be reserved on a first come and paid basis once race/event registration is open.

The following fees will be charged to athletes for use of the van:

- a. Travel from Golden to Away Resort/Hotel** - \$50 per weekend for travel within the east Kootenay Zone or TBD outside of zone/West Kootenays based on length of trip/gas prices/number of athletes riding in the van.
- b. Usage from Away Hotel to Away Resort** - \$10 per weekend

Our athletes will be responsible for maintaining a clean interior of the van during and at the end of each weekend and again at the end of the season.

### **13. ATHLETE DISCIPLINE POLICY**

Our goal at GKHAT is to provide a safe and fun training program. We maintain a zero-tolerance policy for unsafe, unkind or disrespectful behaviors to club members, coaches, KHMR staff or other skiers or riders. All members should also note the Code of Conduct for the BC Alpine Association at [www.bcalpine.com](http://www.bcalpine.com).

#### **Behavioral Incident Procedure:**

- I. Initial Communication:** If an athlete's behavior violates the GKHAT code of conduct or Harassment Policy, the coach will discuss the behavior with the athlete and establish a plan to address it.
- II. Persistent or Severe Behavior**
  - If the behavior continues or is severe, the athlete will be removed from training for the remainder of the day (or a duration deemed appropriate).
  - There will be communication between the coach, athlete, parent, and head coach to discuss the behavior and outline a plan moving forward.
  - If no parent can be reached when the athlete is removed, the child will be supervised in the yurt for a **fee of \$30/hour**.
- III. Warning and Suspension**
  - The first incident will serve as a warning.
  - A second incident will result in the athlete being suspended from the program and club until a meeting can be held. This meeting will involve the athlete, a parent, the head coach, and the parent liaison (and the president, if necessary).
- IV. Removal from Program**
  1. Any further incidents will result in the athlete being permanently removed from the program and club.

## **APPENDIX A – DETAILED VOLUNTEER DESCRIPTIONS**

### **OFF SNOW VOLUNTEER POSITIONS**

#### **GKHAT Committees**

Volunteers are needed to help organize various events throughout the season. These include:

- Ski Swap Committee
- Silent Auction Committee
- Year End Banquet Committee

### **ON SNOW VOLUNTEER POSITIONS**

#### **U6 (MINI) GKHAT DEVELOPMENT PROGRAM**

Our mini program requires a high commitment to ON snow participation. Please ensure the volunteer nature of this program works with your availability.

You can expect at MINIMUM to be tail gunning with your skier twice during regular training days and for all club events they participate in. Because our U6 athletes are young, small, and new to skiing, they require more hands-on participation from parents. To keep program fees low we rely heavily on the parents of athletes in this program to tail gun (ski and ride chairlift with). For safety reasons, our U6 athletes cannot participate in our club events without the help of their parent/guardian to create 1:1 ratios for riding the chairlifts.

Volunteer expectations for U6 (Mini) parents:

- Tail gunning at GKHAT events
- Tail gunning during training when necessary
- Supplying lunches/treats for volunteers
- Sorting/Organizing bibs
- Making Goody Bags

#### **U6 GKHAT DEVELOPMENT PROGRAM (SECOND YEAR)**

As your athletes get older and more confident on the ski hill and in the ski program, the requirements for tail gunning lessen. Skiers in this program move from a 1:1 ratio during club events to a 1:3 ratio. There is still a need for tailgunners with this age group at events, but the 1:3 ratio frees up some of our parents to start taking on other roles

during club events. We encourage (and need) you to start volunteering in other “race/event” roles as well.

Volunteer expectations for U6 parents:

- Tail gunning GKHAT events
- Set up/tear down crew and course crew
- Start/Finish Marshal
- Starter

### **U8 GKHAT DEVELOPMENT PROGRAM**

Our U8 skiers turn into strong little skiers in GKHAT and this is where THEY will start to depend on you less and GKHAT gets to depend on you more. While your skier was in the mini program, event volunteer positions were being run by the parents of older skiers. You are now the parent of an older skier and the club needs more of your assistance in the events themselves. We need a balance of parents in this age group sharing the tail gunning duties and race/event duties. The good news is, most event positions put you in a great position to watch and cheer on your little racer and it is fun to watch their growing independence on the ski hill!

Volunteer expectations for U8 parents:

- Set up/tear down crew and course crew
- Gatekeeping
- Hand timing
- Starter
- Start/Finish Crew
- Shadow a lead volunteer position (Chief of gates, chief of timing)

### **U10 GKHAT DEVELOPMENT PROGRAM**

Now that your kids don’t want you tail gunning with their group at all, you are free to be one of our key race/event volunteers. You get to hang out with other parents and learn more about how the events run! We are so happy to have you involved in the events themselves!

U10 and older parents will be required to sign up for one or more shifts per season to help with morning course setup. This involves assisting the head course setter when skiers first depart the yurt (ready to ski/depart the yurt by 8:45 on that day). This job usually takes approximately an hour of time.

Volunteer Positions for U10 parents:

- Gatekeeping
- Timing Crew

- Consider a lead volunteer position (Chief of gates, chief of timing)

### **U12/14/16 GK HAT DEVELOPMENT PROGRAM**

You belong to us now! Your athlete doesn't even need you to check in on them at lunch time! Volunteer Positions for U12/14/16 parents:

- Timing Crew
- Lead volunteer positions (Chief of gates, chief of timing, finish referee, start referee)

U12/14/16 parents will be required to sign up for one or more shifts per season to help with morning course setup. This involves assisting the head course setter when skiers first depart the yurt (ready to ski/depart the yurt by 8:45 on that day). This job usually takes approximately an hour of time.

