



## **COLD WEATHER POLICY**

This policy provides guidance regarding BV Nordic Centre operations and BV Cross-Country Ski Club (BVXCSC) athlete training, events and programs during cold weather. The policy does not apply to recreational skiers who are advised to “ski at their own risk”; however some services may not be provided during some weather conditions.

### ***TICKET BOOTH OPERATION***

- The ticket booth will be operated at temperatures of -22 C or warmer.
- During cold periods - the morning shift may be cancelled. The person responsible for making this call is the club executive member in charge of ticketing. The morning shift will be responsible for returning the cash box/key to McBike for pick up by the afternoon shift. The afternoon shift will open the ticket booth at noon if temperatures allow.
- If temperatures are colder than -22 C, the booth will not be operated and a sign hung in window informing skiers that - *the ticket booth is closed due to cold weather; skiers should ski with a friend and exercise caution.*
- The individual responsible for the ticket booth that day must fill in the club *Summary Form* indicating booth was closed due to cold.

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## **JACK RABBITS**

The Jack Rabbit program will be cancelled at temperatures below -15C as measured or estimated at 1 pm at the Nordic Centre. The Jack Rabbit coordinator is responsible for determining if the lessons need to be cancelled and for informing the group leaders of the decision. The group leaders are responsible for informing the kids and parents in their group if the session has been cancelled.

Jack Rabbit leaders should consider the following safety measures when skiing with young children during cold days (temperatures below -10C).

- If children are inappropriately dressed they should be excused from the session and their parent should be notified.
- Inform skiers and parents that a hat 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 the young children close to lodge 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.



## **BULKLEY VALLEY NORDIC SKI TEAM/BIATHLON TEAM**

The Bulkley Valley Nordic Ski Team and Biathlon Team policy on cold weather recognizes the unique risk incurred by young athletes in cold weather conditions and has adopted the following policy.

With respect to **racing**, our policy is that:

- 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.
- When competition distances are greater than 7.5 km 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.
- 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.

With respect to **training and practices led by a ski team coach**, our policy is as follows:

When temperatures are  $-20^{\circ}\text{C}$  or colder, the coach leading the practice will decide whether to hold the practice. Among the factors he or she 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.

Practices will be cancelled if temperatures are  $-23^{\circ}\text{C}$  or colder.

### **Tips for 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.*
- *Individuals have a different tolerance to cold weather. Children less than 10 years of age are not able to thermo regulate as well as older athletes.*
- *Make sure you are properly hydrated and are not hungry.*
- *Bring extra foods and fluids to the site of the event 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*

## **RACES, MARATHON, AND CLUB ORGANIZED EVENTS**

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

- With air temperatures below -20 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 organizers) **MUST** postpone or cancel the competition.
- With competition distances greater than 15km and temperature less than - 18 C without wind factor, the Jury (or race organizers) **MUST** postpone or cancel the competition.
- 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 organizers) may, on consultation with the Team Leaders of the participating teams, postpone, cancel or shorten the competition.
- While adhering to the basic principles of the rules, the Jury (or race organizers) may effect minor modifications to the rules providing the word **MUST** has not been used in formulating the rule.

## **AUTHORITY**

This policy is approved by and promulgated under the authority of the BVXCSC Board of Directors (BOD).

BVXCSC BOD November 13, 2007