

# Camrose Ski Club

## Cold Weather Policies

**Effective Date:** 15 November 2022

**Date of Revisions:**

**Purpose:** To provide clarity and a clear process for decision-making around cold weather cancellations for Camrose Ski Club activities.

### GENERAL POLICY

In the event that lessons need to be cancelled due to cold weather the following guidelines will be used. The reference temperature will be the air temperature posted on the Environment Canada website for Camrose.

Bunnies	-15°C
Bunny Rabbits	-15°C
Jack Rabbits	-15°C
Track Attack	-20°C
Biathlon	-20°C
Junior Racer	-25°C
Adult Programs	-25°C

The decision to cancel a lesson/practice will be made by the respective director (youth XC/biathlon/adult) at 1:00pm and they will inform group coaches of their decision. The coaches are then responsible for informing the athletes and parents in their group if the session has been cancelled.

Any morning practices/lessons may be delayed at the coaches discretion if there is a warming trend forecast for that day.

All of the above temperatures are without wind chill. In the event of high windchill the program coordinators may use their discretion (and communication with coaches) and cancel lessons at warmer temperatures.

All coaches should consider the following safety measures when skiing with young children during cold days (temperatures below -10°C).

- If children are inappropriately dressed they should be excused from the session and their parents should be notified.

- Inform skiers and parents that a hat and gloves/mitts should be worn at all times. Ensure ears are covered to avoid frostbite.
- Bring children inside when they say they are cold.
- Choose areas that are protected from the wind and avoid activities in open areas.
- Keep young children close to the wax room in the event that someone does get cold.
- Allow additional time to warm-up; it takes longer to get the body warmed-up for sport activity in cold weather.
- If in doubt, cut the session short.

## JUNIOR RACERS - TRAINING & RACING

The Junior Racers policy on cold weather recognizes the unique risk incurred by young athletes in cold weather conditions and balances that against athlete experience. The club has adopted the following guidelines:

1. With respect to racing, the Camrose Ski Club policy is that:
  - a. When temperatures are  $-20^{\circ}\text{C}$  or colder (temperature measured at the coldest point of the course and without wind factor) and competition distances are less than or equal to 7.5 km, we will not race.
  - b. When competition distances are greater than 7.5km and temperatures are  $-18^{\circ}\text{C}$  or colder (without wind factor), we will not race. Wind factors increase the effect of cold and will be taken into account in determining whether athletes will race.
  - c. Where the head coach at an event feels that other weather factors put our athletes at risk, he or she may also pull the team from the race. The head coach is expected to use discretion in evaluating whether this consequence should include all age groups or not.
2. With respect to training and practices led by a ski team coach, our framework is as follows:
  - a. When temperatures are  $-20^{\circ}\text{C}$  or colder, the coach leading the practice will decide whether to hold the practice. Among the factors they will consider are:
    - Length of practice
    - Distance away from the lodge
    - How well dressed athletes are
    - Whether temperatures will change
    - The effort that will be expended during the practice and the time that athletes will be relatively inactive, and
    - How old the athletes are
  - b. Practices will be cancelled if temperatures are  $-25^{\circ}\text{C}$  and colder

### Tips for Junior Racer Athletes:

- Don't be afraid to wear extra clothing. Vests and toques are an important addition and it may also be reasonable to wear two layers of synthetic (polyester) underclothing.
- Balaclavas, neck-warmers and windproof briefs are also a good idea.
- Consider substituting mitts for gloves.
- Creams, lotions and jellies can reduce the direct exposure of the skin to the air. However, to be effective they must not have water in their base.
- Ski glasses/goggles can keep the wind out of your eyes, but they can also cause a "wind tunnel" effect on other parts of your face.
- For eye comfort, blink more often than usual. This is particularly true if you wear contacts.
- Consider carrying hand-warming packets (coaches can carry a couple of these with them) to avoid frostbite.
- Learn to recognize the signs and symptoms of frostbite.
- Recognize that different individuals have different tolerances to cold weather and different abilities to thermoregulate.
- Make sure you are properly hydrated and are not hungry. Bring extra foods and fluids to the site of training or events in case there is a delay.
- Up to 30% of cross-country skiers suffer from exercise-induced asthma (EIA). Cold dry air exacerbates this condition. If you are susceptible to exercise induced asthma you will need to take extra precautions. A proper warm-up is critical and your predisposition to EIA should be discussed with a physician

## **CAMROSE ADULT SKI PROGRAMS**

The Adult Ski program recognizes that some participants will not want to ski at temperatures below  $-20^{\circ}\text{C}$ , but our club also wishes to keep the option open for members who are interested because skiing in cold temperatures can be enjoyable, if you have good company, the right clothing, and a good mindset. We have consistently had good turnouts and positive feedback in these conditions.

The adult coordinator/coach will send out emails to participants prior to sessions to inform them if practice was cancelled ( $< -25^{\circ}\text{C}$ ) or that an optional practice was taking place and they should come prepared for cold weather. In cold weather, sessions will be adapted by coaches (e.g. the group will stay fairly close to the wax room, so people can warm up or bail at any moment).

In cold weather situations, participants should bring along the following:

- Something to cover your face (limit exposed skin)
- Warm mitts (preferably not gloves)
- Lots of layers
- A warm drink that you can leave in the wax room
- A positive attitude (it will be cold)

Some additional resources on dressing warm for nordic skiing:

- <https://cxcacademy.wordpress.com/2019/02/14/what-to-wear-skiing-in-the-extreme-cold/>
- <https://nordicskilab.com/what-to-wear-cross-country-skiing-a-complete-guide/>

## CLUB ORGANISED EVENTS

Unless stated otherwise in the race notice and/or participant entry form, the club's policy regarding events during cold weather is as follows:

1. With air temperatures below  $-20^{\circ}\text{C}$  (temperature measured at the coldest point of the course and without wind factor) and competition distances less than or equal to 15 km, the jury (or race organisers) **MUST** postpone or cancel the competition.
2. With competition distances greater than 15km and temperatures less than  $-18^{\circ}\text{C}$  without wind factor, the jury (or race organisers) **MUST** postpone or cancel the competition.
3. With any difficult weather conditions (e.g. strong winds, high air humidity, heavy snow, icy track conditions) at any air temperature, the jury (or race organisers) may, in consultation with the Team Leaders of the participating teams, postpone, cancel or shorten the competition.
4. While adhering to the basic principles of the rules, the jury (or race organisers) may effect minor modifications to the rules providing the word **MUST** has not been used in formulating the rule.
5. Always take into consideration the age and experience level of the field of skiers when determining whether to alter or cancel a competition. The rules that govern "races" were established for experienced, healthy elite athletes at high level competitions.  $-20^{\circ}\text{C}$  is the coldest temperature at which you can hold the event. Under some circumstances, modifications or cancellation should occur at temperatures warmer than  $-20^{\circ}\text{C}$ .