

March 7, 2017



Competition-Coaching Introduction L2T

Step 7:

Introducing Adventure-based Activities



**Reference Material
for Dryland Workshop**



PARTNERS IN COACH EDUCATION

The National Coaching Certification Program is a collaborative program of the Government of Canada, provincial/territorial governments, national/provincial/territorial sport organizations, and the Coaching Association of Canada.



The programs of this organization are funded in part by Sport Canada.



© This document is copyrighted by the Coaching Association of Canada (2013) and its licensors. All rights reserved. Printed in Canada.

Table of content

7.1 Adventure-Based Activities

7.2 Skill Development Camps

- 7.2.1 Camp Notices
- 7.2.2 Camp Registration Form
- 7.2.3 CCC Camp Waiver Form
- 7.2.4 Fall Camp Worksheet
- 7.2.5 Camp Agendas
- 7.2.6 Coach “To Bring List”
- 7.2.7 Risk Management for Camps
- 7.2.8 Camp Meals
- 7.2.9 Camp Evaluation Forms

7.3 Ski Orienteering

- 7.3.1 Terms, Concepts and Gear
- 7.3.2 Introducing Children to Orienteering/Ski Orienteering
- 7.3.3 The String Course
- 7.3.4 White Course Map

7.4 Backcountry Adventures

7.5 First Aid Kit

March 7, 2017

7.1 Adventure-Based Activities

During the Learning to Train (L2T) stage, children should be encouraged to utilize their skills and explore the different kinds of cross-country ski activities that are available to them. As athletes in this age group respond well to adventure-based activities, it is important to provide a challenging program with plenty of opportunities for peer group interaction in order to address their needs.

The concept of adventure-based activities should be introduced to your club athlete development program early, beginning with the special activities described in the practice plans in your NCCP Community Coaching materials. These activities might include treasure hunts, sprint games, ski tournaments, ski orienteering, skill development camps on snow, backwoods tours, mini- Olympics, etc. By the time children reach the L2T stage, and especially at the end of this stage, they should be ready for more advanced adventure-based activities such as a provincial/ territorial championships, off-season camps, midget championships, overnight backcountry excursions, kayaking trips, roller skiing, extreme x-country activities (i.e. Double Cross), etc.

7.2 Skill Development Camps

Why Camps?

Camps are an integral part of a progressive club athlete development system. Camps can help young skiers learn ski-related technical skills, teamwork, self-reliance and good eating habits. They can facilitate the recruitment of new participants, motivate, promote friendships, influence lifestyle choices and provide a positive introduction to activities that encourage physical fitness. The list of potential benefits goes on and on. Two of CCC's Track Attack Stickers are available for training camps, one each for [Dryland](#) and [On-Snow](#). Additional information on planning and developing skill development camps can be found at [this link](#).

Planning Your Camp

If you are planning your first camp you may wish to consider the following points:

- ❑ Younger athletes (FUNdamental stage) require more supervision than those in the L2T stage, and organizers need to plan coach/parent support accordingly.
- ❑ A camp program that is too difficult will discourage future involvement. The program may need adapting in order to meet the needs of the youngest and/or less skilled participants, and in some cases alternative activities may be required.
- ❑ Overnight camps - especially weekend camps (Friday evening to Sunday afternoon), where all the athletes stay in one location - are more effective for team building and less demanding on the athletes than single day camps. It is easier to build in rest periods and social time if all the participants are staying at one location.
- ❑ Camps can be used effectively to bridge the period between the end of the snow season and the start up of your fall program in September.
- ❑ Develop your own checklist of tasks to help you with your planning, and add notes as you go along so that the next time it will be easier to do. Below is a starter list:
 - ✓ Develop a draft budget.
 - ✓ Determine the dates for the camp, where it will be held and who will help with the coaching.
 - ✓ If it is a snow camp, connect with the ski area to ensure your grooming needs can be met.
 - ✓ Determine how many parent volunteers will be available to help with grocery shopping and food preparation during the camp.
 - ✓ Arrange for transportation (and drivers) as needed for the duration of the camp.
 - ✓ Determine the rates for trail fees.
 - ✓ Determine the maximum number of participants (male and female) that you can accommodate.
 - ✓ Make tentative accommodation arrangements; ensure there are appropriate cooking facilities and enough cold storage for all the perishable foods.
 - ✓ Arrange for special facilities or equipment that you may need – canoes, swimming pool, bowling alley, wax room, etc.
 - ✓ Arrange for special presenters (who can present effectively to young skiers) you wish to include – e.g. a high level athlete, an expert on backcountry safety, a nutritional expert, etc.

March 7, 2017

- ❑ When the above tasks are completed a Camp Notice can be drafted and detailed preparations can proceed.
 - ✓ Develop and distribute a Camp Notice.
 - ✓ Send an information package to your coaches outlining their roles, what equipment they need to bring and an expense claim outline.
 - ✓ Inform your coaches of club/camp policies (i.e. roller ski policy; in-camp transportation policies – e.g. athletes not permitted to transport themselves or others during camp; athlete conduct and disciplinary policies, etc.).
 - ✓ When the number of participants is confirmed develop a meal plan taking into account dietary needs of the participants.
 - ✓ Develop a shopping list for camp groceries.
 - ✓ Ensure parent volunteers looking after food purchase and preparation are aware of the food budget and know the process for purchasing additional groceries as needed during the camp.
 - ✓ Develop an emergency action plan (EAP) and circulate it to all your volunteers and coaches.
 - ✓ Copy your coaches on all correspondence to the participants.
 - ✓ One week before the camp, confirm all reservations.
 - ✓ Send out any final reminders to participants.
 - ✓ Make arrangements for athletes who need to be picked up from the bus station or other stop off point in the community where the camp is being held.
 - ✓ Arrange for a coaches meeting before the camp starts to review the camp agenda, camp policies and everyone's roles and responsibilities.
 - ✓ Arrange for post-camp delivery of athletes to the bus station etc.
 - ✓ Arrange for help with camp clean up on the last day.
 - ✓ Arrange for a camp inspection before departing.

