



## **2024 World Cup P4 – TOGETHER TOWARDS EXCELLENCE**

**Canmore, AB. February 6-14, 2024**

**Minneapolis, MN, USA. February 14-19, 2024**

Welcome to our pre-trip information package for the Canadian 2024 P4 Team. We are extremely excited to be hosting World Cups in Canada again for the first time since 2016, a big thank you to the Alberta World Cup Society for welcoming the world to Canmore and providing the unique opportunity for us to perform on home soil. We are also thrilled to be back visiting our neighbours to the south for their first home World Cup since 2001.

We will continue to provide updated communication as we get closer to the event. See contact details below if you have any immediate questions.

### **NATIONAL HIGH PERFORMANCE PROGRAM VALUES**

We strive to live by our values every day, they guide our behaviours and decisions.

1. Humanity
2. Ambition
3. Clarity

### **SELECTION CRITERIA**

All information can be found in our [2023-24 Competition Criteria](#). **Final team selections will be announced January 23, 2024.**

### **COMPETITION TRIP AND TRAINING CAMP AGREEMENT**

All athletes must read and sign the Competition Trip and Training Camp agreement before they can participate in a Nordiq Canada supported event. The Competition Trip and Training Camp agreement will be sent via DocuSign.

### **SAFESPORT TRAINING**

All athletes on Nordiq Canada competition trips must complete SafeSport training. Access to this training will be made available to you upon qualifying. If you have already completed one of the following SafeSport training programs: Respect in Sport, Commit to Kids, or Canadian Association of Coaching safe sport training we will ask for the certificate.

### **PASSPORT**

All athletes and staff must have a valid passport. If your passport is within 90 days of expiring when the trip departs, it is recommended you apply for a new one.



## **TRIP FEES and OTHER LOGISTICS**

### **International Group**

- All services and protocols for the international group, including but not limited to travel day expenses and uniforms, will be the same as for all World Cup periods. Refer to the 2023-24 Competition Trip Agreement for specific details.

<b>Venue</b>	<b>Athlete Classification</b>	<b>Cost</b>
Canmore	COC Leader	\$0
	No Accommodations required	\$0
	Accommodations required	\$1760
Minneapolis	COC Leader	\$0
	All athletes	\$1100

### **National Group**

#### ***Trip Costs***

- Athletes will be responsible for all costs related to their personal travel and accommodations.
- Athletes must notify Nordiq Canada at the time of their nomination acceptance what logistics they will require. A form will be circulated for you to fill out with your requirements.
- An invoice will be prepared after logistics are confirmed, to be paid by February 1<sup>st</sup>, 2024.
- Nordiq Canada will provide:
  - o Full race service, including coaching.
  - o Wax service, including the cost of materials.
- Nordiq Canada will not provide therapy support for National Group athletes. Please organize this ahead of time if you know you will require massage or other treatments during the tour.
- List of prices below. Note, prices are in foreign currency and will be charged at the rate at time of expense.

<b>Service or Item</b>	<b>Cost</b>
Food and Board	125 CHF
Transport of gear – Canmore to Minneapolis (by truck, organized by OC). Recommended for ski bags.	\$40 USD per item
Airport transit – Calgary to Canmore/return	TBD
Airport transit - Minneapolis	TBD
Insurance – for Minneapolis	\$30 (\$5/day)

#### ***Clothing***



- Athletes will receive:
  - o Race headwear
  - o Handwear (as available)
  - o Race Suit

## **TRAVEL INSURANCE**

Nordiq Canada will provide out-of-country travel insurance. Please refer to the Competition Trip and Training Camp Agreement for details on the insurance coverage. Travel insurance starts the day the athlete departs from Canada and ends the day the athlete arrives in Canada.

## **STAFF**

This is a home World Cup, as such we will have a large staff presence. With the proximity to our national office in Canmore, this is a unique opportunity to bring the majority of our team members into our competition environment. Most staff listed below will not be involved in the competition environment but will serve critical roles to support the team throughout the event. It is always important to remember how many people work to provide our athletes and coaches the platform to do what you do best!

### **Competition Staff**

1. Robin McKeever	Head Coach
2. Nicole Gilman	National Group Coach
3. Chris Jeffries	Team Manager (HPD)
4. Cindy Chetley	Team Coordinator
5. Julia Ystgaard	Ski Service
6. Yves Bilodeau	Ski service
7. Nicolas Bonetti	Ski service
8. Felix Vezina	Ski service
9. Magnus Noroy	Ski service
10. Simon Boisvert	Ski service – National Group
11. Louis Bouchard	Coach/Ski Service – National Group
12. Timo Puiras	Coach/Ski Service – National Group (Minneapolis)
13. Pauline Forren	Ski Service – National Group (Canmore)
14. Frank Ackermann	Ski Service – National Group (Canmore)
15. Adam Pojasok	Ski Service – National Group (Canmore)
16. Greg Redmond	Physiotherapist
17. John Flood	Physiotherapist
18. Jodi Perras	Massage and Para-Medical Lead
19. Jessica Kryski	IST Lead (Canmore)
20. Dave Paskevich	Mental Performance Consultant (Canmore)



### Integrated Support Team and Nordiq Canada Staff

21. Kelly Draeger	Performance Dietician (Canmore)
22. Carolyn Taylor	Biomechanics (Canmore)
23. Andrew Smit	Physiologist (Canmore)
24. Dr. Elana Taub	Team Physician
25. Natasha Kutlesa	Mental Health Lead
26. Stephane Barrette	Chief Executive Officer
27. Megan Begley	Chief Operating Officer
28. Nathaniel Mah	Marketing and Engagement Coordinator
29. Krista Robinson	Philanthropic Coordinator
30. Ilona Gyapay	Events and Officials Manager
31. Nicky Williams	Office Administrator

### SCHEDULE

- Athletes travelling from the World Junior/U23 Championships to Minneapolis will have an adjusted schedule.
- Athletes choosing to arrive early for preparation in Canmore are welcome to do so. The organizing committee will be running shuttles from the hotel to the race site beginning February 4<sup>th</sup> with a reduced schedule. Nordiq Canada can assist with athlete training where possible in a limited capacity.

