



Welcome to the Golden Alpine Kicking Horse Alpine Team.

We hope that you and your child(ren) have a wonderful season with us. This handbook is to help facilitate communication between the families and the club. If you have any questions, concerns or suggestions please let them be known. We can only improve our programs with everybody's contribution.

Golden Kicking Horse Alpine Team (GKHAT) is a Non-Profit organization dedicated to the promotion of the sport of alpine skiing and to the development of alpine ski racing skills. GKHAT provides its members with high quality, professional coaching along with the opportunity to experience local and provincial race environments. The success of your child's season will be greatly increased by your involvement.

Our goals are:

- to make skiing a lifelong sport;
- to develop the skiing and racing abilities of our athletes;
- to provide quality alpine race training and racing experiences;
- to have FUN!

Please visit the calendar on the website www.GKHAT.ca for important dates, upcoming events, and information.

Who Is GKHAT?

GKHAT is a volunteer governed not-for-profit society. The board of directors are volunteers elected at the annual general meeting (AGM) by the membership. It is encouraged that members attend the AGM, which is typically held in March or April. Nomination to the board is open to all club parent members in good standing with the club.

Parent Guide Directory

- I. Board of Directors**
- II. Season Overview**
- III. Coaches**
- IV. Daily Schedule**
- V. Ski Groups**
- VI. Cold Weather Policy**
- VII. Athlete Discipline Policy**
- VIII. Refund Policy**
- IX. Financial Assistance**
- X. Program Descriptions**
- XI. Equipment Requirements**
- XII. Volunteer Requirements**
- XIII. Races and GKHAT Events**

I. 2023-24 GKHAT Board of Directors

Title	Name	Email Address
President	Tracy Van Zalingen	president@gkhat.ca tvanzalingen@gkhat.ca
Vice President	Heidi Perren	vp@gkhat.ca hperren@gkhat.ca
Treasurer	Rocky Baker	treasurer@gkhat.ca rbaker@gkhat.ca
Secretary	Julia Stadnyk	secretary@gkhat.ca jstadnyk@gkhat.ca
Registrar	Janelle Pepin	registrat@gkhat.ca jpepin@gkhat.ca
Fundraising & Sponsorship	Vacant	fundraising@gkhat.ca
Volunteer Coordinator / Parent Liaison	Rachelle Roubichaud	volunteer.coordinator @gkhat.ca rroubichaud@gkhat.ca
Race Director	Vacant	race@gkhat.ca
Equipment & Infrastructure	Dan Bracko	equipment@gkhat.ca dbracko@gkhat.ca
IT Director/Website	Julian Katz	it@gkhat.ca jkatz@gkhat.ca
Member at Large	Rhonda Laurell	info@gkhat.ca rlarurell@gkhat.ca
Past President	Jill Cunes	jcunes@gkhat.ca
Member at Large	Andrea Paddock	apaddock@gkhat.ca

II. SEASON OVERVIEW

Our regular on-snow season starts the second weekend of the Kicking Horse Resorts regular season opening. This timing provides our skiers the opportunity to get out on their skis before programs start for the season. Over the December holidays we do not hold regular weekend programming, but offer two Christmas camps over that time (see Calendar for details). Regular programs return the first

Updated May 2023

weekend after New Years and run for the next 11 (or 13 depending on program level) weekends into March.

Our U6 athletes (also known as minis) start their program the weekend after New Years. This age group begins the season with 4 weeks of half day sessions, and transitions to full days for the remaining weeks.

We run events in the club focused on fun, developing team spirit, and growing a love for the sport of alpine ski racing. The events take various forms starting with the Cookie Cup in January and our final Ski-tacular Wrap-up event in March. In 2018 we hosted our first U12/U14 Kootenay Zone race with great success and host a U12 GS and Ski Cross Race for Kootenay zone racers in 2022 and 2023. After the regular season ends we keep the fun rolling with March Break Ski Camps (again see calendar on the website for details).

