

Regina Alpine Race Team



“Building skiers for life.”

MEMBER HANDBOOK

September 2023

Revision History		
August 1, 2023	Original	Hilary Wallin
September 23, 2023	Incorporate Board & Coach Feedback	Devin Wallin
September 27, 2023	Grammer updates, Snow Stars & Race program clarification, family account update	Devin Wallin
September 29, 2023	Updated Athlete & Parent Code of Conduct documents	Devin Wallin



Table of Contents

Part I - Welcome & Club Overview.....	5
Welcome to the Regina Alpine Race Team!	5
RART & Regina Ski Club History	6
RART Program Objectives	6
Part II - About This Handbook.....	7
Part III - Organization	7
Board of Directors	7
Coaching Staff	7
Volunteers	8
Part IV – Code of Conduct.....	8
Part V – Policies.....	9
Cold Weather Policy.....	9
Air Quality Health Index.....	9
Progressive Discipline.....	9
PART VI – Volunteering.....	10
Volunteering Expectations	11
Snow Stars Tailgunning	11
PART VII - Equipment	11
Snow Stars Equipment	11
Race Team Equipment.....	14
Required Gear:	14
Recommended Gear:	15
Nice-to-have gear:.....	15
FIS Specifications:.....	16
Respect for equipment.....	16
Equipment Maintenance.....	16
PART VIII - Uniforms	16
Part IX - Communication	17
Athlete Availability	17
Season Start Team Meetings.....	18
Social Media	18
Part X – Officials Training.....	18



Part XI - Clubhouse.....	19
Part XII - Coaches	20
Part XIII – Snow Stars Coordinator & Race Team Coordinator.....	20
Part XIV - Schedules	21
Part XV - Races	21
Sask Alpine	21
Sask Alpine Calendar	21
Snow Stars.....	22
Sask Alpine High Performance	22
Races & Coach Availability	22
Family Accounts	23
Accommodations for Events	23
Live Timing	23
PART XVI – Athletic Programs.....	24
Offseason Training.....	24
Outdoor Dryland Training	24
Indoor Dryland Training	24
PART XVII – Ski Programs	25
Snow Stars – Introduction to Race U6 to U10.....	25
Additional Training for Snow Stars U10, U12, and U14.....	26
Snow Stars U12 and U14.....	27
2 Day Race Program U12 to U19.....	27
3 Day Race Program U 14 to U19.....	28
Appendix A: RART Athlete Code of Conduct.....	29
Appendix B: RART Parent / Caregiver Code of Conduct.....	31
Appendix C: Volunteer Roles & FAQs	32
Appendix D: Ski Maintenance and Repair Kit.....	34
Basic Kit.....	34
Advanced Kits.....	35



Part I- Welcome & Club Overview

Welcome to the Regina Alpine Race Team!

RART's mission is "To Build Skiers for Life", and all the programs, coaching and member activities reflect this mission. At RART, your child will be encouraged to develop as an alpine race athlete while also developing the skills that will support them to be successful in life. Families are welcomed into the club environment and community of alpine racing and RART strives to create an inclusive environment where new members feel right at home.

Our club thrives on the dedicated support of our members and volunteers. We are passionate about building life-long skiers, and we work hard to provide positive role models and a learning environment that develops great skiing skills. We also know that involvement in healthy sporting activities has additional benefits that go beyond the ski slopes and will last a lifetime. It is our goal to help our members excel in skiing and in life by providing fun, safe, high-quality programming.



RART is the alpine branch of the Regina Ski Club and over the years has introduced downhill ski racing to hundreds of prairie kids. We are very fortunate to have some of our alumni return to the club as coaches and parent volunteers. They bring with them a wealth of experience and are our own living proof of how passion for the sport is passed from one generation to the next.

RART welcomes you and your family!



RART & Regina Ski Club History

Regina Alpine Race Team has provided hundreds of youth, primarily residing in the Southern Saskatchewan region, with the opportunity to participate in the sport of downhill skiing both at a novice introductory level and as competitive racers. We are a family-oriented club providing training targeted at alpine skiers with all levels of experience from ages 5 to 18.

RART is affiliated with the Regina Ski Club as a non-profit organization operated through a volunteer Board of Directors, with an Executive committee elected from within its members.

The Regina Ski Club (RSC) traces its roots to 1936, when it was originally founded as an Alpine Ski Club with ski jumping as its focus. In the 1970's through to 1990's the RSC was primarily focused on trip coordination, hosting alpine ski trips to the mountains as the sport of downhill skiing developed a stronger and stronger following in the prairies during that time. The RSC program for alpine ski racing formed during these years, and the Snow Stars ski program that teaches alpine skiing to youth from the ages of 5 through 14 years of age officially kicked off in 1984. In 1989 the RSC Alpine Ski Program and the Snow Stars Program amalgamated to form the Regina Alpine Race Team (RART). It was at this time that RART established its own volunteer board of directors to guide the activities of the club to build a ski race focused program that you see today.



The RSC continues to be the overarching entity of ski programs in the Regina area, and the programming offered by RSC has continued to evolve over the years. It currently has the disciplines of Cross-Country Skiing, Recreational Alpine Skiing, Biathlon, Alpine Skiing, and Adaptive Alpine Skiing under its umbrella.

RART is a volunteer operated club and believes in strong involvement and participation by its family members to ensure that a high calibre educational and development programming is available to participating youth.

RART has experienced instructors and coaches certified by Alpine Canada provide programming and skills development for novice through to experienced racers, and we are proud to have several athletes that have progressed to race at the FIS level throughout the years of our existence.

RART Program Objectives

- Help prepare children and young adults to become successful and independent people.
- Teach young people the virtues of hard work, respectful behavior, organization, and independent thought.
- Create an environment where young people learn how to become a team member and learn how to be a leader.
- Improve skiing so that children can enjoy the sport for life in variety of terrain, with confidence.
- Improve skiing to a point where the child / athlete is innately motivated to progress through the alpine ski racer pathway.



- Progress athletes through the long-term development pathway from club to provincial team, national team, and elite level (World Cup, Olympic games) if they have the desire, ability and resources to achieve this.
- Develop a comprehensive athletic training program to give children the tools to be active and fit for life.
- Foster a lifelong passion for winter and outdoor sports among young athletes.
- Create a strong community in the club through which everyone feels connected to our mission.
- To make RART the #1 choice of competitive alpine ski clubs in Saskatchewan.

Part II- About This Handbook

This Handbook will guide you through the RART programs, membership, and events. As your child moves from Snow Stars programming (U6, U8, U10) to the introduction to competition in U12 and progresses through U14 – U19 there will be new equipment needs, events and opportunities. The Handbook will assist in orienting you to each level and answer many commonly asked questions.

In the event of conflicting information between this Handbook and the website, please refer to the website (www.rart.ca) as the most current information. If you require clarification or do not find what you are looking for, please reach out to coaching staff or a member of the Board of Directors. Contact information is on our website.

Part III- Organization

Board of Directors

RART has a volunteer governance board with up to 9 Directors including a President, Vice President, Treasurer, and Secretary. Other positions may include a Race Team Coordinator, Snow Stars Coordinator, Coach Coordinator and/or Marketing Director. The current Director listing and contact information is on our website, and you are encouraged to reach out with any questions or concerns.

The Annual General meeting is held in November of each year. All members are welcome and encouraged to attend.