March 7, 2017

7.2.1 Camp Notices (samples)

Fall Camp Notice

- Name of Camp: Loon Lake Fall Camp.
- Dates: Friday, October 3rd to Sunday, October 5th, 20xx.
- Location: Names of nearest community and accommodations (include telephone number). Include written directions or provide a map. Note: all athletes and coaches must stay with the group at the designated accommodations for the full duration of the camp.
- Coaches: Names of coaches. Contact information of head coach.
- Camp Begins: 6:00 PM on Friday October 3rd. You are expected to arrive on time. Dinner will not be provided on Friday so please make arrangements to eat prior to arriving at the camp.
- Camp Ends: 2:30 PM on Sunday October 5th. This camp has a full participation policy. This means that participants are expected to arrive before the camp starts on October 3rd and stay until the camp ends on October 5th unless you have made prior arrangements with the Camp Coordinator.
- Camp Fee: Your camp fee is \$xx.00. This includes accommodation (Friday and Saturday nights), meals (Saturday breakfast through to Sunday lunch) and trail passes. The Camp Coordinator must receive your camp fee, registration form and waiver no later than September 28th, 20xx. Your attendance will not be confirmed until forms and fees have been received.
- Camp Schedule: Includes:
- ✓ Roller ski sessions - please remember your helmets and reflective vests. You will not be allowed to participate without them!
 - ✓ A long hike in *challenging* terrain.
- Enclosures: What to Bring List, Waiver Form, Registration Form

What to Bring List:

- ✓ medical number
- ✓ warm layers of clothes suitable for extreme changes in temperature - from cold to very hot and dry during the same day
- ✓ for rain (jacket & pants)
- ✓ for snow (jacket & polar fleece / poly-underwear)
- ✓ for shine (hiking shorts)
- ✓ light hiking boots and running shoes
- ✓ socks – bring lots of extra socks in case of wet weather
- ✓ regular training clothes
- ✓ heart rate monitor if you have one (borrow one if possible)
- ✓ roller skis (skating skis)
- ✓ ski poles for hiking, pole striding (shorter than your regular classic poles)
- ✓ ski poles (skating) for roller skiing
- ✓ ski boots (skating) for roller skiing
- ✓ bike helmet & reflective vest
- ✓ water bottles – a minimum of two (be prepared to pack enough water for several hours away from camp)
- ✓ daypack (suitable for hiking)
- ✓ sun hat (baseball cap & toque) – expect the unexpected
- ✓ mitts & gloves
- ✓ sun glasses
- ✓ sun screen
- ✓ mosquito repellent (bug spray)
- ✓ personal hygiene items (soap, shampoo, toothbrush, deodorant, etc.)

March 7, 2017

Winter Camp Notice

Name of Camp: Whiskey Jack Snow Camp.

Dates: Friday, December 8th to Sunday, December 10th, 20xx.

Location: Names of nearest community, accommodation (include telephone number) and ski trails. Include written directions or provide a map. Note: all athletes and coaches must stay with the group at the designated accommodation for the full duration of the camp.

Coaches: Names of coaches. Contact information of head coach.

Camp Begins: 6:00 PM on Friday December 8th. Participants are expected to arrive on time. Dinner will not be provided on Friday so please make arrangements to eat prior to arriving at the camp.

Camp Ends: 2:30 PM on Sunday December 10th. This camp has a full participation policy. This means that participants are expected to arrive before the camp starts on December 8th and stay until the camp ends on December 10th unless prior arrangements have been made with the Camp Coordinator.

Camp Fee: The camp fee is \$xx.00. This includes accommodation (Friday and Saturday nights), meals (Saturday breakfast through to Sunday lunch) and trail passes. The Camp Coordinator must receive your camp fee, registration form and waiver no later than December 01, 20xx. Your attendance will not be confirmed until forms and fees have been received.

Enclosures: What to Bring List, Waiver Form, Registration Form

What to Bring List:

- ✓ all gear for classic and skating sessions (skis, poles, boots)
- ✓ skis glide waxed and ready to go
- ✓ basic tools (scraper, cork, etc.) and a few basic waxes (glide and grip waxes)
- ✓ paper towels
- ✓ ski suit & warm-ups, running shoes
- ✓ heart rate monitor
- ✓ outdoor clothes for all weather conditions
- ✓ homework
- ✓ bathing suit
- ✓ small backpack
- ✓ personal toiletry items, including a towel
- ✓ water bottles
- ✓ medical number

7.2.2 Camp Registration Form (sample)

Camp Name and Location: _____

Athlete's Full Name: _____

Parent/Guardian Name(s): _____

Mailing Address:

Postal Code: _____ Telephone: _____

Email Address: _____

Date of Birth: Year _____ Month _____ Day _____

Name of Club: _____

Name of Personal Coach: _____ Telephone: _____

Recent Injuries: _____

Food Allergies/ Dietary Concerns: _____
(e.g. diabetic, vegetarian, nut allergies, etc.)

Other Allergies/Medical Concerns: _____
(e.g. asthmatic, drug allergies, etc.)

Current Medications: _____

March 7, 2017

Emergency Contact: _____ Telephone: _____
(in the event of an emergency this person will be contacted when parents are not available)

Medical Card No: _____ Dental Plan No: _____

Name of Family Doctor: _____ Telephone: _____

Return registration form, camp waiver and payment to the Camp Coordinator at:

Name: _____

Mailing address: _____

Telephone #: _____

Email address: _____

Registration Deadline: _____. Make cheque payable to: _____

March 7, 2017

7.2.3 CCC Camp Waiver Form

Note: This waiver will cover participation in all of the activities encompassed in the named camp.

Name of Camp: _____

Location/date(s) of Camp: _____

IN CONSIDERATION OF Cross Country Canada (hereinafter called **CCC**), _____

_____ (hereinafter called the **Host Division**)

and

_____ Ski Club (name of hosting Club, hereinafter called the **Host Club**) accepting my entry into the above named activity, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge, **CCC, Host Division** and the **Host Club**, their executive directors, servants, agents, sponsors, supporters, employees or volunteers from any and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage which may arise by reason of negligence of **CCC, Host Division** and the **Host Club**, their servants, agents, sponsors, supporters, employees or volunteers.

Without limiting the generality of the foregoing, I further release any and all recourses which I may now or hereinafter have resulting from any decisions of **CCC, Host Division** and the **Host Club**.

In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the event for whatever reason.

I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing, and that no physician or other qualified individual has advised me against participating in the sport. I further acknowledge and agree that it is my choice as to whether I will obtain a physical examination prior to participating in the camp, and I hereby acknowledge and agree to assume all risks associated with not obtaining such examination, or if I do obtain an examination and is instructed not to participate in the camp, I hereby assume all risks associated with my participation.

I authorize and consent to the publication by **CCC, Host Division** and the **Host Club** of any materials containing my name or picture, and I release to **CCC, the Host Division** and the **Host Club** and all persons acting under authority from them, any claims I might have due to the initial or subsequent publication of such material.

By completing this **Waiver of Liability** with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by **CCC, Host Division** and the **Host Club**, and to follow the instructions of the coaches/organizers during the camp.

March 7, 2017

Minor Participant Release and Indemnification

As a parent or guardian of _____ who is under the age of majority (as applicable in the participants home province), I have read and understand the contents and intent of this waiver and accept its terms and conditions on behalf of

Name of Parent/Guardian: _____

Date: _____

Parent/Guardian Signature: _____

Witness: _____

Submit this form to the Camp Coordinator prior to participating in the camp.