III. COACHING

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

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

Our coaching team is made up of certified CSCF (Canadian Ski Coaches Federation), and CSIA (Canadian Ski Instructors Alliance) coaches. Our coaches are passionate about skiing, ski racing, and they love to share their love of the alpine. The priorities for our coaches are Safety, Fun, and Learning: Safety first, fun and learning together. We encourage our coaches to use the mountain setting and conditions they are in to create situations that encourage learning and a love of the sport.

If you have a concern with your coach or any of the coaches on our team, please consider the following options:

- If the issue is minor, let your coach know at an appropriate time outside group training time (ie: before or after the ski day). Please help us keep relationships positive by not putting coaches in a position that makes them feel confronted or put on the spot in a negative way.
- For anything beyond minor concerns please see Ryan or Sarah in person, or by email, or contact the Parent Liaison with your concern. For issues in which emotions can get heightened, consider whether the “24hr-rule” may help you more effectively communicate your concern.

IV. DAILY SCHEDULE

Athletes and coaches meet at the GK HAT Yurt on training days, which is located to the north side of the day lodge in the Kicking Horse base area. Please ensure

Updated May 2023

that children are ready to depart at their start time. Groups will not wait for latecomers. If your child is late please message their coach and set up a meeting place.

Please send your skiers with a pocket filled with snacks. A backpack with extra buff, mitts, hand-warmers, water and easily portable snacks is highly recommended.

Generally, groups spend the mornings in training environments like race courses, skills & drills and technical skiing. Groups usually explore the mountain in the afternoons and do more free-skiing development. Please be aware that parents must be available by phone in case there is a need for contact during the ski day. At registration you provided parent(s) contact information as well as an emergency contact. If your contact info for any given training or race day changes, please be sure to inform your athlete's coach.

The following is the daily schedule. Please ensure that children are ready to depart the yurt by 8:30 for U12, U14 and U16 athletes and 9:00am for all other athletes. Please note the pick up time for athletes is 2:30. Please be there on time ready to meet and pick up your athlete.

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

9:00 am – U6, U8 and U10 depart from the yurt

During skiing hours, athletes will stop for short breaks and warm ups as needed

2:30 pm- Pickup outside the yurt

V. SKI GROUPS

Athletes will be placed into training groups mostly within their age group, taking into account their ski ability, social needs, confidence, desires and many other factors. **If you have requests for athletes, friends etc. to be in the same group, let us know in your registration.** We will try to accommodate requests made during registration however, coaches will 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 that your athlete's group isn't right for them after the first couple of weeks, please have a conversation with the group coach and/or head coach so we are aware; we will do our best, however we don't always have options or room to make changes.

Note: Friday programming looks a little different than Saturday and Sunday Programming 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 their shorter season
- Skiers must meet the skill criteria for the merged group as they are placed in.
- Friday U6 (GKHAT Mini) program is subject to sufficient registration numbers.

Parent participation on Program training days

Some groups (U6 Mini's) require tail gunners for which there is a sign up on Sign Up Genius (see the "Get Involved" section of the GKHAT website for the link). **If you are not on tailgunning duty, we ask that you do not ski with the groups, as having parents around affects the group dynamic.** The presence of a parent can also hamper a coach's ability to carry on with their session as planned. If you would like to ski with your child's group, please arrange with the coach to tailgun (if needed) or ask the coach if you can join for a run or part of a run, give your athlete a high-five, and carry on with your ski day. A brief check in at lunch hour with your child is appreciated, but parents following groups through the ski day can be a detriment to the athletes. Skiers are required to be able to participate independently in order to be eligible for participation in GKHAT. If this policy poses difficulty for your family, GKHAT may not be the right program for your child.

VI. 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.

- In the event of temperatures -20°C or colder at the Kicking Horse Day Lodge at 8 AM of the program day, the morning session will be postponed until 10 AM and initiated if the temperature rises above -20 .
- When there is a high confidence in the weather forecast and the forecast is severe, notice may be provided in advance of the start of the ski day. (e.g., the night before).
- For the U6 (Mini) GKHAT program: if the temperature is -15°C or colder, the training session will be canceled for the day.
- Please ensure children are dressed appropriately for the weather. Guidance for dressing appropriately for cold weather is provided later in the GKHAT parent handbook.