Coaching Staff

RART prides itself on the incredible coaching staff in the organization. From the Program Director to Head Coaches and support coaches at each level, RART offers outstanding coaching for competitive alpine ski racing. Coaches lead on-snow and dryland programs with RART and use the Long-Term Athlete Development (LTAD) model when designing program activities. Read more about the LTAD stages specific to alpine ski racing at <https://ltad.alpinecanada.org/stages>.





All RART Snow Stars and Race Team coaches have Alpine Canada training and have passed both on & off snow certification commensurate with the level of athletes they are responsible for coaching.

The Alpine Canada recertification process occurs annually and requires that each coach earn their required professional development credits, successfully complete a respect in sport module, and pass a criminal record check prior to their license renewal.

Volunteers

To provide excellence in programming, RART relies heavily on all members to volunteer time with the club. All families are encouraged and expected to volunteer throughout the season. Some positions are time-limited while others require someone to oversee a specific area. For example, we have a Snow Stars Coordinator who manages communication to our Snow Stars families. Our race team has a similar volunteer coordinator. Volunteer Coach Coordinators oversee the coach schedule for our various programs.

Each year we look to cross-train for these positions to increase and maintain the capacity of our club and ensure we have coverage if a volunteer steps away from a role. If you are interested in any of these positions, please reach out to any member of our board of directors!

We cannot overemphasize the importance of volunteerism in our club. For the club to remain a going concern and viable into the future, we need all families to step up into volunteer positions, either short or long term, while being cooperative and respectful of any other team members when they are volunteering with RART.



For more information on volunteer commitments and opportunities, please see section VI.

Part IV – Code of Conduct

RART strives to create and maintain a positive environment for athletes, volunteers, coaches, and all other members. We rely on a strong relationship with our host facility, Mission Ridge Winter Park (Mission), and work to ensure that as a club we treat Mission staff, property and terrain with respect.

To outline our values and expectations, RART has a code of conduct for both athletes and parents and is found at Appendix A & Appendix B.

The purpose of the Code of Conduct is to ensure that all athletes and members have a great experience while participating in RART activities and that all members represent RART in a positive way.



All athletes and parents are required to sign the code of conduct at registration and/or the beginning of the season. The documents are reviewed during the season kick off meeting to ensure full clarity for everyone involved. Parents are responsible for ensuring that their children understand and abide by the code of conduct.

Part V – Policies

RART has various policies pertaining to the operations of the club. These are updated from time-to-time as deemed necessary by the board of directors.

Cold Weather Policy

RART recognizes that Alpine Skiing is a winter sport and at times there is particularly cold weather to contend with.

The Race Team policy concerning cold weather is that if Mission Ridge Winter Park is operational, ski race training and/or racing events will go forward. All athletes and coaches are encouraged to dress for the weather conditions and self-monitor for the effects of cold weather and take warm up breaks as necessary.

The Snow Stars policy concerning cold weather is that if either the absolute temperature or the “feels like” calculated temperature including wind chill is -30 degrees C or colder, all training and racing events will be cancelled.

All decisions for training will be made by 7:30 am for day training and by 3:00 pm for night training and cancellations will be communicated via Team Snap emails and chat messages from the volunteer race team and Snow Stars coordinators.

Air Quality Health Index

RART’s policy regarding air quality for outdoor training is that if the AQHI for the locale that the training is scheduled to occur in is above a 7 on the environment Canada AQHI scale, that outdoor training will be cancelled.

Progressive Discipline

If there are behaviours that contravene the athlete or parent code of conduct, progressive disciplinary action will be taken and could include the following:

- Verbal warning by a coach
- Written warning from the Program Director and/or Board President
- Removal from training/competition area
- Temporary suspension from club activities
- Long-term suspension.

There is no refund of fees for any training time missed because of the application of the progressive discipline policy. If you have any questions about the Code of Conduct, please reach out to your coach, the Program Director, or a Board member.



PART VI – Volunteering

RART cannot exist without the support and dedication of our members, primarily through volunteering at our races and other events. Time spent volunteering and the relationships with other parents that are developed are often some of the most memorable experiences parents have with the club.

Volunteering is a reward in itself. Volunteering at ski events makes you part of the action. You can ski, enjoy the day, watch your child race and contribute to their successes. You will become involved with a great group of people who work hard, play hard and really know how to enjoy the sport. Parents are not allowed to be in the fenced portion of the race area without holding their official's training.

Each season, training is provided for all race official volunteer positions through an Officials I course which is an overall introduction to alpine race organization with an emphasis on timekeeping and gate judging methods. Parents of racers in the entry level programming find this course an excellent introduction to race officiating and in gaining an insight into the racing program as a whole. RART's strong desire is for ALL parents or caregiver that will be on-hill during training or racing to complete their level 1 officials' certification at a minimum.



Race events are a key component of ski skill development and provide the opportunity for our racers from Entry Level to master's to test their competitive skills on our home course and throughout Saskatchewan. They are great fun to participate in and are a fantastic introduction to the competitive aspect of our sport. Each season we work together with Mission Ridge and the Qu'Appelle Valley Ski Club to host a Snow Stars Festival and a Sask Cup Series Race.

Volunteer opportunities are on-snow and off-snow so skiing ability is not required as there are many tasks that can be completed away from the racecourse. Off-snow volunteer roles include race office, club cabin maintenance, cabin cleaning and organizing club social events.

Volunteers are truly the lifeblood of RART, and it is not an overstatement when we say that without volunteers, our program does not exist. To host a typical Snow Stars festival or Sask Cup race requires approximately 75 to 100 volunteers to ensure it is conducted in both a safe and fair way. Simply put, **you will be a volunteer in some way, shape, or form at multiple points during the season.**

To underscore the importance of volunteering with the club, we have established volunteer expectations that outline the minimum commitment from our member families.

Obtaining a commitment from our membership eases the load on our organizing committees (who are volunteers and parents as well) and greatly simplifies our event planning. The requirements are not intended to be onerous, and they have been established with the hope that all families in the club will easily achieve their volunteer commitment.



Volunteering Expectations

RART's minimum volunteer expectations for parents/caregivers is four (4) volunteer shifts per enrolled athlete during the ski season. U12-U19 teams may require more volunteer time from parents.

U6 and U8 parents may satisfy their commitment through acting as "tailgunner" for the team. Tailgunners follow the team down the runs to ensure no athlete is separated from the group and this is a great way to see your child progress through the season. U6 and U8 coaches and parent reps will communicate when they need tailgunners.

Please note that volunteering at away races is also a mandatory requirement. It is a great way to be part of the action and usually nets the volunteer a complimentary lift pass and lunch from the host mountain (hill), not to mention cheers from the RART spectators.

See Appendix B for volunteer FAQs.

Snow Stars Tailgunning

Snow Stars coaches will require parents to tailgun at the beginning of the season and potentially for longer periods particularly with the younger athletes. The coach or Coach Coordinator will communicate this and have parents sign up. It is important that when acting as a tailgunner that the adult skier has the necessary skills to keep up with the group. There is a formal process for tailgunners that is mandated by Alpine Canada to ensure proper insurance coverage is in place. Any parent interested in tailgunning should reach out to the Snow Stars coordinator.

PART VII- Equipment

If you are new to alpine racing, getting to know the necessary equipment can be a big learning curve. The good news is that there are many experienced coaches and parents in the club that can help. If you have any questions about equipment, please reach out to the program director or a coach prior to making a purchase. In many situations alpine ski race gear is specially ordered items and therefore non-returnable, so it's always best to check before you buy.



