



## Lappe Nordic Jackrabbit Ski Program Handbook

(Including Track Attack & Kids Learn to Ski Programs)

2020-2021

Welcome to the program! This booklet will provide information to help guide parents and guardians during the ski season. Should you have other questions, please do not hesitate to contact Brook Latimer, Jackrabbit Program Coordinator [Brook.Latimer@yahoo.com](mailto:Brook.Latimer@yahoo.com)



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### **A. Covid Updates to the Lappe Jackrabbit Program for 2020-21 Season**

The Lappe Jackrabbit/Track Attack Program will have a few adjustments this season to accommodate covid guidelines and to protect our participants and families.

**Updated changes due to covid to Lappe Programs and the Ski Centre will be posted at the following link:**

<https://www.lappenordic.ca/news-announcements/>

**Some key changes related the Jackrabbit program:**

- 1. Access to the chalet will be limited to 50 people. We encourage all participants to come dressed and ready for outside. The bathrooms will be open and boot changing allowed, but no bags are to be left in the change rooms. Chalet access will require a mask at all times.**
- 2. Jackrabbit Level Groups will stick together, will not intermix with other groups and participants are asked to maintain a 2m distance outside. Each Level coach will be connecting through a weekly email to provide info on outside meeting location.**

**3. Attendance will be taken at each session by the level coach and athletes must answer the following questions prior to participating in the session:**

- A) Do you feel unwell or have any COVID-19 symptoms?
- B) Have you been in close contact with someone currently COVID-19 positive, or who has symptoms and is awaiting test results?
- C) Have you traveled outside Canada within the past 14 days?  
\*If the answer to any of the questions is 'yes' the athlete will be asked to not attend sessions until they can answer 'no' to all questions.

**Please review the following links for full details on COVID guidelines for both the Lappe Nordic Club Programs and the Lappe Ski Center:**

[November 2020 – Lappe Ski Center COVID Guidelines](#)

[November 2020 – Lappe Nordic Ski Club COVID Guidelines](#)

**For more information regarding Cross Country Ski Ontario's Covid-19 protocols, please visit [xcso's COVID guidelines](#)**

**Lappe Ski Club events calendar <https://www.lappenordic.ca/events/>**

**B. Severe Weather protocol- Cancellation/Delay of Session**

The Jackrabbit Program coordinator will review the projected temperature, wind and other weather-related elements when considering a delay or cancellation of a session. The decision will be made in collaboration with the Head Coach, Club Program Manager and other Jackrabbit Coaches. A delay to 1 pm will often allow the sun to warm the air to -20 C, or warmer, at the start and this provides for a perfect ski afternoon with pancakes or play session on the sunny toboggan hill!

**➤ Cancel Thursday night Jackrabbits / Track Attack**

**The Track Attack Coordinator and Thursday Jackrabbit Coach will communicate a decision by email (main form of communication) and on the official Lappe Nordic Ski Club facebook page by 4 pm.**

### ➤ **Delay or Cancel Saturday Jackrabbits / Track Attack**

**Delayed Session** – The Jackrabbit Program Coordinator will communicate **by email and on official Lappe Nordic Ski Club facebook page by Friday evening**. The session start will adjust to **1 pm** instead of **11:30 am**.

**Cancellation** - When there are deteriorating conditions (blizzard, ice storm, very cold temperatures, windchill) the **Jackrabbit Program Coordinator** will communicate to **cancel the session by email and on the official Lappe Nordic Ski Club facebook page by Friday evening or at the latest, Saturday by 9 am**.

### **C. How to Register in a Lappe Jackrabbit Ski Program**

Registration is completed on-line through Zone4.ca website. See Lappe Nordic website for links or use <http://www.zone4.ca/> Search for “Lappe.” All payments are by credit card. The Jackrabbit Program Coordinator will place your child in an appropriate group of peers based on experience and age.

**\*It is very important to provide accessible email contact information for all family members involved in drop off or pick up during registration.**

### **D. Program Fees**

The cost to participate in programs has three components: **Club** Membership fees, **Club** Program fees, and **Ski Centre** Trail Pass fees. For information about trail pass fees visit the [Trail Pass Fees page](#).

### **E. Trail Passes and Ski Centre Snow Phone: 767 -2423**

Parents who ski with children during the session are required to purchase a ski pass from the Lappe Ski Centre (daily or season). Parents of Bunnies who walk/shuffle beside their child are not required to purchase a trail pass. Parents who accompany their children during the session do not require a trail pass, however if parents want to enjoy

any skiing before, after or on another day then they must purchase a ski pass from the Lappe Ski Centre (daily or season).