In the event of pandemic capacity restrictions on indoor spaces, the club could have fewer options for warming up on colder days. Training may be shortened if athletes can't stay warm. 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.

VII. ATHLETE DISCIPLINE POLICY

Our goal at GKHAT is to provide a safe and fun training program. There will be NO tolerance 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.

In any incidents where an athlete violates the GKHAT code of conduct or Harassment Policy and/or behaves in a way that is unsafe or unkind, the following steps will be taken:

1. There will be communication between coach and athlete about the behavior and a plan to move forward.
2. If behavior persists or is deemed to be severe, the athlete will be removed for the remainder of the training day (or a number of days deemed appropriate) and there will be communication between the coach, athlete, parent and head coach about the behavior that will include a plan to move forward. If no parent can be reached at the time of the decision to remove the athlete from the training day, the child will be supervised in the yurt for a fee of \$30.00/hour.
3. A single occurrence will be noted as the only warning. Should another incident take place, the child will be suspended from the program and club until a meeting can be held between the athlete, a parent, the head coach and the parent liaison (and president if deemed necessary).
4. Should any further behavioral incident take place, the child will be removed from the program and the Club.

VIII. REFUND POLICY

GKHAT strives to make its programming as affordable as possible. To that end coaches are hired for the season based on the number of registrants before the season starts, and our entire operating budget is based on those registration numbers. Due to budgets being based on the number of registrants, refunds may only be issued as follows:

NOTE: Refund rates below do include consideration for fixed administrative costs that the club incurs.

Section 1.1 Regular Season Registration

A 95% refund will be provided upon request provided the request is received before the registration closing date as posted on the GKHAT website (www.gkhat.ca) or for accidental double registration (e.g., you have registered your child twice in error in the same given ski season).

Absolutely no refunds once our programs start, except for U6 (Mini) see Section 1.3.

Section 1.2 Preseason training, Christmas and Spring Break Camps, and Events/Races

- Non-refundable

Section 1.3 U6 (Mini)

- *For **FIRST** time U6 (Mini) registrants*, a prorated refund will be offered for the first 2 weeks of the program. The prorated refund will work as follows: if the cost for the program was \$500 and there are 10 lessons in the season then each lesson has a value of $500/10 = \$50$ dollars. If you drop out of the program after one week you would see a return of $500-50 = 450$ dollars. This refund is restricted to the first 2 weeks of the regular start of the program only.
- 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.

Section 1.4

- Refunds will not be granted or prorated for any reason (excepting 1.1

thru 1.3 above) including but not limited to injury; sickness; lack of attendance or lack of desire to participate in the program, or inability to meet skiing requirements.

Section 1.5

- There are no refunds on BC Alpine fees.

Section 1.6

- All refunds must be approved by the Board.

Special Refund Policy for COVID-19

If the club is forced to cancel the 2023/24 season once it has begun due to COVID-19 or other significant event beyond our control, refunds will be given according to the following schedule:

- 95% refund prior to first day on snow
- 70% refund between Dec. 16 and Jan 13
- 45% refund between Jan. 14 and Feb. 14
- 20% refund between Feb 15 and Feb. 28

NOTE: Refund rates do include consideration for fixed administrative costs that the club incurs.

GKHAT will be required to comply with any mandates/regulations set forward from RCR and/or Provincial Health which may include vaccination and masking requirements.

This is an ongoing situation where mandates and regulations are subject to change.

NOTE: In the event that GKHAT does not run due to pandemic or other externally motivated restrictions, GKHAT will be issuing full refunds less 5% to cover the fees incurred.

