

Lappe Nordic Ski Club Volunteer Policy

12/11/21

Rationale for Volunteering by Members

The operation, programs and services of Lappe Nordic Ski Club (LNSC) depend upon the volunteer efforts of our members. With the exception of the club's part-time Head Coach and part-time Program Manager, LNSC is run entirely by the efforts of its volunteer members. LNSC is a "club" composed of "members" and led by a board of directors.

As a not-for-profit business, our Club's fees are as inexpensive as possible to encourage participation. Program fees would have to be much higher, if not exorbitant, if not for the efforts of the club's volunteers. **Members in programs must contribute time and effort beyond program fees for the club to operate its programs.** Volunteers are vital to the successful running of our Club to provide the many positive and enjoyable sport and recreation experiences.

Commitment for Members in Programs

Each LNSC member **enrolled in a program** is required to commit to a minimum volunteer bond at the time of acquiring membership. This is done through an agreement on the online registration form to pay a set amount at the end of the season if he/she (or immediate family member) does not volunteer a minimum number of credits to "work off" the bond.

Members Exempt from a Volunteer Bond

1. Individuals registered as "Friends of the Club".
2. Any new member who is joining the LNSC for the first time. Note: Returning members do not qualify as new members.
3. A member who is registered as a Bunny, Jackrabbit Level 1, or Jackrabbit Level 2.

Bond Commitment and Equivalent Credits per Program

Program Category	Bond Amount per Participant	Minimum Volunteer Credits to "Work Off" Bond
Fall and/or Winter Track Attack (2 days/week)	\$200	4 credits + 1 FA Race
Adult and Youth Fitness Team (full year)	\$200	4 credits + 1 FA Race
Development Team	\$200	4 credits + Bingo, + 1 FA Race
Race Team	\$200	4 credits + Bingo, + 1 FA Race
Jackrabbits Level 3 & 4	\$100	2 credits
Kids Running Wild (Fall)	\$100	2 credits
Adult Technique & Training	\$100	2 credits
Adult and Youth Fitness (Fall and/or Winter)	\$100 - \$200	2 - 4 credits + 1 FA Race (2 credits fall, 2 credits winter)
Kids Running Wild Spring	\$50	1 credit
Adult Learn to Ski (4 sessions)	\$50	1 credit
Maximum per Family (regardless of # of family members)	\$300	6 credits

How to “Work Off” the Bond

Volunteer credits are earned by supporting LNSC in its operations. Volunteer credits can be earned ONLY for volunteer activities approved by the LNSC Board of Directors. **It is the responsibility of the club member to ensure they have communicated to the Club Volunteer Coordinator when they have completed a credit.** Minimum volunteer credits must be achieved in order to fulfill the bond; no prorating of the bond will occur for less than minimum credits stipulated above. In other words, if your bond is for 2 credits but you only complete 1 credit, you will still be charged the full \$200 at the end of the season.

It is best to sign up online very early in the season to fulfil (or go beyond) your volunteer bond. For each Event on our website, there is a link to a sign up sheet.

IMPORTANT: *Occasional volunteering within your child’s program such as taking kids on a warm up ski before a race, or “sweeping” the JR group, is a great support to your child’s skiing experience and is hugely appreciated by Program Coordinators and Coaches. While it is a valued form of assistance, it IS NOT considered part of our club’s official Volunteer Commitment and, as such, cannot be used to work off the volunteer bond.*

COMPetitive Team (Race Team, Development Team), Adult and Youth FITness Teams, Track Attack: Volunteering at Bingos & Lappe Fresh Air Series Races

In addition to the volunteer bond requirements outlined above, we rely on volunteers of the **COMPetitive Teams, (Race Team, Development)** to commit to working **1-2 Bingos and to at least 1 Lappe Fresh Air Race or other Lappe hosted race.** Volunteer commitments can be completed by a member’s family on the participant’s behalf. With this in mind, please:

1. Contact the **Bingo Coordinator** upon registering for a program to request specific dates. Bingo assignments will be made by the Bingo Coordinator. Volunteers may trade assignments with another Bingo roster volunteer if necessary, but the responsibility to ensure volunteers are at bingos is with the assigned volunteers, not the Bingo Coordinator. Any assignment changes must be reported to the Bingo Coordinator. For any families not in a position to do bingos, an alternative can be arranged by contacting the Volunteer Coordinator to discuss a fundraising alternative contribution. Bingo volunteers must be 18 years of age or older.
2. The **Race, Development, Adult and Youth FITness Teams and Track Attack Program** are required to work **at least 1 Lappe Fresh Air Race or other Lappe hosted race.** See the Club’s website for the **annual race schedule**, including **Lappe Fresh Air Races** and contact the **Volunteer Coordinator** by December 1st to indicate your availability in volunteering for the upcoming season. NO PREVIOUS EXPERIENCE TIMING? NO PROBLEM. Just let the Volunteer Coordinator know and arrangements will be made to familiarise you in early December. You will be contacted after that date to schedule your commitment.

Volunteer Activities and Related Credits

Volunteer Activity	Credit Towards “Working Off” the Bond
Race Event Volunteer (examples: Outdoor Timing, Handing out Bibs/Chips, Collecting Bibs/Chips, Stadium crew, Gatorade/Fruit shopping and setup)	1 credit per race day/evening
Club Event Volunteer: Open House/Ski Swap, Winter Solstice Party, Lappe L’ympics, Families on Skis, Women on Skis (instructing, kitchen, onsite host), Marina Park Family Day Jack Rabbits Sprints Demo	1 credit per approximately 2-hour commitment
Club Promotion Event (booth host)	1 credit per shift
Adult Learn to Ski Coach	1 credit per lesson
Bingo Volunteer	1 Bingo Credit per shift (to fulfil Bingo requirement that is in addition to the 4 Volunteer Credits in the Bond)
Local Race Support (Wax Tech/Testing under Head Coach’s direction)	1 credit per race day
Seasonal Ski Equipment Assistants (Open House, First and Last Jackrabbit Sessions, Saturdays Dec., Jan., Feb. for Adult Learn to Ski Sessions A and B, Run and Ski) (2-6 positions)	1 credit per approximately 2-hour commitment
Winter Solstice/Candy Cane Lane Event Coordinator	2 credits
March Break Camp Coach	2 credits per day
Out of Town Race Chaperone at Board’s request	2 credits per trip
Out of Town Race Experienced Wax Tech	2 credits per trip
Fall Start-Up Training Camp Coordinator	2 credits
Ski Swap Coordinator	2 credits
Ski Swap Assistant	1 credit
Lottery Ticket Assistant (drop off and pick up ticket booklets)	2 credits
Proposal and Coordination of a Fundraising Event or Project (e.g., a “ Tag Day”)	2-4 credits
Pick-up Prizes Person (go to store and bring prizes to Lappe: 5-6 times over the season)	2 credits
Prize and Medals Coordinator/Purchaser/Sponsorship recruitment for the season	4 credits
Assistant Program Coach--Certified and Committed to the Scheduled Lessons	4 credits (Coordinated and confirmed by Program Manager)
	Full Bond is equivalent to 6 credits
Seasonal Ski Equipment cleaner, organizer, waxer and inventory taker (April-June)	Full Bond
Seasonal Ski Equipment Coordinator	Full Bond
Families on Skis Coordinator	Full Bond
Women on Skis Coordinator	Full Bond
March Break Camp Coordinator and Lead Coach	Full Bond

Lead Coach: Jackrabbit, Track Attack, Adult Rec Technique, Kids Learn to Ski, Kids Running Wild U7, and Super Saturdays	Full Bond
Board Member (attend monthly meeting and tasks related to position)	Full Bond
Season Commitment as Race Team Wax Tech under direction of Head Coach	Full Bond
Kids Running Wild, Jackrabbit or Track Attack Coordinator	Full Bond
24 / 8 Hour SkiLAY Coordinator	Full Bond

Other volunteer activities *might*, from time to time, be approved by the Board of Directors or by the LNSC Volunteer Coordinator. **Additional volunteer opportunities may include:** baking and making soup for race volunteers during full-day Race Events, or shovelling early season snow.