## **F. Equipment Requirements**

Parents/guardians provide equipment for Jackrabbit Ski Program skiers. Some skis, boots and poles may be available to rent from the ski club, by registered children, at the Club Open House event on a first come, first served basis. Some stock will be available after the Open House. All children will begin with classic ski equipment and transition to skate technique as skills progress. (Note: “classic” skis are for use in ski tracks for striding, whereas “skate” equipment is for use on the flattened portion of the trail, beside the track, where skier pushes with the feet in “V” pattern.)

- Children aged 3 to 5 (Bunnies): strap on skis (very young child) or classic skis, classic or combi boots (first year no poles)
- Children aged 6 to 8: classic or combi skis, classic or combi boots, ski poles (arm pit length)
- Children aged 8-12: classic skis and classic or combi boots (normally trying out skate equipment later in the season); ski poles (arm pit to start).
- Children aged 9 – 12 having 2 years’ experience will use classic and skate skis and classic and skate boots with shorter and longer poles.

## **G. Clothing Suggestions**

Children aged 3-5

- winter socks; snowsuit or winter snow pants and jacket; knitted hat and neck tube or Buff; insulated mittens (not gloves); sunglasses if desired.

Children 6-9

- winter socks for skiing (change into these dry socks at ski centre before starting session)

- base layer (long underwear top and bottom – not cotton)
- wind resistant pants and jacket (start season with warm/snow pants and winter jacket and fleece sweater for Level 1-2)
- choice of warm and lighter hat depending on weather
- neck tube/Buff
- insulated mittens (not gloves)
- sun glasses if desired

#### Children 9-12

- winter socks for skiing (change into these at ski centre before starting session)
- baselayer (long underwear top and bottom– not cotton)
- wind resistant pants and jacket (fleece sweater and fall jacket and vest for more active level 3-4 and Adventurers)
- choice of warm and lighter hat depending on weather
- neck tube/Buff
- insulated mittens (gloves can be worn later in season)
- sun glasses if desired

#### Other:

- hand warmer products to add to mittens.
- Chapstick or Dermatone on lips and face

### **H. Meeting with the Group – the Ski Session**

At registration and the beginning of the season, groups of skiers will be formed by the Jackrabbit Program Coordinator with the intent to roughly match skill levels, interests and friendships of the members. A group may have a range of abilities and interests. Sometimes, adjustments in group occurs. **Please speak to the Jackrabbit Program Coordinator if there are questions/concerns.**

Jackrabbit coaches are volunteers with training. These coaches are responsible for communicating with families and leading sessions. The

group's lead coach will normally send out a weekly email communication on Wednesday or Thursday to notify group members of a basic plan for Saturday. Families will locate their coach in the stadium at the start of the session. Coaches wear an orange arm band and some can be identified with black jackets with Lappe Ski Club logo.

Further information about Jackrabbit Ski Programs in Canada can be found in the Cross Country Ski Canada website:

<http://www.cccski.com/Programs.aspx>

### **I. Parent Assistance – during the session**

Parents are welcomed and are needed to support the ski sessions, especially for the younger children. Parents often become our next generation of Jackrabbit Coaches and assistant coaches. During sessions, parents can: help ski with slower or faster skiers; return a skier to the chalet and back to the group; support the equipment, activity props and waxing needs for the members. Helpers need to dress warmer than for their regular ski outing.

### **J. Volunteering with the Lappe Nordic Ski Club**

The Club relies on its volunteers to function and expects a volunteer time contribution from parents/guardians of participants beginning with second year Jackrabbit families (for families having children in Level 3 and 4, Adventurers and Track Attack). Examples of interesting tasks include: coordinating or supporting of a party, ski camp; race events duties – such as in timing, prize purchasing, race course support; coordinating equipment and group administrative support; selling raffle tickets or working at a bingo. Parents become volunteer Coaches too! Training is provided.

The Club volunteer coordinator will track the family's volunteer time contribution so that the number of credits can be applied towards the family's "Volunteer Bond." If the required credits are not earned by the family by the end of the season then a payment is required (ranging

from \$100 for a Jackrabbit participant up to a maximum of \$300 per family).

Details of the policy can be read here:

<https://www.lappenordic.ca/docs/About%20Info/Volunteer%20Engagement%20Policy.pdf>

## K. Directions and Maps