IV. 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. Your request for assistance will be kept confidential.

X. 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.

Program/Age (age on Dec 31, 2023)	Skiing Ability Prerequisite - prior to program start
U6 (Mini) 4 and 5 year olds	Skiers must be able to ski confidently and independently on easy terrain (i.e. from Catamount top down and easiest way down from Gondola).
U8 6 and 7 year olds	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 (ie. Think twice, Bowl Over)
U10 8 and 9 year olds	Skiers must be able to ski with confidence and control on advanced terrain (Show-off, Feuz Bowl, Double header etc)
U12 10 and 11 year olds	Skiers must be able to ski with confidence and control on advanced-expert terrain (Feuz Bowl, CPR etc).
U14 and U16 12 - 15 year olds	Skiers must be able to ski with confidence and control on advanced-expert terrain (Feuz Bowl, CPR etc)
Notes: Please consider the ability prerequisites carefully before registering for a program. 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. *Friday programming looks a little different than Saturday and Sunday Programming due to smaller numbers. Key differences include: <ul style="list-style-type: none">• age groups and skill abilities are combined• groups may change at the end of the season when younger kids finish their shorter season• Skiers must meet the skill criteria for the merged group as they are placed in.• Friday U6 (GKHAT Mini) program is subject to sufficient registration numbers.	

U6 (Mini) GKHAT

The focus of Mini GKHAT 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.

U6 GKHAT is for 4 and 5 year-old skiers who want to build strong skiing skills all over the mountain, and get an introduction to the world of ski racing. The program consists of 11 days on snow, including club race events.

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). Beginner skiing programs are offered by the Winter Sport school at Kicking Horse Mountain Resort. Feel free to contact us to help decide what is the right program for your young skier.

For 2023-24, 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.

Our target skier:coach ratio is 4:1 or less. Parents are required to sign up for a limited number of days as tail-gunners with the group throughout the season. Emails will be sent out with volunteer sign-up requests early in the season and sign-up links may also be found in the “Get Involved” section of the GKHAT website. Please refer to the parent handbook on the website for the volunteer requirements of the Mini GKHAT program.

U8 (6 and 7 year olds as of Dec 31, 2023)

The GKHAT 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. Choose Friday*, Saturday or Sunday on the 12-day program or two weekend days (Friday*/Saturdays/Sundays) for the 24-day program. The program for U8 is 12 weekends starting in December and finishing in March, and includes 2-3 home race events.

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 (ie. 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.

Through the season we host two or three club events which are a part of this program. In addition, athletes have the option to travel to other local hills for Nancy Greene Festivals and races hosted by our neighboring clubs. These events are always a fun addition to the season and can help develop team spirit and a love for the sport.

*See note regarding Friday programming in Section V. above.

U10 (8 and 9 year olds as of Dec 31 2023)

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.

The U10 regular program is a 14 week program, with an additional two weekends of skiing added to the season. Choose Friday*, Saturday or Sunday on the 14-day program or two weekend days (Friday*/Saturdays/Sundays) for the 28-day program.

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.

U10 programming includes 2-3 home race events and 1 away race (away race registration fees for one race is included in the registration fees for U10) Regardless of current interest in racing or being competitive, these events are fun-focused and family oriented opportunities to build team spirit and a sense of accomplishment in our young skiers.

New for 2023-23, Hard ear race helmets and race skis are required for all skiers aged 8 and older (U10 and up). Please see equipment requirements in section XI.

*See note regarding Friday programming in Section V. above.

U12 (10 and 11 year olds as of Dec 31 2022)

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.

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.

Recognizing that individual goals may vary, we aim to offer a range of training environments and volume. On any given program day, choice of training

environment is at the coach's discretion and reflects current ski conditions. At this age, we 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.

We use 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/>

The U12 regular program is a 14 week program, with an additional two weekends of skiing added to the season. Choose Friday*, Saturday or Sunday on the 14-day program or two weekend days of (Friday*/Saturdays/Sundays) for the 28-day program. U12 programming includes 2-3 home race events.