Attention Host Club: Please have all non-club members sign this form when participating in a club-organized camp. All club members having completed the Club Waiver Form upon application to the club need not complete an additional waiver form when participating in their own club camp. Participant Waiver Forms are to remain with the **Host Club Executive. DO NOT** submit these forms to **CCC** or your **Division Office**.

March 7, 2017

7.2.4 Fall Camp Worksheet (working copy)

Age Range: <u>9 to 12</u> # Boys: _____ # Girls: _____	
Overall Emphasis: _____	

Friday	
18:00	_____
_____	_____
_____	_____
21:30	
Saturday	
7:30	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
21:30	
Sunday	
7:30	_____
_____	_____
_____	_____
_____	_____
_____	_____
14:30	

March 7, 2017

7.2.5 Camp Agendas (samples)

Fall Camp Agenda

Friday Evening

Arrive at Camp

- 18:00 Icebreaker game (frisbee, Capture the Flag, soccer)
- 18:45 Roller ski safety session; roller ski session (skating) at Dempster Elementary School parking lot; drink and snack break; mini-speed and agility workout
- 20:00 Camp information session; snacks
- 21:30 Lights out

Saturday

- 07:30 Chores; breakfast; clean up from breakfast; pack bag lunch for hike
- 09:00 Introduction to general strength exercises (include medicine ball; Swiss ball); drink and snack break
- 10:00 Game – Dragon Tails
- 11:00 Hike to Lookout with poles; ski walking using proper technique; integrated discussion on training intensities and zones
- 12:30 Lunch/rest
- 15:00 Arrive back at camp; drink and snack break; rest period
- 16:00 Introduction to flexibility session
- 17:00 Chores; dinner; clean up from dinner
- 19:00 Presentation or video/DVD on hydration and nutrition 19:45 Game – Sharks and Minnows
- 21:30 Lights out

Sunday

- 07:30 Chores; breakfast; clean up from breakfast
- 09:00 Introduction to core strength - five exercises taught properly; drink and snack break
- 10:00 Organize into groups; Team Orienteering
- 11:00 Team relays including “The Great Canadian Candy Scramble”
- 11:45 Lunch; clean up after lunch; pack; clean up cabins
- 12:45 Roller ski technique session (skating) at Dempster Elementary School parking lot; drink and snack break
- 14:30 Wrap up

Winter Camp Agenda

Friday Evening

Arrive at Camp

- 18:00 Icebreaker game
- 18:45 Hands on ski preparation session (cleaning skis and grip waxing); drink and snack break; discussion on appropriate ski equipment (boots, poles, skis)
- 20:30 Camp information session
- 21:30 Lights out

March 7, 2017

Saturday

07:30 Chores; breakfast; clean up from breakfast
09:00 Classic technique session (zone 1) with on-site video replay; drink and snacks
11:00 Rest and homework, individual feedback on video
12:00 Chores; lunch; clean up after lunch
13:15 Downhill technique session with on-site video replay; drink and snacks
15:00 Group soccer game on skis
15:45 Race strategy session (pre-race and post-race); athletes develop their own pre and post race routines for the next day; organize into relay teams for Sunday
17:30 Chores; dinner; clean up after dinner
19:00 Bowling
21:00 Drinks and snacks
22:00 Lights out

Sunday

07:30 Chores; breakfast; clean up from breakfast
08:30 Skating technique session (zone 1) with on-site video replay; drink and snacks
10:30 Obstacle Relay; practice pre and post race routines; recognition/focus on good technique and effective relay exchanges
12:00 Chores; lunch; clean up after lunch
13:00 Treasure Hunt
14:00 Pack; clean up cabins
14:30 Wrap up

7.2.6 Coach “To Bring List”

- Video camera.
- Heart rate monitors.
- Props for games (soccer ball, frisbee, hula hoops).
- Roller ski equipment (fall camps).
- Ski equipment – skis, boots, poles (snow camps).
- Wax box and tools (snow camps).
- Wobble boards, tension bands, Swiss balls, medicine balls, mats, pull-up bar, stop watch, step-up block, etc.
- First aid kit.
- Radios and cell phones.
- Emergency Action Plan.
- Medical waivers/information sheet.
- Extra roller ski safety vests, helmets, etc.
- Roller ski signs for sides of road (SKIERS IN AREA, etc.).
- Videos/DVDs (nutrition, technique, waxing, training, races etc.).
- Handouts.
- Wax bench/ski form.
- DVD player/ laptop and projector.
- Board games, cards, appropriate videos (for evening social time).
- Copies of policies, procedures.
- Camp Evaluation Forms.
- CCC Accident Report Forms.
- Assessment Forms (flexibility, core strength, etc.).

March 7, 2017

7.2.7 Risk Management for Camps

- ❑ You will find most of the liability insurance information you require in your club's CCC Membership/Insurance Guide. As a club coach you should be familiar with this document. Read it carefully!
- ❑ Club and regional camps (like other normal cross-country ski programs organized by your club) are covered under the CCC Liability Insurance Program, provided this type of activity has been reported by your club.
- ❑ The use of a CCC Camp Waiver Form is required if an athlete is not a current member of the host club. Refer to section 7.2.3 for a copy of the form.
- ❑ Under the CCC liability insurance program, coaches have liability insurance coverage for all normal cross-country ski training activities provided they are registered members of their club.
- ❑ Camp organizers should have copies of the CCC Accident Report Form in case of injuries to athletes, coaches and/or volunteer helpers. A copy of this form is available in the CCC Membership/Insurance Guide.
- ❑ Refer to section 6 in the ICC Reference Material and section 8 in this Reference Material for detailed information on the risks associated with cross-country ski activities and emergency action plans (EAP).
- ❑ Some types of camps, such as those involving training on glaciers, certain hiking routes, backcountry skiing in avalanche areas, the use of helicopters, etc., have higher than usual risks associated with them. If you are planning a camp of this kind you may wish to consult with the insurer, through your club and division, to find out if there are any restrictions you should be aware of, and/or if there are any additional steps/requirements that you need to consider.

7.2.8 Camp Meals

Preparing for and cleaning up from camp meals is an important component of an athletes' education – it has the potential to develop both their self-reliance and an awareness of their nutritional needs.

In an ideal situation, skiers' camp experiences will begin when they are eight to ten years of age, and their skills and knowledge will build as they grow. The objective is to teach them how to eat appropriately as athletes, both at home and away from home, regardless of their family situation. As they develop, athletes can be given increasing responsibility. For example, during the FUNdamentals stage the camp organizers may purchase the food and prepare group meals while the athletes take turns peeling the vegetables, setting the table and/or doing the dishes. During the Training to Train stage, the camp organizers may purchase the food, store it at the camp location and provide instructions (including recipes for the athletes to use – see below!), while the athletes are entirely responsible for preparing their meals and cleaning up afterwards.