Snow Stars Equipment

Athletes in Snow Stars require the following equipment:

- Skis:
 - In the early years most youth skis aren't discipline specific to Slalom, Giant Slalom, or Super Giant Slalom. Our club primarily trains and races Slalom, so a shorter radius ski works well.
 - Ski length selection is primarily based on of the weight of the athlete, with heavier athletes generally requiring a longer ski. The reason for this is because longer skis have more braking power due to the increased edge contact they have with the snow.



- Boots:
 - At the snow stars level, please be mindful of the boots you are putting the athlete in. There are two main mistakes that get made with boots in younger athletes: First is getting boots that are too big, and second is getting boots that are too stiff.
 - A boot that is too big poses risk of injury to the athlete as the foot can move about too freely in the shell and liner during the actions involved in skiing. The ability to transfer power from the body, through the legs and ankles, and then into the boot and ski is very important to have success in skiing, so please pay attention to whether the boot fits.
 - A boot that is too stiff doesn't allow the athlete to use their range of joint motion while skiing, leading to incorrect stance and balance.
 - We understand that ski boots feel different on the feet compared to what most of our younger athletes are used to wearing, so do make sure your athlete is comfortable in their boots.
 - Please don't get boots that are multiple sizes too big or that are far too stiff as it will significantly impact and/or delay the progress an athlete will have in developing good skiing skills.
- Poles
 - In the first years of Snow Stars, poles will be used from time to time during training.
 - It is important to note that many coaches will have athletes train without poles a significant amount of time during the early stages of the program to focus on stance and balance, without the distraction of the poles while on the hill.
 - To size poles, hold them upside down and grip directly under the baskets of the pole. When the pole is touching the ground and the athlete is in a basic athletic ready position, the arm should be at an approximately 90-degree angle.
- Helmet
 - An alpine ski helmet is mandatory for all training and racing.
 - The helmet must fit the racers head appropriately (not too big, not too small) and have a buckle that is always worn clipped together when on the ski hill.
 - At the Snow Stars level, soft-eared helmets are allowed.
 - Note that is an athlete is intending to transition to the race team, the helmet must have hard ears, and be certified to the FIS 2013 standard for it to be eligible for use. (See the Race Team equipment guide for more information)
- Base Layers
 - It is strongly recommended that all athletes have at least one complete set of base-layers that they wear to training and festivals.
 - Base layers should be made of synthetic, wool, silk, or bamboo fibers. Avoid cotton base layers, as they take too long to dry and will pull heat away from the body, leaving the athlete cold and uncomfortable.



- Handwear
 - We strongly encourage snow stars athletes to use quality set of mitts. The advantage of mitts is that the fingers are together in the same area and generally athletes will find their hands stay warmer for longer than compared to gloves.
 - A quality pair of gloves is acceptable for snow stars athletes if that is their preference.
 - Mitts & gloves are at your personal discretion, and we recognize there is a range of materials, price points, and rated insulation levels available. It is strongly recommended that for the comfort of your athlete you invest in something on the higher end of the quality spectrum.
- Coats & Pants
 - Snow Stars athletes require a winter coat and pants that are suitable for cold weather conditions. Shell pants can work for snow stars provided they have adequate base layers for warmth. Whatever you choose, ensure that the coat and pants fit the athlete correctly and provide adequate warmth for outdoor training conditions.
- Heat packs or heated gloves & socks
 - Many athletes choose to use activated charcoal heat packs to provide extra warmth to their extremities.
 - Heat packs designed as toe warmers and heat packs designed for use in gloves or mitts are readily available.
 - Some athletes may choose to invest in battery operated heated socks and/or gloves to keep their fingers and toes warmer during cold weather conditions.
 - Investment in activated charcoal heat packs and/or batteries powered heated clothing items is at the discretion of each family.

Loose Rule of Thumb for Snow Stars Boots & Skis Sizing

AGE	Boot Size	Boot Flex	Ski Length
U6	Max of 1 size too big	Max Flex 40	80 – 100 cm
U8	Max of 1 size too big	Max Flex 50	80 – 100 cm
U10	Max of 1 size too big	Max Flex 60	90 – 110 cm
U12	Max of 1 size too big	Max Flex 60	110 – 130 cm
U14	Proper fit	Flex 60 – 80	140 – 155 cm

Alpine ski racing is not inexpensive so if you are looking to pick up used equipment keep the annual Ski Swap in mind. It is hosted by the Canadian Ski Patrol, Qu'Appelle Zone, and generally occurs in the first half of November in Regina. As well, there are many Facebook Buy and Sell groups specializing in alpine ski equipment.



Race Team Equipment

As an athlete progresses in their ski race career, there is a lot of specific equipment required. For example, by the time a racer reaches U14 to U16 racing, it is common for them to have 3 types of discipline specific skis, along with an additional pair or two for recreational use, or for use when conditions are suboptimal (these are the so-called “Rock Skis”).

We’ve broken down the equipment into three categories: Required, Recommended and Nice to Have. Obviously, the Required items are required for your racer to participate in the program.

Most new race families have many questions about gear, like where and when to get it, how to figure out the right size, etc. Our coaches are happy to talk to you about the correct fit and technical details. There are several ski race specific Facebook buy and sell groups that our race families have used with success and would be happy to share with you. Locally, Sunshine and Ski and Fresh Air Experience may carry some of the equipment. Also, you may be able to find some items at the RART ski swap which is usually held during one of the final outdoor dryland training sessions. Contact the program director or the race team coordinator to be put in touch with the most appropriate resources to help you get the right gear.

Finally, items are frequently sold out or difficult to find mid-way through the season. Please keep that in mind if you think your racer might end up wanting any of the Recommended or Nice to Have items.

Required Gear:

- | | |
|------------------------------------|---|
| <u>Helmet</u> | FIS rated, hard sided (hard eared) helmet with capability to add chin guard. |
| <u>Skis</u> | Slalom race skis or multi-event race skis sized appropriately for your racer. Length of ski is based on age and size of the racer. Please consult with the coaches on the appropriate length before you buy |
| <u>Ski Boots</u> | Boots should fit snugly but be relatively comfortable. Your racer should be capable of some ankle movement/flexion when in the boots. Boots are categorized by flex rating, and we strongly caution that you do not get boots that are too stiff. Taking the liner out of the shell of the boot is helpful when trying to determine fit. The foot should fit into the liner snugly with just a bit of room around the toes. |
| <u>Poles</u> | Poles appropriately sized for your racer. Note that pole guards are not required until U14. Here is a handy pole sizing guide . |
| <u>Googles</u> | Googles should fit comfortably into the helmet. It’s best when there is little or no skin showing between the helmet and the top of the goggles. |
| <u>Basic Ski Tuning Kit</u> | Ski tuning, which includes sharpening and waxing, will be a weekly routine. Check out our guide to ski tuning gear. |



Recommended Gear:

- Chin Guard** A chin guard is not required until racers enter the U14 age category, but it is important to have one that is compatible with your racer's helmet so these are often purchased together.
- Mouth guard** A mouth guard is recommended, particularly when racers enter U14 and graduate to full height gates. A mouth guard is not required at any age category, but is a constant recommendation.
- Shin Guards** Again, shin guards are not required until racers enter the U14 age category, but they might be needed by some U12 racers later in the season – this will depend on your racer's advancement and how close they are skiing to the gates. Shin guards are usually needed by second year U12 racers.
- Pole Guards** Pole guards are also not required until racers enter the U14 age category. Pole guards can be difficult to take on and off so most racers have at least two sets of poles – one with guards and one without.
- Race Suit** Again, not required until U14, however many U12 racers choose to wear race suits. It does provide a different feel while skiing and also helps you look and feel like a member of the team.
- Zip-off ski pants and/or ski shorts** You must have zip-off ski pants and/or shorts if you are wearing a race suit. If you only plan to purchase one type, most racers prefer the shorts. Keep in mind that if you just go with just the shorts, on really cold training days racers can wear regular ski pants. However, if a race weekend happens to be very cold, they might be wishing for zip-off pants as well.
- Ski Straps** Important to use after tuning your skis to help protect the edges.

