Lappe Nordic Ski Club Volunteer Policy

2024-25

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 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 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** and **Jackrabbit Level 1.**

Bond Commitment and Equivalent Credits per Program

Program Category	Bond Amount per Participant	Minimum Volunteer Credits to "Work Off" Bond
Fall/Winter Track Attack	$200	4 credits + race event
Fast & Fit	$200	4 credits + race event + bingo
Masters	$200	4 credits + race event
Development Competitive Team	$200	4 credits + race event + bingo
Junior & Senior Competitive Teams	$200	4 credits + race event + bingo
Jackrabbits Level 2, 3 & 4	$100	2 credits
Kids Running Wild (Fall)	$100	2 credits
Adult Technique & Training	$100	2 credits
Kids Running Wild (Spring)	$50	1 credit
Maximum per Family (regardless of # of family members)	$300	6 credits + Required Lappe Races + Bingos

Volunteer credits are earned by supporting LNSC in its operations. **It is the responsibility of the club member to ensure they have communicated to the Club Volunteer Coordinator when they have completed a credit.**

It is best to sign up online very early in the season to fulfil (or go beyond) your volunteer bond. Volunteer opportunities are posted on our website lappenordic.ca under Volunteer Opportunities 24-25.

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 isn't considered part of our club's official Volunteer Commitment and, as such, cannot be used to work off the volunteer bond.*

Development, Junior & Senior Competitive Teams, Masters, Fast & Fit, Track Attack: Volunteering at Bingos & Lappe Races

In addition to the volunteer bond requirements outlined above, we rely on volunteers of these programs to commit to working **1-2 Bingos and to at least 1 Lappe race.** Volunteer commitments can be completed by a member's family on the participant's behalf.

1. Contact the **Bingo Coordinator**, Judy Hall judyhallwindy@gmail.com 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. Bingo volunteers must be 18 years of age or older.

2. See the Club's website for the volunteer sign-up sheet. NO PREVIOUS EXPERIENCE TIMING? NO PROBLEM. On-site training provided.

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.