Sample Shopping List

This list is for 25 athletes and five coaches who will be staying in cabins with a kitchen facility and basic cooking utensils. They will be preparing their own meals.

March 7, 2017

☐ Dairy

- ✓ two large blocks of cheese (two kg each) cut into smaller blocks and put into zip lock bags
- ✓ one pkg of margarine with 12 individual squares per package (1-2 squares per cabin)
- ✓ yogurt (14 - 750mL containers - two per cabin - most popular flavours strawberry & peach)
- ✓ cream cheese - four blocks (250g) cut in half (1/2 block per cabin)
- ✓ milk (seven) four litre jugs (one per cabin) - may have to replenish on Saturday or Sunday
- ✓ ice cream (four) four litre containers (every second cabin gets a pail) - strawberry ripple & chocolate ripple most popular flavours
- ✓ eight dozen eggs - one dozen per cabin & a few extra for the five person cabins
- ✓ parmesan cheese - three cans

☐ Bread & Cereal

- ✓ seven dozen bagels - cheese, sesame or multigrain are good choices
- ✓ whole wheat bread - seven loaves (one per cabin)
- ✓ six or seven dozen buns (Italian or kaiser roll type) to be used for lunches and with whole wheat spaghetti
- ✓ cereal: three jumbo Cheerios; three jumbo Shreddies; three jumbo Raisin Bran
- ✓ one large box of instant variety pack oatmeal (40 individual servings per box)
- ✓ rice - two packages (two kg size) of parboiled white or brown rice (not instant); this will have to be separated into zip lock bags
- ✓ spaghetti - 10 packages (500 grams) whole wheat spaghetti (one per cabin & some extra)
- ✓ ten 680mL cans of spaghetti sauce

☐ Meat Products

- ✓ three 200g packages of each of the following cold meats per cabin - black forest ham, roast beef and chicken (or turkey) breast.
- ✓ purchase frozen meatballs (three packages/boxes) and add them to the sauce; approximately 64 meatballs per package
- ✓ two boxes (four kg size) of frozen chicken breasts (approx. 20 per box); divide four or five in zip lock baggie and put into cabins in fridge
- ✓ three cans of tuna fish (packed in water)

☐ Fruit & Vegetables

- ✓ Romaine lettuce (five heads)
- ✓ 14 cucumbers (two per cabin)

March 7, 2017

- ✓ seven bags of carrots (pre-peeled mini carrots)
- ✓ 14 peppers (seven each red and green)
- ✓ broccoli (seven bunches - 1/2 per cabin)
- ✓ apples (15 lbs) - green & red
- ✓ navel oranges - one large bag (10 lbs)
- ✓ one dozen good-sized tomatoes
- ✓ 40 bananas (maybe cheaper to buy a case of bananas)
- ✓ three heads of garlic – divide and put in fridge of each cabin

☐ Drink Crystals

- ✓ lemonade crystals (1.8 kg jar)
- ✓ six boxes of juice (six litre boxes) or 36 one litre boxes

☐ Staples

- ✓ napkins
- ✓ ziplock bags (one jumbo box (60) of large size & one jumbo box of medium size)
- ✓ foil and seran wrap (one roll of each)
- ✓ peanut butter (one 2 kg jar)
- ✓ strawberry jam (one large jar)
- ✓ sugar (one 2 kg bag) - can be divided into small baggies
- ✓ two bottles medium size of salad dressing (ranch & creamy Caesar most popular)
- ✓ two large mustard squeeze bottles (for sandwiches)
- ✓ soy sauce & teriyaki sauce (two large containers)
- ✓ mayonnaise (one 1 litre jar)
- ✓ coffee - two packages - for coaches
- ✓ tea - one small box - for coaches
- ✓ dry soup packages that can be made up individually (48)
- ✓ granola bars - one jumbo pkg
- ✓ crackers - six jumbo stone wheat thins (red oval) 900 gms

☐ Treats

- ✓ cookies of choice - four jumbo boxes
- ✓ large box of natural flavor micro-wave popcorn
- ✓ hot chocolate powder (big box of individual servings)
- ✓ marshmallows & generic rice crispies (one large box) to make rice crispie squares

March 7, 2017

Cooking Tips - Fall Camp

(sample handout for athletes preparing their own meals)

Some of you are “pros” at cooking and food preparation.... and for others the next three days will be a learning experience! Please learn from one another and remember that teamwork is the KEY. One person should not be doing it all.

- Always wash your hands before & after doing any food preparation.
- One small cup (mug) in your room can be used for your measuring cup. One of these mugs is equal to 1/2 a cup.
- Every second cabin has mustard, mayonnaise and salad dressing - visit your neighbor if it is not in your fridge.
- Think ahead. When you have a quiet moment at lunch or an afternoon break, wash and peel carrots, celery and cucumbers for snack time. A supply of these peeled and cut veggies should be available in the fridge at all times.
- A different athlete could be assigned to peel and chop each day.

- If you need to restock, the supplies are in the coaches' cabin.

- Adult food consultants will be available to help with the two dinners - lasagna and stir- fry. They are to assist you in following the recipe; they are not expected to do the cooking for you.
- Read the entire recipe before you start cooking.
- Be respectful of different food preferences; it is better to add spice to your own stir-fry, than to make the pan too spicy for your roommates!
- One of the coaches will be around during the lunch hour to assist you and answer food questions.

Breakfasts

Saturday

- ✓ Cold cereals / oatmeal
- ✓ Fruit
- ✓ Bagels / toast
- ✓ Yogurt
- ✓ Milk / juice

Note: Individual microwave servings of oatmeal. Read the package for directions. It is instant!

Sunday

- ✓ Scrambled eggs
- ✓ Toast, yogurt, fruit, milk & juice

Scrambled Eggs Recipe (makes 4 to 6 servings)

1 dozen eggs (2 eggs per person) 1 tsp of pepper and salt if desired 1/4

March 7, 2017

cup milk

1/2 cup grated cheese

- crack eggs into a large bowl*
- beat until uniform in colour and yolks are broken*
- add salt, pepper and cheese mix well*
- oil frying pan lightly with margarine*
- heat frying on medium and when margarine starts to sizzle pour in ingredients*
- shove eggs around as they cook*
- eggs are ready in approximately five minutes*

Note: Remember to wash your hands before and after food preparation! Restock your supply of peeled, washed and cut vegetables

Lunches

☐ Saturday and Sunday

- ✓ Cold meats are available in the fridge & canned tuna is also available. The most nutritious cold meats are roast chicken and roast turkey, however lean ham and roast beef are also good choices.
- ✓ Cheese and veggies should be ready for sandwich construction.
- ✓ Cheese and crackers are another lunch option.
- ✓ Help yourself to some fruit!
- ✓ Your lunch break is a good time to wash lettuce for the evening salad. Let it dry in the sink for half an hour, shake it dry and store in a plastic baggie in the fridge.
- ✓ Please replenish your supply of washed and peeled vegetables.
- ✓ Now is the time to replenish your fruit supply from the coaches' cabin.
- ✓ Refill your water bottle with sport drink.
- ✓ Make-up container(s) of juice.