Nice-to-have gear:

- Multiple-Lens Googles** Googles with multiple lenses suitable for a variety of lighting conditions are very nice to have. Xevo goggles are available to RART online at 50% off (discount code: RART).
- Ski Bag** This can be nice to have when transporting skis to races.
- Back Brace** A back brace is not required for slalom racing, but it is required for all other types of alpine racing (giant slalom (GS), super G and ski cross). Sometimes GS and ski cross are part of Saskatchewan races and at those events your racer would need a back brace in order to participate. Additionally, some mountain events will require back braces. Ask the race team coordinator if those types of events are planned for the year before looking into purchasing a back brace.

At the risk of sounding repetitive, we strongly encourage you to have open and ongoing dialogue with the coaching staff about equipment you are planning to purchase. As it is common for alpine race equipment to be special order and non-returnable, it is important that you have a high level of confidence that what you are getting is appropriate for the athlete that will be using it.



FIS Specifications:

At the U14+ level, athletes that participate in mountain races will need to ensure their equipment meets all FIS requirements, including for length and radius. Consult page 10 of this link for specific information:

<https://assets.fis-ski.com/image/upload/fis-prod/assets/Specifications for Alpine Competition Equipment 21.06.2023.pdf>

Respect for equipment

One of the life skills we work on as a club is respect for equipment. This includes the equipment the athlete owns, that of their teammates, club and mountain gear. This value is an important part of our club's code of conduct and any disrespectful behaviour displayed towards equipment will be corrected.

Equipment Maintenance

As your athlete progresses through the club they (and you!) will learn to properly care for their gear. There are many YouTube videos (see Swix School) and tutorials you can watch to familiarize yourself with tuning equipment. There are many parents available to assist and teach ski maintenance skills. Additionally, our coaches will usually hold a tuning lesson during the season.

Each family, and older athletes who travel independently, will want to build a tuning kit. See Appendix C for a list of items to include in your kit.

PART VIII- Uniforms

RART recognizes the value of having uniforms to promote team atmosphere, increase visibility of our club on our home hill, and to represent our club at events.

Athlete uniforms include bibs for Snow Stars athletes and red jackets for Race Team athletes, each with RART logo and sponsor patches.

Coach uniforms are red jackets with RART logo and sponsor patches.

RART race team jackets are rented to each athlete for the season for a \$50 fee. The rental fee is mandatory and is included in the fees at the time of registration. Jackets are handed back in at the end of the season.





Uniform jackets are embroidered with the RART logo and sponsor logos. Only athletes and coaches are permitted (expected) to wear club jackets with sponsor logos during RART events as per our athlete code of conduct.

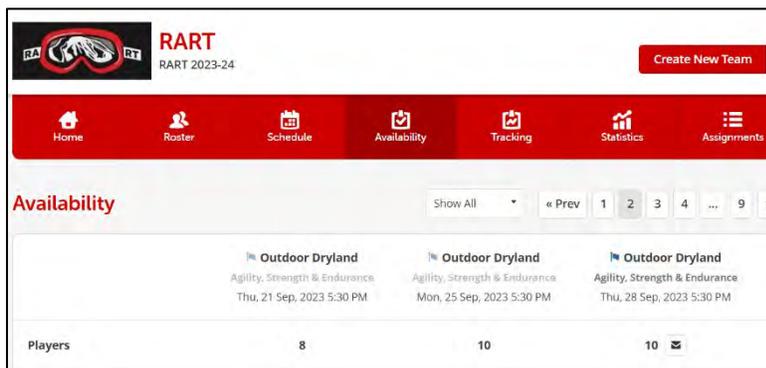
Snow Star athletes are provided a RART bib to wear on training days and it is mandatory that they do so for safety purposes. At Snow Stars festivals our athletes may also be provided with a ski helmet cover so our athletes are easier to identify.

Other swag with RART logo may be offered for sale from time-to-time. These items are not considered uniform items.

Part IX- Communication

There is a lot to know as a member of RART, and the Board, Program Director and coaches do their best to communicate “need to know” information throughout the season. This typically happens through TeamSnap, either through email, chat or schedule updates.

The full functionality of TeamSnap is only available through a computer. If you’re having any issues we encourage you to sign in on a computer and see if you are able to adjust your notification settings or to access the schedule in different formats.



In addition to TeamSnap, we utilize WhatsApp at events and races. This way we can create a WhatsApp group that includes the exact participants at the event. Then anyone who is not at the event will not be bombarded with messages that don’t apply to them.

Please make sure you have TeamSnap and WhatsApp installed on your phone.

We also run social media channels on Instagram and FaceBook.

Communication is a two-way street so if you don’t have what you need to fully participate in the club, please reach out via email to Devin Wallin (devinwallin@hotmail.com). The chat option in teamsnap gets way too busy, so please contact Devin directly if you have a specific query and he’ll be glad to help you out.

Athlete Availability

The expectation is that athlete availability is entered as soon as possible and kept up to date. The scheduling of our coaches is based on the athlete availability entered into TeamSnap, so it is important that this information is kept current. Athletes are also expected to be on time ready to train, as per our code of conduct.



Season Start Team Meetings

The Program Director and lead coach for the Snow Stars and the Race program will host a meeting at the beginning of each season. This is an opportunity to meet your coaches, get to know other team members, hear about the plans for the year, learn about equipment needs and get answers to any questions you have. The RART Code of Conduct and expectations for athletes will be reviewed at the meeting.

Social Media

Keep an eye on our Instagram and FaceBook feeds for news on our club events, teams and general alpine ski news. Access our page here: [RART Facebook Page](#).

We are always looking for content for our social media channels and urge you to submit pictures and write ups. We especially love pictures from all the events that athletes attend. Submissions can be made to the Communications Director throughout the season.

Part X – Officials Training

RART endeavors to offer Officials Training each season – typically the Officials I course designed for those looking to become familiar with race events and some years the Officials II course as well.

Each year we have several families graduating from the club and with this we need to have incoming members learn the ropes of alpine ski racing. We urge all parents to take the Officials I course, as it is ideal to learn more about the sport and events and help develop the confidence to volunteer in various roles throughout your child's involvement with the club.

Watch for communication on upcoming courses and reach out with any questions you have.



Part XI- Clubhouse

RART is extremely fortunate to have a clubhouse at Mission Ridge. We share the use of the clubhouse with Qu'Appelle Valley Ski Club (QVSC).

The clubhouse is located in maintenance building at the base of the Powderhorn Run. The clubhouse is at the north end of this building (the end closest to the parking lot).

Please pay attention to the parking lot signs so the access routes and fire lanes are not blocked.

The cabin has a lockbox with a key and will be unlocked/locked up each day by coaches or board members.

The clubhouse houses some of our training and race equipment and has a large screen TV where athletes and coaches can review video footage from training.

The clubhouse is used by our Race program athletes to get suited up for weekly training. Unfortunately, the clubhouse is not large enough to accommodate our Snow Stars athletes in this way. Snow Stars athletes will use the lower level of the Mission Ridge Day Lodge to boot up, warmups and lunch break.