Skiers who want to ski more than 28 days at this level are encouraged to sign up for the P60 program (see description in this section)

At the U12 level, the Long-Term Athlete Development model recommends 8-10 race starts (A typical race weekend would usually include 4 race starts) during the season.

U12 Athletes have the opportunity to participate in more fun-based club events including:

- Annual GKHAT cookie cup.
- Annual GKHAT Nancy Greene race. U14 and U16 athletes may participate as forerunners.
- Annual club year-end ski-tacular event.

Additional to local events, U12 racers are encouraged to attend:

- Away Nancy Greene races/festivals - These races are best suited to athletes who prefer a more fun based approach; particularly the Kimberley Nancy Greene Festival
- One or more "zone race" hosted by other clubs throughout the season - 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
- Preseason ski camps for enthusiastic skiers who want to get on snow and start working on their turns early

Athletes are strongly encouraged to attend one or two away races per season at this level. Regardless of interest in ski racing, these events are fun-focused and family oriented opportunities to build team spirit and a sense of accomplishment in our young skiers.

New for 2023-23, Hard ear race helmets and race skis are required for all skiers aged 8 and older (U10 and up). Please see equipment requirements in section XI.

*See note regarding Friday programming in Section V above.

U14 (12 and 13 year olds as of Dec 31 2023)

GKHAT's U14 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 U14 skiers can expect to spend a significant portion of their ski days working on racing skills. At this age, we encourage athletes to ski more than one day per week; athletes who ski one day per week will experience a narrower spectrum of training opportunities.

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.

The U14 regular program is a 14 week program, with an additional two weekends of skiing added to the season. Choose Friday*, Saturday or Sunday on the 14-day program or two weekend days of Friday/Saturdays/Sundays for the 28-day program. U14 programming includes 2-3 home race events.

Skiers who want to ski more than 28 days at this level are encouraged to sign up for the P60 program (see description in this section)

We use 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/>

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.

U14+ racers have the opportunity to participate in fun-based club events including:

- GKHAT cookie cup.
- GKHAT Nancy Greene race. U14 and U16 athletes may participate as a forerunner.
- Club year-end Ski-tacular event.

For home events, U14/16 athletes may be included as mentors to younger skiers in order to build team and leadership skills.

Additional to local events, U14 racers are encouraged to attend:

- 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, this is a 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
- **Pre-season (and Postseason) ski camps** for skiers who want to get on snow and start working on their turns early

New for 2023-23, Hard ear race helmets and race skis are required for all skiers aged 8 and older (U10 and up). Please see equipment requirements in section XI.

*See note regarding Friday programming in Section V above.

XI. EQUIPMENT REQUIREMENTS

SKIS

Race skis (or carving skis at minimum) **are required for athletes U10 and older**. The correct equipment greatly increases the enjoyment and benefit during training sessions. For GKHAT programs, if only one pair of race skis are being purchased, we recommend a multi event or Slalom (SL) ski for athletes under 120 lbs and Giant Slalom (GS) skis for athletes over 120 lbs. Please remember to review your child's DIN settings on their bindings at the start of the season, and during the season if your child has a growth spurt. This is particularly important as they get older and travel at higher speeds.

- SL skis generally measure between the chin and nose.
- GS skis are longer and measure around the top of the head.

Lighter weight and less experienced skiers may want to go with a ski that is on the shorter end of the range. The opposite is applied to heavier or more aggressive ski racers, you may want to go on the longer side of the range.

The importance of regularly tuning race and free skis cannot be overemphasized. Selkirk Sports offers a discounted rate for tuning for GKHAT athletes. Tuning race skis before races is strongly recommended.

BOOTS

For ski boots refer to the size chart below for a rough size estimate.

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

To fit boots, the liner should be removed and the sock covered foot should be placed in the shell with the toes touching the front of the boot. There should be approximately two finger's width behind the heel (almost an inch). If the shell seems to be a fit, replace the liner and try the boot on with the liner. The athlete must be able to flex the boot when it is warm since it will become stiffer in the cold. It is not recommended for youth to have a boot stiffer than a 70 flex for U12 (Under 12 years old) and 90 flex for U14 (Under 14 years old).