Dinners

Don't forget to wash your hands before and after preparing dinner!!

This is a group effort that requires cooperation.

☐ Saturday – Option #1

- ✓ Chicken stir-fry (vegetarians can substitute tofu for chicken)
- ✓ Rice

Read the entire recipe for both stir-fry and rice before starting!!

Designate someone to cut the chicken into small pieces, to set the table, and another to make the rice. Elect a main cook and assistant.

Start cooking rice before starting to cook the chicken stir-fry! Extra soy sauce & hoisin can be added on the side to taste.

March 7, 2017

Rice Instructions (makes 4 to 8 servings)

2 cups rice

4 1/2 cups water

- add water in a large to medium pot*
- bring water to a full boil*
- add rice – do not stir*
- cover pot with a lid*
- reduce heat to low immediately*
- cook without “peeking” for 20 minutes (adjust cooking time according to type of rice)*
- remove pot from element and let stand covered for five minutes (if too much water was added you must drain the water from the cooked rice)*
- fluff with fork and serve*

Chicken Stir-Fry Instructions

- remove chicken from fridge*
- select one chicken breast per athlete*
- cut chicken into small strips or pieces*
- chop freshly washed veggies (onion, peppers, carrots, mushrooms, broccoli)*
- heat two tablespoons of oil in a large frying pan and the temperature should be on medium /high*
- add chicken, stir- fry for six to ten minutes (should be completely white in colour)*
- add garlic and fresh washed and cut vegetables*
- stir-fry until tender crisp approximately five to ten minutes (any longer & the veggies will be mushy!)*
- add approximately 1/4 to 1/2 cup hoisin sauce or soy sauce or a mixture of each according to your preference!*

☐ Saturday – Option #2

- ✓ Lasagna*
- ✓ Tossed green salad*
- ✓ Buns*

Lasagna Instructions

- remove lasagna from the refrigerator and read the directions*
- cover the lasagna with tin foil tenting loosely, so that the cheese does not stick to the foil as it is cooking*
- remove the foil for the last 15 minutes of cooking*
- if the lasagna is thawed and not frozen it should be ready in approximately 35 to 45 minutes. If it is still frozen it may take as long as 1 hour to cook*

Salad Instructions

- wash lettuce and let drip-dry or dry with clean towel. Do this in the AM or at lunch and refrigerate for crispy lettuce!*

March 7, 2017

- *tear washed lettuce (gently) into small pieces, and arrange in a large bowl*
- *add an assortment of vegetables, cleaned, peeled and chopped... (carrots, peppers, celery, mushrooms, onion, cucumber, tomato etc.).*
- *toss with large spoons*
- *serve with salad dressing on the side*
- *every second cabin will have salad dressing and so visit your neighbor with an empty mug to fill with salad dressing*
- *serve with a spoon*

An alternative would be to serve fresh cut veggies and use the salad dressing as dip....

March 7, 2017

7.2.9 Camp Evaluation Forms (samples)

Adapt according to the camp objectives and the athletes' stage of development.

Fall Camp

Location: _____ Date: _____

Please circle the appropriate answer - yes or no.

Do you feel that the camp environment was friendly and welcoming? Yes/No

Did you receive enough one-on-one support from the coaches? Yes / No

Did you learn more about proper hydration and nutrition? Yes / No

Could you demonstrate the difference between static and dynamic stretching to another skier? Yes / No

Did you learn more about how to control your speed when on roller skis? Yes/No

Do you feel that you now know a basic core strength routine well enough to do it on your own? Yes / No

Do you know when it is beneficial to use ski walking? Yes / No

Do you plan on participating in another cross-country ski camp in the future? Yes / No

Please write down any additional comments you have about the camp:

March 7, 2017
Winter Camp

Location: _____ Date: _____

Do you feel that the camp environment was friendly and welcoming? Yes / No

Did you receive enough one-on-one support from the coaches? Yes / No

Do you feel that your classic technique improved? Yes / No

Do you feel that your skating technique improved? Yes / No

Did you receive some good tips on how to improve your technique that you can take home to work on? Yes / No

Did you learn more about nutrition and recovery? Yes / No

Are you more confident about applying your own grip wax when preparing you skis for practice sessions? Yes / No

Do you plan on participating in another cross-country ski camp in the future? Yes / No

Please write down any additional comments you have about the camp:

March 7, 2017

7.3 Ski Orienteering

Ski orienteering is a cross-country endurance winter sport in which athletes use a compass and map to find their way. Having its origins in the 1890s, it is a sport with a long tradition. Ski orienteering became recognized as an Olympic sport in 1949. A ski orienteering World Championships is held every even-numbered year, and a ski orienteering World Cup is held on alternate years. The program includes competitions in long distance or medium distance, short or super-sprint distance, and a relay.

Similar to the orienteering disciplines practised in the summer season, ski orienteering requires a very high level of physical and mental fitness. An elite ski-orienteering athlete has to make hundreds of route choice decisions at high speed during every race, and to do that needs excellent skiing and map reading skills - and the ability to combine those two.

The ski trails are intentionally prepared to various standards so that, throughout the competition, the competitor has to make decisions about which route between the controls is fastest. The route choice is made based on the gradient, distance and degree of grooming of the ski trails, all of which can be read from the map.

A successful ski orienteerer must master all the basic classic and skating cross-country ski techniques. With respect to physical fitness requirements, the demands of ski orienteering would be similar to marathon running or loppet skiing.

7.3.1 Terms, Concepts, and Gear

Orienteering/Ski Orienteering Maps

An orienteering map is a type of topographic map that is designed specifically for orienteering (topographic means that it shows, through contour lines, the shape of the land – the hills, the valleys and so forth). However an orienteering map provides more information than a topographic map in that it shows additional features as well – features that are relevant to an orienteering competitor such as ski trails, fences, clearings, thick brush and so on.

Although a variety of types of orienteering maps exist, most of them adhere to a standard that is followed world-wide. That standard includes a colour-coding system to identify different types of features:

- Black** - indicates man-made features such as roads, trails, buildings and fences, plus rock features, such as cliffs and boulders.
- Brown** - indicates topographic features such as hills, valleys, ridges, earth banks and ditches
- Blue** - indicates water features, such as lakes, ponds, swamps and streams.
- White** - indicates a normal forest (this is different from some government maps which may use white to indicate fields and green to indicate forest).
- Yellow** - indicates clearings and fields.
- Green** - indicates thick brush such as bushes or thorns.