During festival and race events, the clubhouse becomes the race admin office and gathering space for volunteers. No athletes are permitted in the clubhouse during festival and race events.

Important notes:

- Please have your athlete store their bags and gear neatly.
- When garbage and recycling need to be emptied the dumpsters are in the parking lot directly across from the main lodge.
- All gear must be taken home at the end of each training day. Remember that we share the clubhouse with QVSC and need to leave the clubhouse in good condition for them.
- Clubhouse cleaning is an ongoing need, and all athletes and families are expected to help. This entails sweeping, removing garbage, cleaning the tables, straightening the furniture, etc.



If the clubhouse is not being left in a tidy fashion, we reserve the right to remove access privileges to all RART athletes. Please do your part to keep the clubhouse orderly and tidy but picking up after yourself every time you are in the facility.



Part XII- Coaches

RART is fortunate to have an experienced and knowledgeable coaching staff. Each training group has a Lead Coach who sets the training plan for each week. All coaches report to the Program Director and the Program Director reports to the Board.

Throughout the ski season, the program director will be your main source of information about training days and event schedules. They will communicate through the TeamSnap app so it is imperative that you have this downloaded and easily accessible.



Because we train and race in an alpine winter environment sometimes even the best laid plans change due to weather or unforeseen obstacles.

Coaches and Program Coordinators will do their best to communicate changes in a timely way and your patience and flexibility as schedules are adapted is appreciated.

Coaching availability will vary on event weekends. At the beginning of the season the Program Directors will schedule the teams

to attend Snow Stars festivals and Sask Cup series races. Attendance at these events is optional; however, if your team is scheduled to go to an away event and you choose not to attend, there will not be coaching staff available to provide programming at Mission Ridge as the resources will be allocated to support the competition.

Part XIII – Snow Stars Coordinator & Race Team Coordinator

RART has board members that act as a coordinator for each team. These coordinators are volunteers who assist with team communication, orientation of new members, answer questions, and who plan travel, accommodation, and team meals for away events. Coordinators are introduced at the season start team meeting and are available to answer questions throughout the season. As your child moves through the various levels of programming there will be new things to learn, and the coordinator will be there to guide you.

If you are interested in becoming or shadowing a team coordinator, please reach out to the Board.



Part XIV- Schedules

All team schedules are in TeamSnap. Once you have registered your athlete you will be invited to join the team on TeamSnap and will have access to the full calendar. As changes occur during the season, the calendar will be updated by the Snow Stars & Race Team Coordinators.

Please enter your athlete's availability into TeamSnap and keep it up to date if their availability changes. This information helps the Coach Coordinator plan the coaching coverage and if they need to request any parent helpers. We also use the TeamSnap availability to determine which athletes to register for Snow Stars festivals and Sask Cup races.

A general calendar of events is hosted on our website. This lists club and other on-mountain events.

Part XV- Races

A big part of competitive alpine ski racing is taking part in race events. Sask Alpine schedules three Snow Stars festivals and three Sask Cup Series races each year and they also decide which provincial clubs will be the host organizer. Your athlete's registration fees included race entry fees for all applicable events based on their team.

When attending races at other hills there are additional costs incurred by athletes. These may include lift tickets, food, and coach expenses. Travel and accommodation costs are also incurred and at the personal expense of each family.. Please see Family Accounts below for more information on how we manage and invoice back shared costs.

Some organizations/names to be familiar with as they pertain to races:

Sask Alpine

Sask Alpine governs the sport of alpine ski racing in Saskatchewan. As a club we look to their leadership and support when building programs, policy, and planning the ski season. Sask Alpine hosts a wealth of information for athletes and parents on their website and we encourage you to check it out: saskalpine.com

Sask Alpine Calendar

All events that RART participates in can be found on the Sask Alpine calendar: saskalpine.com/menu/calendar You can search by age group and month to see events that are coming up. Here you will find Race Notices that give the technical and general information about the event and official race results post-event. Events that RART will be attending will be added to your team calendar in TeamSnap.





Snow Stars

The Snow Stars Program is a national program for athletes 4 – 14 years old (as of December 31st) and inaugurated shortly after Nancy Greene Raine's gold medal win at the 1968 Grenoble Olympic Winter Games. Since then, the program has been successful in introducing thousands of children to alpine skiing. Many of Canada's top international skiers received their early training in Snow Stars programs.

The program is aligned with the Gliding Start, Skier Essentials and Learn to Train phases of the Long Term Skier Development Model and the Snow Stars Skill Achievements Program. Focus is on developing skills to ski on all terrain, in all conditions and most of all, have fun on skis!

The Snow Stars program also introduces children to competition. These events, held at the club and provincial level, provide young skiers the opportunity to test the skills they have learned in the program in a fun and friendly environment. The emphasis in competition is on individual progress, team results, camaraderie, and fair play.



Sask Alpine High Performance

As an extension of our Race program, U14 and U16 athletes have the option of participating in Sask Alpine high-performance events. These events consist of mountain races selected by the Sask Alpine high-performance director. Typically, the mountain races include a full day of training on Friday, then racing on Saturday and Sunday. The high-performance events are open to all Sask Alpine registered athletes in the U14 and U 16 categories. All registered athletes should receive an invitation to a TeamSnap Sask Alpine high-performance group. Again, high performance events are optional and after you receive the TeamSnap invitation you can opt in or out of this group.

Races & Coach Availability

At least one certified coach is required to attend a race event with our athletes.

For some weekends with multiple events, all coaches may be travelling with athletes leaving no coaches at Mission Ridge for those who have chosen not to attend the events. This is a very rare circumstance and if it occurs RART will do our best to accommodate skiers who do not attend the events but, as we are a competitive alpine ski club, our focus is to support those choosing to participate in races. Coaches will provide more information on this as events approach. Again, if it is a provincial event there won't be an option for training at Mission Ridge.



Family Accounts

Each athlete has a Family Account with RART from which the club can quickly and easily administer costs beyond regular season fees that are affiliated with races and camps that an athlete goes to. These costs may include the athlete's lift ticket, applicable food costs, applicable transportation costs, applicable accommodation costs, and additional coaching costs.

The snow stars and race team coordinators will communicate the costs incurred by each athlete to each family and the RART treasurer, with every effort made to send this information within 10 days of an event concluding. The treasurer posts the amounts owing to the respective family accounts and sends an invoice. It is our expectation that the balance is paid in full via e-transfer upon receipt, and not more than 30 days from date of the invoice.

RART reserves the right to implement a positive-balance family account policy if, at the board's sole discretion, there is an existing or emerging issue with family account balances not being paid off promptly.

Accommodations for Events

Once RART has the calendar of Snow Stars festivals and Sask Cup races, Program Coordinators will work on group accommodation rates where possible and communicate this to families. Families are strongly encouraged to stay at the team accommodations as it is important for team meetings and building comradery within RART. All families are responsible for their own bookings within the established room blocks and are responsible for cancellation policies related to their rooms.

Live Timing

Clubs use Live Timing to track athletes' runs during events and it can be found here. <https://www.live-timing.com/>

RART values the efforts of individual athletes and their progress throughout a season, working towards goals they set for themselves, and less focus is placed on results. We offer the information about Live Timing as a useful tool to keep track of an event from afar and not to promote a focus on race results. In any case, LiveTiming does not provide official race results and is often inaccurate due to a variety of on-mountain factors.