### **RACE VOLUNTEER POSITIONS**

All races hosted by ski clubs across B.C. are run by parent volunteers. If you have a child who is racing, you will be expected to help out in some capacity. If you have two children racing in the same race, your volunteer obligations for that race increase accordingly. This is a fun way to meet other parents and to watch your child perform while keeping busy with other members of the club. There are many ways to participate, regardless of your skill level and time available.

The volunteer coordinator will help match your talents and availability with the club expectations and in so doing will track your volunteer time to ensure that all members are contributing equitably.

### **START AREA VOLUNTEERS**

**Start Referee:** Responsible for ensuring all racers start in the correct order and manage the flow of the race from the start area. (1 person per event)

**Starter:** Responsible for loading racers into the gate and giving the start signal to each racer in collaboration with the Chief of Timing. The starter also ensures the course is clear and safe. The starter wears a headset and is in communication with timing. (1 person per event)

**Assistant Starters:** Responsible for managing the start line according to the start order and ensuring bib numbers are visible (2 people per event)

**Hand Timer:** Times and records the precise starting or finish time using time of day. The watches used for hand timing are called “splits”. When the split button is pressed after the watch is started the display is frozen to allow the display to be read and recorded. At the same time the watch continues to run. This is our back up timing if the electronic timing system does not capture the racer's result. The manual hand timers work in pairs using a stopwatch and a recording sheet to record a manual time at which each racer starts (or finishes). The assistant starter and manual timers are appropriate volunteer positions for inexperienced volunteers.

**Time Recorder:** Responsible for recording the racer times as called out by the hand timer

### **GATE JUDGES**

A gate judge's role is to make sure each racer passes correctly around the gates to have a fair race run by all. A skier passes correctly through the gate when both ski tips and boots pass between the turning and outside gate. Gate judges are assigned a certain number of gates to watch by the Chief of Gates. They stand to the side of the course and watch each competitor pass through their designated gates. If a competitor does not have the correct passage through the gates, the gate judge marks this down on a gate judge card. It is typical for races that the Chief of Gates has a morning meeting to discuss this position and ensure that all Gate Judges are prepared for their task. .

### **FINISH AREA VOLUNTEERS**

**Finish Referee :** Responsible for communicating with the chief of timing for calling approaches for racers crossing the finish line and breaking the beam. Also responsible for calling DNF or DSQ's at the finish. This position is on radio.

**Finish Controller:** Responsible for looking after the finish area ensuring everything is set up at the finish, keeping the finish area clear of racers who have completed their run and help ensure that spectators,

coaches and racers who do not finish DO NOT cross the finish line.

**Scoreboard** On radio with timing, manually records racer times on the Controller scoreboard.

**Finish Marshall/  
Bib collector** Collects the bibs from racers after their final race.

The hand timers, scoreboard, finish controller and bib collector are appropriate volunteer positions for inexperienced volunteers.

### **TIMING TEAM**

Under the supervision of the Chief of Timing, the timing crew is responsible for the electronic timing systems of the race. Members of the timing crew work together as a team (on radio) to ensure the timing systems are in place and functioning correctly.

Once given the all clear by the chief of timing the starter gives the start command to the racer. When the racer opens the start wand, the circuit is broken and the start signal is sent to the timing machine. When the racer breaks the light beam at the finish the circuit is again broken and the finish signal is sent to the machine, which calculates the elapsed time of the racer and prints it out. Any volunteers with electrical/computer confidence and attention to detail would be welcomed as part of this team.

There are usually two independent electronic timing systems. Each requires two pairs of wire to be in place from the start to the finish to carry both the timing signal and communications between the areas; the start wand, finish beam, and a timing unit to receive and process the start and finish signals/pulses. Regardless of how the system is set up, the principles of timing are the same.

### **SET UP, TAKE DOWN AND COURSE CREW**

Under the direction of the Chief of Course, the course crew is responsible for the preparation of the course and its maintenance throughout the race. The course crew takes care of the preparation of the start and finish areas and makes sure that the course is well prepared and maintained while the race is underway. Some members of the course crew are positioned in key places along the course and use rakes and shovels to ensure that the course is kept in good condition. Other members of the course crew are positioned at the top of the course and used to run equipment down to places

where it may be required during the race. Yet other members of the course crew may act as slippers in which they sideslip the course to minimize the ruts and berms.

### **RACE OFFICE [Off-Snow position]**

Overseen by the Race Secretary, the Race Office takes care of the considerable amount of paperwork that a race requires. This includes receiving all race entries and race entry fees, preparing start lists, distributing and collecting bibs as well as giving out information. The Race Office is also responsible for the preparation and the distribution of the results. It may also include sending the race notice, taking minutes at all race committee meetings, Jury meetings and Team Captain's meetings and handling all correspondence. The Race Office is an appropriate place for volunteers who do not wish to be outside for the duration of the race and have excellent organizational and administrative skills.

### **Event/Race Food Prep (Off Snow Position)**

Volunteers are needed to provide snacks/meals for our on snow volunteers on event days. These volunteers will provide meals ( soups, chilis, sandwiches) and snacks (homemade squares etc.) for our events to keep our volunteers fed out on course during an event.

### **TAIL-GUNNERS FOR EVENTS**

If you have a U6 in the program, you will be required to provide a tailgunner for all club events they choose to participate in. U6 tailgunners ride the chairlift and ski with their athlete during events and provide an extra set of hands for the ski group during regular training days.

Our older athletes also require some tail gunning on event/race days. Tail gunning with U8 groups involves assisting and riding the lift with a group of 2-3 skiers and helping the coach to manage a larger event day race group ratio. Our U10 groups typically require 1-2 tailgunners to help organize them for riding the lifts and getting to and from event courses