March 7, 2017

Compasses

Orienteering compasses are different from many other compasses such as those used for boating, surveying or military purposes. In a pinch, any type of compass that displays a needle can be used for orienteering, but orienteering compasses are best for orienteering activities.

The most common type of orienteering compass is the baseplate variety. The compass needle sits in a housing in the center, which is set on a clear plastic baseplate. With this equipment athletes can set bearings from where they are to where they are going, which is very useful if they are trying to find places that have few nearby features to guide them.

Another type of orienteering compass is the thumb compass which straps to the athlete's thumb. This compass allows for quick reference since it is held against the orienteering map. Some athletes like it for its simplicity, others like it for speed of reference during a competition. However, although it allows an athlete to orient the map with ease it cannot be used to set bearings.

To learn more about introducing children to compasses you can refer to section 5 (Level 3, Practice Plan 35) of your Community Coaching Reference Material, the Canadian Orienteering Federation website at <http://www.orienteering.ca:80/> or other library or website sources.

Special Orienteering/Ski Orienteering Terms

- Control** - this is the point (circled on the orienteering map) which the athlete is seeking. The orange and white marker located there is called a control marker.
- Course** - the orienteering course is the "set" of controls around which the athlete must navigate.
- Leg** - a "leg" is the portion of a course between two consecutive control points.
- Knoll** - a small hill.
- Spur** - a small ridge or protrusion on a hillside.
- Re-entrant** - a small valley or draw running down a hillside.
- Contour** - a line indicating differences in elevation in a given area. Using contours, the shape of most landforms (hills, valleys, slopes, knobs, kettleholes, sand dunes, etc.) can be shown on a map. Children are usually taught about contours after they have mastered map reading and basic navigational skills.
- Linear feature** - a ski trail, stream, fence, stone wall, or other feature that is essentially linear. In contrast a point feature would be a boulder, well or spring, and an area feature would be fields or lakes.
- Catching features** - a large feature which is not easy to miss. An orienteer might use a catching feature, such as a lake beyond a control point, to "catch" them if they missed the control.

Equipment for Elite Ski Orienteering Competitors

- Ski Equipment** - competitors require the same racing skis, ski poles, suits, boots and bindings as competitive cross-country skiers.
- Map Holder** - a specially designed map holder attached to the chest makes it possible to view the map while continuing to ski.
- Map** - the map provided by the organiser shows the control points, which must be visited in the designated order. The map is designed to give all the information the competitor

March 7, 2017

needs in order to decide which route is the fastest.

- ❑ **Compass** - the compass is attached to the map holder or to the skier's arm.
- ❑ **Control Card** - a control card is attached to the competitor's arm. At each control, the competitor punches the card with a paper punch located at the control in order to prove he/ she has visited that control.

7.3.2 Introducing Children to Orienteering/Ski Orienteering

There are a number of different ways children can be introduced to orienteering (dryland) and ski orienteering (on-snow), three of which are outlined below. What is most important to keep in mind is whether or not the activity is appropriate for the age and skill level of the skiers.

- ❑ **String Courses.** For children as young as toddlers there is a special orienteering course called a String Course. The entire route is marked from start to finish so that no one will become lost. A simple map indicates the route and the location of the markers, which are called "controls". As children grow older, they can be introduced to maps, map colours, map symbols, direction, how to determine where they are, and so on - all on a well-marked course they can follow themselves. Refer to section 7.3.3 for detailed information including a map.
- ❑ **Orienteering Poker Ski.** An introductory game called Orienteering Poker Ski has been provided in the form of a lesson plan in section 5 (Level 3, Practice Plan 35) of your Community Coaching Reference Material. This activity is suitable for children eight years of age and older.
- ❑ **White Courses.** Older children can be introduced to orienteering on a White Course. This course is suitable for adult and teen beginners as well as children who have developed the necessary skills. It is usually two to three kilometres in length - just right for a short hike. Control markers are placed on major features such as trail junctions, streams, buildings or clearings. The points are marked on the map and the objective is to find them in the right order. Navigation takes place along trails or streams, through fields, or in other easy areas. Children should attempt a White Course first with their family/club group, then together with other children, and finally by themselves. Refer to section 7.3.4 for an example of a White Course map.

An excellent source of information on introducing children to orienteering is the American Orienteering Federation website at <http://www.us.orienteering.org/OYoung/>.

7.3.3 The String Course

A String Course is a short course marked with a continuous ribbon or yarn. The map should be kept as simple as possible and should include only the area close to the course (refer to the example orienteering map below). Children should be encouraged to color their map with the appropriate map colors.

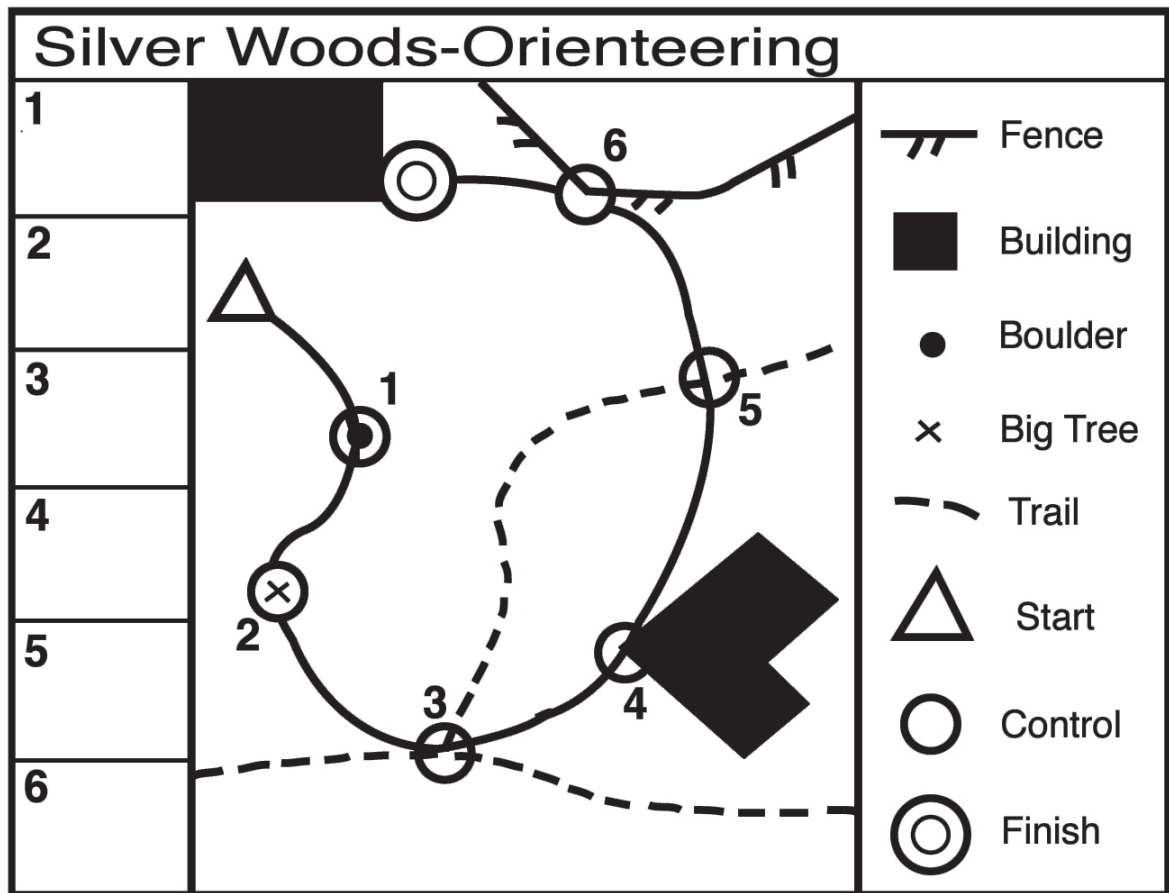
From the start, the ribbon or yarn (the "string") and the corresponding map guide the child along the course. When children reach the locations on the map that are circled (these are called "controls"), they will discover an orange and white nylon marker called a "control marker". At each control there will also be a marking device or a bag of stickers that are used to mark the appropriate box on the map (evidence that the child has been at