PART XVI – Athletic Programs

Offseason Training

Our coaches plan occasional offseason training event through the late spring and summer. Often these are hikes on trails near Regina. Inline skating sessions have also been held. These events are targeted at our Race program athletes and will be communicated through TeamSnap. If your Snow Stars athlete would like to be notified of these events, please let the race team Program Coordinator know. Generally, there is no cost to participation, however transportation needs to be arranged by each family. The main goal of these events is to develop team culture with a secondary goal of developing athleticism, but most importantly injury prevention.

Outdoor Dryland Training

Dryland training for our Race Team athletes runs in the Fall and has two primary goals - develop the team culture early and develop the fundamentals of athleticism focusing on body awareness and injury prevention. The program aligns with the 'Learn to Train' and 'Train to Train' phases of long-term athletic development. See <https://ltad.alpinecanada.org/stages/learn-to-train>

Outdoor dryland training runs from the beginning of September until weather no longer permits. Outdoor dryland training is planned and implemented by our coaches and the cost is included in your registration. It is generally held in the park on the west side of the Science Centre; however, this is subject to change and location will be communicated through TeamSnap.

The main goals of dryland training are:

- Injury prevention
- Increase awareness of how the body works and how to train.
- Develop physical literacy: agility, balance, coordination, basic speed, basic strength.
- Develop flexibility.

We recognize that athletes may be involved in other activities and sports. Where possible, we encourage dryland training to be prioritized. The general expectations for dryland participation are:

- U16/u18 athletes attend all sessions.
- U12/u14 attend at least one session per week.
- U10 optional
- All mountain camp participants need to attend at least half of the scheduled dryland sessions
- Individual circumstances are considered and there is flexibility in these expectations when needed.

Indoor Dryland Training

Once the weather changes, athletes can opt-in to an indoor dryland training program. This is offered at an additional cost and is coordinated through Level 10 Fitness. Costs will vary and depend on the number of participants. Training fees are split between participants and charged to the Family Account. Information will be sent out via TeamSnap.



Indoor dryland typically runs through October and November until Early Mountain Camp, however if there is enough interest, Level 10 can generally accommodate dryland training throughout the skiing season.

PART XVII – Ski Programs

Snow Stars – Introduction to Race U6 to U10

Snow Stars Introduction to Race is an entry-level program for skiers from U6 to U10. This program runs on Sundays from 9:30am to 2:30pm with a 1-hour lunch break from 11:30 am to 12:30 pm. Training starts the first Sunday in December that Mission Ridge is open and runs through to the end of March.

It is very important to note that Snow Stars is NOT a drop off program. A parent or caregiver must remain on the Mission Ridge property that is responsible for each athlete as there may be certain situations where an athlete must spend time with the caregiver while the other athletes in the group continue to ski.

Beginning skiers are welcome to join at any age level. Participants are divided into groups according to age and ability. At the beginning of the season all children are assessed and placed into groups, again with the goal of grouping similar abilities and ages together.



Snow Stars athletes spend most of their ski time outside of ski race environments. Training in fun, and creative drills and free skiing with a certified coach is critical to establishing the skills needed in alpine ski racing now, and in the coming years. As the season progresses, racecourses will also be used to challenge the skiers. As Alpine Canada states: "Time and mileage on- snow in the early years is more difficult to replace in the later stages of development". Even if your child does not continue to pursue competitive ski racing, they will develop strong ski skills and a desire to excel at a young age that will open doors, whatever they aspire to.

Skiers are expected to be on the hill and ready to ski by 9:15am. A warmup session will be led by our coaches and then skiing will begin at 9:30am. The goal is to go through the morning with minimal breaks, so make sure your skier has a hearty breakfast and is dressed for the weather. Our coaches are always aware of the weather and will ensure warm up breaks are taken as needed. There is a one-hour lunch break from 11:30 am to 12:30 pm. This allows our program to generally miss the busiest times for seating in the Mission Ridge day lodge.

All our coaches are current and Licensed Alpine Ski Coaches in good standing through Alpine Canada. Many have several additional ski related certifications as well. RART prioritizes manageable group sizes so that your child gets lots of individual attention from an experienced professional ski coach.



Parents are welcomed and are encouraged to take turns skiing with the groups on regular training days and offer support in the form of a "tail guide", as well as taking the opportunity to connect with like-minded parents. These parents must have either their coach training or coach-in-training paid up through SnowReg. Athletes can expect to ski all over the hill and in a variety of conditions in this program, as well as being challenged by fun "drill" courses that your coach will set up specifically for you.

All athletes are invited to participate in the three Snow Stars festivals held throughout the season. Festivals are intended to engage and motivate young skiers to improve and enjoy the sport of alpine ski racing and alpine skiing. The festivals will take place throughout Saskatchewan as determined yearly by Sask Alpine. Typically the festivals are scheduled in mid-January, mid-February and mid-March. There are four possible locations for the festivals: Mission Ridge, Table Mountain (North Battleford), Wapiti Valley and Timber Ridge (Big River). Sask Alpine determines the dates and locations for the festivals.

A race notice is sent out 2 to 4 weeks before each Snow Stars festival and will have an outline of the schedule. A typical Snow Stars festival weekend kicks off on a Friday with an optional training day at the hosting venue. This training day is planned by the hosting club's coaches with support from coaches from other clubs. There is a nominal fee for the training day, usually in the range of \$30 plus lift ticket. Saturday usually has individual racing on a slalom-like course with individual awards for each age category. Sunday is usually a team event race where each team's results are pooled together and awards are presented to teams. Lunch is provided for volunteers and usually provided for athletes. This is a good area and opportunity to reestablish the culture of a food committee to bring lunches for athletes and coaches. However, the planning of each festival is up to the host club, so festival events may vary.

Families are expected to volunteer at the festivals – both when RART is hosting and when we are visiting other hills. Requests for volunteers will be sent out approximately 1 to 2 weeks before the festival. Volunteer assignments are usually shared by the host committee 2 to 5 days before the event. Lunches are provided for festival volunteers. Any volunteers that are inside the fenced area of the racecourse must have level 1 officials' certification.

The race entry fee for the 3 festivals is included in your registration fee, however there will be additional costs for optional training days, travel, meals, and accommodations. Optional training costs will be administered through your family account and if there are club meals arranged in some cases those costs will be passed along through your family account. Any personal meals and all accommodation costs are up to each family.

Most seasons RART also plans a club ski trip during the February Family Week break. The details of this will change from season to season so watch for more information.

The Snow Stars (RART) season concludes with the President's Cup on the final weekend in March. President's Cup is a fun day where the Snow Stars and Race Team athletes join together to participate in a scavenger hunt, race against each other and against parents, roast marshmallows and have a BBQ lunch.

As children move up through the program there are additional opportunities available:

[Additional Training for Snow Stars U10, U12, and U14](#)

As athletes move into U10+ there are additional training opportunities with the Race Team coaches. Over the course of the season, 3 optional Friday evening sessions will be offered. There is no additional cost for participating in these sessions as we want upcoming athletes to get a taste of race team training.



Snow Stars U12 and U14

As athletes move into the U12 and U14 age groups they have all the training opportunities and access to festivals and events as U6 to U10, however at this age level athletes can start transferring to the 2-day race program and competing in the Sask Cup series races. Costs for transitioning will be determined based on the point during the season that the athlete transfers.

2 Day Race Program U12 to U19

The 2-day Race Program runs on Sundays from 9:30am to 2:30 pm with a one hour lunch from 11:30 am to 12:30 pm. Friday evenings from 6:15pm to 9:00pm (once Mission Ridge opens for night skiing).