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

Hard ear race helmets are required for all skiers aged 8 and older (U10 and up). U14+ helmets must be FIS Approved. If your younger child is wearing a soft eared helmet now, when the next size is needed please purchase a hard ear race helmet.

OTHER EQUIPMENT

- Back protectors are mandatory for all U14 and older athletes and strongly recommended for U12 athletes.
- Chin guards are mandatory for ALL U12+ athletes for slalom training and zone races.
- Pole guards, shin guards, and arm guards are strongly recommended for all U12, U14 and U16 athletes for training, races and events **and required for all athletes traveling to away races.**
- Race suits are encouraged but optional for U12/14/16

If you have specific questions about equipment fitting please inquire at Selkirk Sports or email Ryan at headcoach@gkhat.ca

Uniforms

GKHAT does not require the purchase of a team jacket and we are not able to sell new team jackets every year. Families are encouraged to purchase a previously loved jacket from other team members and orders for new jackets will be made every 2-3 years. If you are looking for a used or new jacket, please check out our Facebook Buy and Sell group or email info@gkhat.ca for more information.

XII. VOLUNTEERING

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 athlete into the program and look forward to your participation. Volunteering with the club is highly rewarding and a 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.

All families are required to participate in yurt cleaning on one program day per season. This schedule is set out at the beginning of the season. If you cannot make your yurt cleaning day, you are responsible to change days with another family.

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 skier's experiences are better when parents support our season. Without parent support we can not offer events or race 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 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 three regular season volunteer needs our families are required to participate in each season in order to run safe and successful programming for our skiers:

1. **U6 Mini Tailgunning** - 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.
2. **U8+ Parent Course Setting Volunteers** - We ask the parents of our U8,10, 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. **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 can not make your scheduled day, please reach out to other families to arrange a trade.

B. GKHAT families are also required to help support fundraising efforts, at minimum by supporting the online auction. All GKHAT families are required to secure a silent auction item(s) with a minimum value of \$150.00 (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) for ideas on what makes a great auction item.

C. Outside of the regular program volunteer needs, there are different levels of volunteering both on and off snow through the season depending on the age and number of athletes in the program to support our race events.

OFF SNOW VOLUNTEER POSITIONS

GKHAT Committees

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

- Auction Committee
- Ski Swap Committee
- Year End Banquet Chair
- Social Committee

These are great volunteer positions for individuals who cannot be on the hill and perhaps have other commitments such as younger children.

U6 (MINI) GKHAT DEVELOPMENT PROGRAM

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

You can expect at MINIMUM to be tailgunning 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 tailgun (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:

- Tailgunning at GKHAT events
- Tailgunning 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 tailgunning 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:

- Tailgunning 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 tailgunning 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 GK HAT DEVELOPMENT PROGRAM

Now that your kids don't want you tailgunning 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.

Updated May 2023

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)

HandTimer: 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 Controller: On radio with timing, manually records racer times on the 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

If you have a U6 in the program, you will be required to provide a tailgunner for them at least one time during regular training and 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 tailgunning on event/race days. Tailgunning 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

XIII. RACES AND GKHAT EVENTS

During the season, we host a number of events and travel to neighbouring 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 KH. Watch your inbox or gkhat.ca prior to events to sign-up for volunteer positions, and for more info and everything you need to know for race day.

Event/Race Arrival

It is important for athletes and volunteers to arrive at the yurt on time on event days. Please take into account 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 and the world of ski racing. There are extra fees for all races at other resorts such as entry fees, coaching fees and lift tickets. Kootenay Zone Races

Kootenay Zone Races

This race series is open to all U14 and U16 athletes. Typically there is a race in the west Kootenays (Red Mtn. or Whitewater) in January, East Kootenays in Feb (either Fernie, Lake Louise or Kimberley), and Zone Finals in April.

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 take a 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 U14 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.