March 7, 2017

that control). Eventually the string will lead the children to the finish line, which is usually in the same location as the start. The route should be set up so that a child is able to find all the points and not get lost.

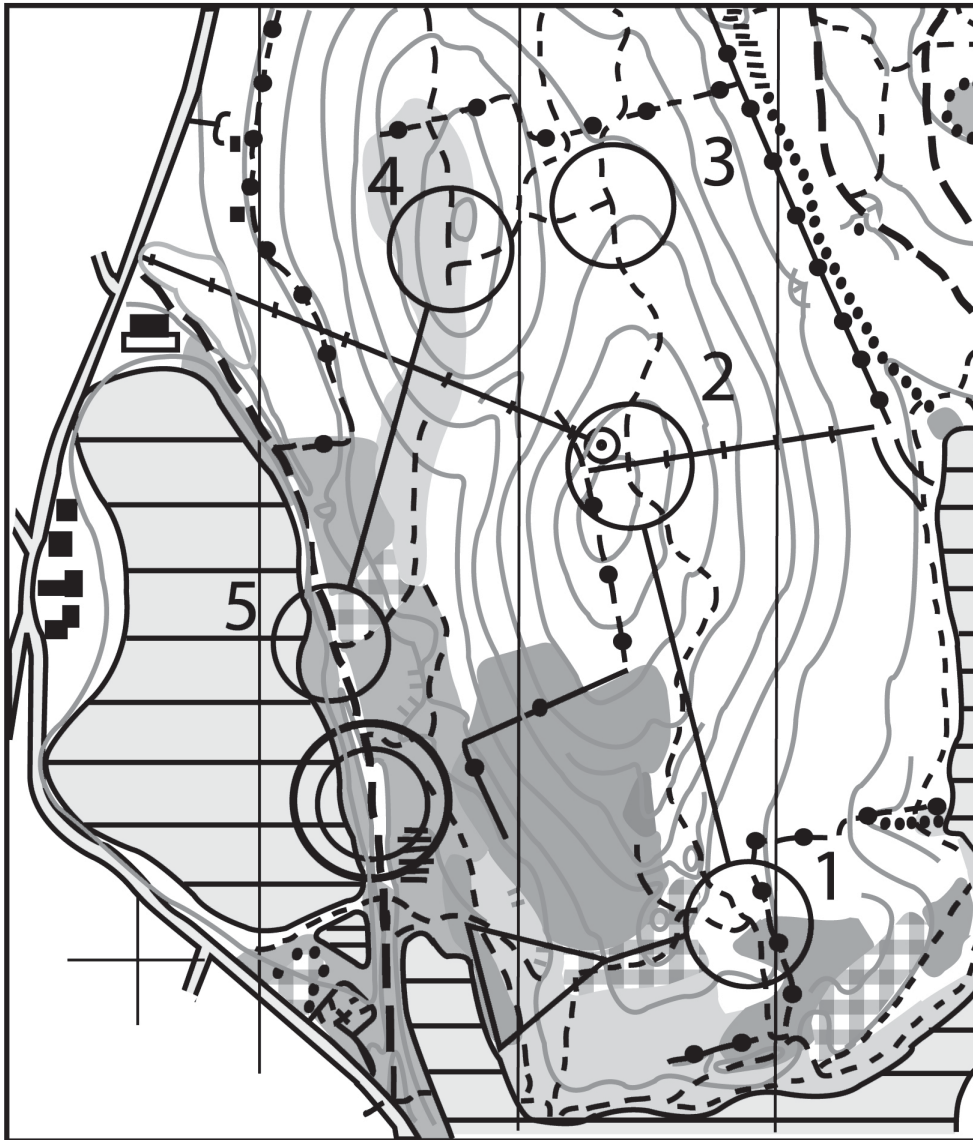
For the youngest competitors, the above experience will provide a challenge while giving them exercise, fun, exposure to maps and some level of confidence at being alone in the woods. For children ready for more of a challenge, the locations of the controls can be left off the map, creating a situation in which the child has to figure out where the controls should be. Alternatively, some controls can be placed away from the string (but inside the loop formed by the string). Many variations are possible.

Figure 7.1



March 7, 2017

7.3.4 White Course Map (sample)



LEGEND

	hill; small knoll		lake or pond, marsh
	depressions, small pit		open land, semi-open
	steep earthbank, tower		building, power line
	fence, stone wall		foot path, vehicle track
	boulder, small, large		road
	int. stream, narrow marsh		brush, very thick brush

March 7, 2017

7.4 Backcountry Adventures

A backcountry adventure could take place during a weekend (one or two nights), or longer. It might be a ski to a lake in the vicinity of your home community, a ski to a chain of backwoods cabins that your club (or a neighboring club) has established for this purpose, a true backcountry trip into the mountains and avalanche country, or a similar activity. The following article illustrates the different possibilities.

Spring Skiing in the B.C. Rockies

April 26th was an absolutely perfect day for a spring backcountry ski near the Continental Divide in Kootenay National Park. A cloudless blue sky prevailed throughout the day, as did temperatures which climbed to the zero range. Good old “blue extra” worked like a charm throughout the day in about five cm of new snow on top of a virtually bomb-proof base. It was the best day possible for the last ski outing of the year for the members of our B.C. Rockies Junior Racing Ski Team.

The focus of the team throughout the ski season had been on developing the skills and strategies needed for racing over competition trails. But now that the season’s end was upon us, we decided that it was time to enjoy some of the other experiences that this sport has to offer. The Kootenays are rich with opportunities for backcountry excursions, and this type of activity was ideally suited to the kind of post-competitive season diversion we had in mind.