Athletes are expected to be at the hill 30 minutes before training starts and out for warm up at 9:15am or 6:00 pm. Training starts the first Sunday in December that Mission Ridge is open and runs through to the end of March.



Our Race Team trains with our experienced licensed and trained race coaches. and Athletes work to apply the skills they have developed in the previous years to becoming more consistent in challenging terrain and competitive environments. Racecourse set ups are used frequently during training. The race team is split into training groups based on age.

Success in competition is measured by being able to apply what you have been developing in training, not necessarily winning the race. Fun is found in different forms with social involvement becoming ever more important and team building being a cornerstone to a healthy team atmosphere. Although ski racing is an individual sport, some of the strongest support will come from your teammates who you will learn to count on and who will learn to count on you.

All athletes are invited to participate in the 3 Sask Cup series races throughout the season. The races will take place throughout Saskatchewan as determined yearly by Sask Alpine. There are four possible locations for the races: Mission Ridge, Table Mountain (North Battleford), Wapiti Valley and Timber Ridge (Big River). At times, Sask Alpine may coordinate a Saskatchewan race to occur in the mountains. Sask Alpine determines the dates and locations for the races.

A race notice is sent out 2 to 4 weeks before each Sask Cup race and will have an outline of the schedule. A typical race weekend includes an optional Friday optional training day at the hosting venue. This training day is planned by the hosting club's coaches with support from coaches from other clubs. There is a nominal fee for the training day, usually in the range of \$30 plus lift ticket. Saturday and Sunday have individual slalom racing with individual awards for each age category. Lunches are not provided for athletes at Sask Cup races, but generally the team coordinator works with families to plan healthy lunches that the team packs the night before.

Families are expected to volunteer at the races – both when RART is hosting and when we are visiting other hills. Requests for volunteers will be sent out approximately 1 to 2 weeks before the race.



Volunteer assignments are usually shared by the host committee 2 to 5 days before the event. Lunch is provided for volunteers. As always, a minimum of Level 1 Officials certification is needed to volunteer with the fenced area of a race. Plenty of off-course volunteer options are also available.

The race entry fee for the 3 races is included in your registration fee, however there will be additional costs for food, some lift tickets, travel, and accommodations. Food and incremental lift ticket costs will be calculated and invoiced through your Family Account. Accommodation costs are up to each family.

Additionally, for away races, team lunches are planned and purchased by volunteers. Athletes are reminded to bring lunch containers and each night the lunch supplies are set out and athletes make their lunches. The goal is to provide a healthier lunch than what is available at the various ski lodges. The cost of lunch supplies is split among participants and calculated into your Family Account.

Race Team families are strongly encouraged to attend the early mountain training camp. This is a great opportunity to get a large amount of skiing in at the beginning of the season. This camp takes place during the final week of November and skiing happens at Sunshine Village (Banff) and/or Lake Louise – it depends on where the best snow is. Additionally, U14 and older athletes will train at Nakiska for one or two days. The team stays in Canmore. Planning for this camp begins in October. RART receives specially earmarked funding for this camp. Because of this funding, room booking must be done in a certain way. Team meals are also planned, and volunteers are needed to help with this. Please watch TeamSnap for messages about how to book accommodations and volunteer requirements.

Most seasons RART also plans a club ski trip during the February Family Week break. Typically, this has included some race training. The details of this will change from season to season so watch for more information.

The RART season concludes with the President's Cup on the final weekend in March. President's Cup is a fun day where the Snow Stars and Race Team athletes join together to participate in a scavenger hunt, race against each other and against parents, roast marshmallows and have a BBQ lunch.

3 Day Race Program U 14 to U19

This program includes everything listed in the 2 Day Race Program but adds a third day of training on Thursday nights from 6:15pm to 9:00pm once Mission Ridge opens for night skiing.



In addition to all the above, U14 and U16 athletes will be invited to join the Sask Alpine High Performance training program. This program is at an additional cost and is completely optional. This program typically consists of 3 to 5 mountain events and athletes can choose to do one or more of these events or can opt out entirely.



Appendix A: RART Athlete Code of Conduct

As an athlete member of the Regina Alpine Race Team (RART), I agree to abide by the terms of this code of conduct and to always put the best version of myself forward as a member of the team:

1. I will demonstrate good sportsmanship at all times
 - I will display respect for my teammates and do my best to be a true team player.
 - I will not interfere with, bully, steal from or take advantage of another person / teammate.
 - I will not use foul, inappropriate, or abusive language or behavior.
 - I will acknowledge all good performances – those of my teammates and of my opponents.
2. I will be courteous and display respect for my coaches and come to activities prepared to listen and learn from them. I will exercise self-control and remember that coaches, officials, and parents are there to help me. I will accept their decisions and show them respect.
3. I will participate in the activities of RART to the best of my abilities. I will remember that having fun, improving skills, making friends, and doing my best are just as important as winning.
4. I will be on time for training and race events and inform my coach in advance of any absence. If I am late it will be my responsibility to catch up with my team.
5. I will obey the Skier's Responsibility Code at all times and act in a safe manner when participating in activities.
6. I will represent RART positively while participating in training, competitions and other activities. I will wear my team uniform while training and competing.
7. I will respect all RART equipment provided for my use. I will assist with tear down during training and at local and away race events.
8. I will respect the integrity and judgement of race officials.
9. I will respect all club facilities and clean up after myself. I will help keep the RART Clubhouse clean by throwing away my garbage and tidying up at the end of the day.
10. I am responsible for my own gear and will take care of it. I will respect my teammates' gear and not interfere with it.
11. I will not use drugs or alcohol.

Initial Athlete

Initial Parent/Guardian



I will accept responsibility for my actions. I understand that if I fail to follow the above code of conduct, I may be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by a coach.
- Written warning
- Removal from training/competition area
- Temporary suspension from club activities
- Long term suspension

I further acknowledge that there is no refund of fees due to training that is missed due to the application of the progressive discipline policy.

Date

Signature athlete

Date

Signature parent/guardian



Appendix B: RART Parent / Caregiver Code of Conduct

As a parent or caregiver member of _____ who is part of the Regina Alpine Race Team:

1. I will be courteous, cooperative, and respectful in my dealings with the Program Coordinator, coaches, race officials, Board Members, volunteers, athletes, other club members and ski hill staff.
2. I will place the emotional and physical well-being of athletes ahead of any personal desire to win, realizing that athletes who feel they cannot meet their parents' expectations lose motivation.
3. I will provide support, care and encouragement for my child and all athletes participating in training, race events and other RART activities.
4. I will guide my child(ren) to help them understand the importance of the RART Athletes Code of Conduct.
5. I will support the Program Coordinator and coaches by committing to update my athlete's TeamSnap availability and helping them get to training and events on time.
6. I will support coaches and officials in providing a positive and rewarding sports environment for athletes and refrain from making critical comments.
7. I will support the Board of Directors, Program Coordinator and coaches in their efforts at managing club activities and race events.
8. I will discourage the use of foul or abusive language and/or behavior and the use of illegal drugs.
9. I will fulfill my volunteer commitment with RART to the best of my ability including participating in local and away race events.
10. I will provide my child(ren) with any club uniforms and ski equipment required by their programs.
11. I will not say negative or disparaging comments about RART in any social media, online forums, chats or blogs, and instead bring forth any concerns to the program director and board of directors to be addressed in a productive manner.

Date

Signature parent/guardian



Appendix C: Volunteer Roles & FAQs

Below is a list of commonly asked questions surrounding volunteering with RART:

Q: I am not an expert skier. How can I possibly contribute to a ski race?

A: All of our racing events are held on intermediate (Blue) runs. If you can ski at Mission Ridge, you can help with our course set-up and maintenance, gate judging or timing.

Q: I can ski Mission Ridge, but I'm not a really confident skier.

A: There is still an on-snow job for you!

Gate judging, timing assistance, hand timing, time posting, and bib collecting/sorting all require very little skiing activity, if any at all. ALL of these positions put you in a location where you are participating directly in the race. If you are comfortable with electronics or using computer applications.... the timing shack may be the place for you!

Q: I have no race experience; I wouldn't know where to start....

A: There is no need to have a racing background (most volunteers don't). "First timers" will work alongside more experienced volunteers so they can learn what needs to be done. Most jobs simply require a willingness to help and in the case of some course work, a bit of physical strength. We will not put people in positions that they are not able to handle.

Q: Gate Judging? Sounds too technical to me....

A: Gate judging is one of the most important jobs on the course. BUT the fundamentals of gate judging can be taught in a short period of time using some very basic demonstrations. If you know the difference between the tips and tails of a pair of skis, you can be a gate judge. First-time gate judges will be placed in locations where they monitor as few gates as possible and where visibility is good. When it comes to gate judging, experience is the very best teacher. Snow Stars events are very easy and low-pressure gate judging assignments. Slalom race events are quicker and require a sharper eye, but all of the same fundamentals apply.

Q: What if I make a mistake?

A: There are no mistakes - only learning opportunities!

Mistakes are made at every race, even by the most experienced volunteers. If mistakes are made, the team works together to rectify the problem and the race goes on. The highest priority on any racecourse is not timing, not the quality of gate judging and not the course set-up. It's SAFETY. We all work hard to ensure that we never compromise volunteer or racer safety - achieving this simply means using common sense and listening to basic directions from the more experienced volunteers.



Q: I don't ski at all, where can I help?

A: For non-skiers there are opportunities to contribute to the race office or with event support. If you are comfortable working with numbers, spreadsheets and can manage basic computer applications, race administration may be for you. The race office also requires 1 or 2 additional people to help assist with basic office duties and organizing race bibs for each day. Event support duties include organizing volunteer lunches and après-ski volunteer appreciation as well as assisting with the award ceremonies. The amount of event support required will vary depending on the event being held but many hands make lighter work for all! Please note that even the office positions require Officials training.

Q: I've heard that volunteers are required for "camps", why?

A: Camps are training opportunities for our athletes where we often set up race training courses and use timing equipment. Although we don't need a fully staffed course, it is often helpful to have a few extra people on hand to help run the camp, assist with course maintenance and other duties.

Q: What is the schedule like?

A: Every race schedule is different, but generally:

- Several days before: the general course location is confirmed, safety netting is installed, timing equipment (wiring) is installed, and the final equipment list is established.
- Day before: final wiring is installed, start and finish areas are constructed.
- Race Day:
 - 7:30 am Final course-set and course preparation
 - 10:00 am First Race Start
 - 1:00 pm Second Race Start
 - 3:00 pm Race complete
 - 4:00 pm Tear-down and clean-up and complete

We need volunteers to support all phases of the race schedule!

Q: Where can I learn more?

A: Watch for the invitation to sign up for officials' courses put on by RART and other development opportunities. If you have questions, please reach out to the Program Director or RART Board members.



Appendix D: Ski Maintenance and Repair Kit

Tuning is a critical part of ski racing, and RART encourages developing good tuning habits from the start of Snow Stars. Local ski shops will work with you to bring in ski tuning equipment. We recommend that you label your tuning equipment as best as possible as tuning rooms during races can get a bit crowded at times. You should also invest in a decent sized toolbox or fishing tackle-style box to keep all your tuning gear together. Make sure you get a box that is big enough to accommodate all your tuning gear as it is way easier to transport when it's all in the same box.

Basic Kit

Workbench	35" to 45" height is best for most tuning needs. You will need a bench with an edge that your vices can attach to. The aluminum sawhorses at Canadian tire work very well and are essentially identical to the versions available from the very expensive ski tuning brands.
Brake Retainers	These keeps ski brakes out of the way when tuning. These can be purchased, or you can use thick elastic bands. Vegetable elastics from things like broccoli work great.
Ski Vise	Designed specifically to hold skis securely for filing and waxing. Recommended style is one with a vice in the middle, as opposed to options with a rubber band that hooks over the binding.
Edge Bevel Tool Or Edge Guide with Clamp	To assure precise base and side edge bevel angles when filing, deburring, or polishing. These tools set angles from 87 to 90 degrees. Check with your athlete's coach for recommended angle as the recommended angle will change with age and ability of athlete and race discipline (Slalom, Giant Slalom, Super G) There are edge bevel tools that are adjustable to set multiple angles as opposed to guides, which are single angle only.
Diamond Stones: Medium and Coarse grit	Diamond stones are used to remove burrs and nicks from your steel edges and for final polishing edges.
File(s)	Used to set the bevel and sharpen steel edges. The 6" Swix or KUU brand with the tail tend to work best / quickest.
Waxing Iron	Used to hot wax skis. Irons with thicker base plates and digital temperature read out are the best option; however, any ski iron will work ok.
Wax	Used to keep your skis sliding and protect the bases. At a minimum, you need you'll a colder weather wax because we live in Saskatchewan, and let's face it, winter is cold! Beyond the basic wax, there are many options for wax (different manufacturers, different air/snow temperatures, and training and race wax options). Please speak to the Program Director or coaches for options that are compatible with the conditions you'll be skiing in.
Plastic Scraper	Used to scrape off excess wax after hot waxing. Get the 5mm thickness, not 3mm.
Brushes	While not totally necessary in a beginner kit, it is recommended to get a set of brushes. Generally, there are three different brushes used during the tuning process: <ol style="list-style-type: none"> 1. Brass – for cleaning & base prep prior to hot wax 2. Nylon – for initial brush following scrape to pull excess wax from base. 3. Horsehair – for final brush to develop high gloss race finish to base.
Ski Straps	Ski straps are used the secure skis for transport and provide protection to bases during transport and storage.



Advanced Kits

Advanced kits build upon the items found in a basic kit with more specialized tools for precision ski tuning. The sky is the limit to what you can get for tuning equipment, so this list isn't exhaustive.

True bar	Used to check bases for flatness. Bases that are not flat need to be ground down – this service is available in many ski shops.
File Brush	Looks like an extra-large toothbrush but is in fact a brass brush that is used to clean teeth of files to allow them to cut with maximum effectiveness.
Side Wall Planer	Used to remove sidewall material from ski so that the file can properly engage with the steel edge.
Base Edge Tool	Used to set and/or maintain base edge angles.
Scraper Sharpener	Keeps your plastic scraper sharp and true to assist in the efficient scraping of wax from bases.
Roto Brushes with drill	A more costly alternative to hand brushes but does the job much faster. Great alternative when you have multiple pairs of skis to maintain. A typical set comes with a brass, nylon, and horsehair brush with handle.

Your local ski shop is a great resource for tuning information. RART coaches are also very knowledgeable about tuning and will help with any queries. Finally, there are several great resources online for ski tuning tips and how-to guides. A few links include:

[Swix Ski Tuning](#)

[Sidecut Tuning Education](#)

[Kuu Ski Tuning](#)

Photo credits: Photos were provided by a variety of sources, and we thank the photographers for their willingness to share the