Late in the afternoon of Friday the 25th, team members, coaches and parents from Kimberley and Cranbrook met near the Kootenay River at Wasa Junction. From there we drove north through Invermere and onwards to the Dolly Varden campground along the Kootenay River in Kootenay National Park. After we got our tents set up on the snow, we played “hide the avalanche transceiver”. This is a drill that trains rescuers to efficiently search and locate persons missing in an avalanche by closing in on the signal emitted by the personal transceiver that each backcountry skier wears. As night fell we talked and huddled around the wood stove in the kitchen shelter while it got colder and colder and colder. The highlight of the evening was the spectacular night sky, and in particular, an unparalleled view of the Hale-Bopp comet.

Despite -15C temperatures, we were eventually able to coax everyone out of their tents the next morning. Those who were warmest were the most difficult to get out. After a breakfast of oatmeal, hot chocolate, fruit and toasted bagels, we were ready to roll. A half-hour drive brought us to the Tokuum Creek trailhead and, thankfully, warming temperatures.

A quick waxing of the skis, a final check of the avalanche transceivers and we were off! The Tokuum Creek Valley heads north from the highway near Vermillion Pass towards Opabin Pass and the Lake O’Hara area. While we had vague thoughts of making it to the Alpine Club of Canada’s “Fay Hut”, we had no definite objective in mind. The group skied up the valley floor just west of the Continental Divide where the snow pack is very deep. We learned about avalanche terrain and safe techniques for crossing avalanche areas, and enjoyed the beautiful scenery.

March 7, 2017

The trek took us to a lunch spot along Tokuum Creek and at the outermost point we came just two kilometres short of the Fay Hut.

We had asked everyone to bring a surprise snack or treat item and a lunch contribution. As a result we had a great lunch with pita bread and bagels, salsa and tortilla chips, different kinds of cheese and meats, hummus (pureed chick peas, garlic and sesame butter), fruit and all kinds of baked items. There were some very interesting sandwiches! We made plans for a future spring ski over the Lake O'Hara - Opabin Pass route, and for a return hike in the summer to the Fay Hut.

The seven hour trip ended with a ski out down a whooping-and-hollering final descent which was more exciting for those skiing on their "skinny skis" as opposed to steel-edged back country skis. Key stops on the return trip included an ice cream store, the Fairmont Hot Springs and a restaurant for dinner. Not only did we have a super time on skis, but it was also a great team- building and social occasion. All agreed that there was no better way to end our season on snow together.

Safety Considerations

- Understand the special risks involved.
- Read the appropriate sections in your CCC Insurance Guide. Also, read the relevant sections in the ICC, CC and CCI-L2T Reference Materials, including Cold as a Risk Factor, Safety Measures to Avoid Cold Injuries, Frostbite, Hypothermia, Emergency Action Plan and Backcountry Safety.
- Search relevant websites such as the Canadian Avalanche Association (CAA) for more information: <http://www.avalanche.ca/>.
- Follow all safety requirements outlined in the CCC Insurance Guide.
- Ensure that the leadership is properly qualified for the type of activity you are undertaking.
- Prepare your athletes well.
- Ensure your leaders are well prepared.

Educating Your Athletes

As a minimum, each child should complete the following steps before they graduate from your club Skill Development Program:

- Learn to dress and pack appropriately for a long ski in areas they are not familiar with (not their own ski area).
- Learn about frostbite and hypothermia.
- Learn to read a map.
- Observe a presentation on backcountry safety by a qualified guide or leader, or watch a Canadian Avalanche Association (CAA) video/DVD presentation on backcountry safety. The recommended CAC video/DVD for skiers in the L2T stage is "Beating the Odds".

Why is education on this subject necessary?

Backcountry skiing is a much-enjoyed aspect of cross-country skiing that adults participate in, and should therefore be part of a well-rounded cross-country ski program for children. If children are being taught skills that will allow them to access the backcountry in future years, they should also be taught basic backcountry safety skills.

7.5 First Aid Kit

A complete first-aid kit is essential. The kit should be prepared to treat the most common problems that you would anticipate at a practice session or competition. This would include supplies for major trauma, illness, small wounds and blisters. You will require diagnostic tools and medication – and don't forget the directions. If you are undertaking a special activity such as an overnight hiking trip or a backcountry ski you may require additional activity-specific contents.

The best preparation for dealing with an injury or illness that requires first aid is to have attended appropriate first aid training courses and to be current.

❑ Factors to consider when planning a first aid kit:

- ✓ What type of activities it will be used for (practice sessions, a long hike into a remote area, water-based activity, etc.).
- ✓ Number of participants.
- ✓ Length of activity (practice session, camp, trip, etc.).
- ✓ Remoteness.
- ✓ Likely environment (cold, heat, altitude, etc.).

❑ Protect your first aid kit from:

- ✓ Moisture.
- ✓ Rough handling.
- ✓ Expired dates.

❑ Essential contents the following list is a standard St. John's Ambulance first aid kit

-

“essential” list for hiking, cycling, skiing and similar activities:

- ✓ 15 cleansing wipes.
- ✓ 4 knuckle bandages.
- ✓ 4 gauze pads (5 cm x 5 cm).
- ✓ 1 gauze pads (5 cm x 4.5 m).
- ✓ 1 pressure bandage (5 cm x 5 cm).
- ✓ 1 adhesive tape (1.25 cm x 4.5 m).
- ✓ 2 triangular bandages.
- ✓ 1 pair of tweezers.
- ✓ 1 pair of scissors (14 cm).
- ✓ 1 rescue sheet.
- ✓ 25 adhesive bandages (1.9 cm x 7.5 cm).
- ✓ 2 small fingertip bandages (butterfly bandages).
- ✓ 4 gauze pads (7.5 cm x 7.5 cm).
- ✓ 1 gauze bandage (7.5 cm x 4.5 m).

March 7, 2017

- ✓ 1 pressure bandage (10 cm x 10 cm) (abdominal dressings; breathable, silicone waterproof).
- ✓ 1 pair of vinyl gloves.
- ✓ 1 first aid pocket guide.

❑ **Additional items to consider including:**

- ✓ AR mask.
- ✓ moleskin – transparent blister tape.
- ✓ oral thermometer.
- ✓ accident report form (or notebook and pen).
- ✓ polysporin.
- ✓ tincture of benzoin.
- ✓ 1 disposable razor.
- ✓ metal splints.

March 7, 2017

REFERENCES

International Orienteering Federation website.

Canadian Orienteering Federation website.

White Course Map, New England Orienteering Club, 1994.

US Orienteering Federation website.

Spring Skiing in the BC Rockies, Ski Cross Country, 1997.

St. Johns Ambulance website.