Date	Time	Event	General Comments
Tuesday, Feb. 6	5:30pm	First Official Team Meeting	
Wednesday, Feb. 7	AM - TBD	Unofficial Training	
Thursday, Feb. 8	1100	Official Training	
	1730	Opening Ceremony	Downtown – mandatory attendance for all Canadian athletes and staff
Friday, Feb. 9	1040 – Women 1245 - Men	10km Free	
Saturday, Feb. 10	1030 – Qualification 1300 - Heats	Sprint Free	
Sunday, Feb. 11	1000 – Women 1215 – Men	20km Classic	1 <sup>st</sup> truck departs for Minne with gear after race (arrive late 12 <sup>th</sup> )
	Evening	Team Canada Family Social	Details to come – a fun and informal chance to thank the most important sponsors - your families!



Monday, Feb. 12	1000	Official Training	
Tuesday, Feb. 13	0900 – Qualification 1130 - Heats	Sprint Classic	2 <sup>nd</sup> truck departs for Minne with gear after race (arrive late 14 <sup>th</sup> )
Wednesday, Feb. 14		Travel to Minneapolis	National Group athletes must book their own flights.
Thursday, Feb. 15	AM - TBD	Unofficial Training	
Friday, Feb. 16	AM - TBD	Official Training	
Saturday, Feb. 17	1000 – Qualification 1230 - Heats	Sprint Free	
Sunday, Feb. 18	1030 – Women 1245 - Men	10km Free	
Monday, Feb. 19		Travel	

### **RACE STARTS**

Athletes selected to the team are guaranteed starts for the events they qualified in.

### **ATHLETE ELIGIBILITY**

**IMPORTANT:** FIS has changed the eligibility standards for World Cup events for the 2023-24 season. It is the responsibility of the athlete to understand the new rules and ensure they have met them before the trip deadline as stated in the 2023-24 Competition Criteria, 1900 EST on January 21<sup>st</sup>, 2024.



## **2 Sport Regulations**

### **2.1 World Cup Entry Requirements**

#### **2.1.1 Basic entry requirements**

The quota is valid under the condition that every individual competitor has an active FIS code number and scored in the valid FIS Points List:

Sprint World Cup:

**150 FIS Points or less on the FIS Points list (distance or sprint) valid for the respective World Cup**

Distance World Cup:

**150 Distance FIS Points and less on the FIS Points List valid for the respective World Cup**

**Valid FIS points lists for athletes' eligibility**

World Cup	Valid FIS Points list for athletes eligibility
Ruka	2nd FIS Points list
Gällivare, Östersund, Trondheim	3rd FIS Points List
FIS Tour de Ski, Oberhof	4th FIS Points List
Goms, Canmore, Minneapolis	5th FIS Points List
Lahti, Oslo	6th FIS Points List
Drammen, Falun	7th FIS Points list

## **WHEREABOUTS**

For athletes required to update Whereabouts, official race hotel addresses are available below. These will be updated as required. Please ensure that you keep your status up to date.

Canmore:

[Basecamp – Mountain House](#)

1 Silver Tip Trail

Canmore, AB. T1W 2Z7

(403)609-4422

[canmore@mtnhouse.com](mailto:canmore@mtnhouse.com)

Minneapolis:

[Hyatt Regency Minneapolis](#)

1300 Nicollet Mall

Minneapolis, MN 55403, USA

(612)370-1234

[salesmsprm@hyatt.com](mailto:salesmsprm@hyatt.com)

## **PERSONAL COACH**

T: 403.678.6791

E: [info@nordiqcanada.ca](mailto:info@nordiqcanada.ca)

[NordiqCanada.ca](http://NordiqCanada.ca)

100-1995 Olympic Way, Canmore AB T1W 2T6



We will call personal coaches to discuss the athlete(s) you coach. We want to know a little about them; what they are used to when it comes to training, competition plans, goals and objectives and your personal thoughts.

If you (the athlete) do not have a personal coach and normally plan your own training and require some help to plan before departure, please let us know, we are happy to help.

For athletes who have not been on a Nordiq Canada trip in the 2023-24 season, our IST lead and para-medical lead will contact you to follow up on our medical screening process as outlined in 2.4 of the competition criteria.

## **TEAM AND TRAVEL HEALTH PROTOCOLS**

### **Prevention**

The following are recommended for prevention of illness for Staff and Athletes

- Frequent hand washing and cough hygiene.
- Stay home when sick.
- Maintain up to date immunizations including COVID-19 boosters and the seasonal Influenza vaccination (Flu Shot) when available.
- Wearing a mask (N95, KN95 or equivalent) when exposed to high risk crowded indoor public spaces, medical/therapy consultation, and travel by plane or other public transportation.
- Wearing a mask (N95, KN95 or equivalent) in team vehicles for the first week after travel
- Respecting social distancing of 2 meters where possible
- Avoid being around people who are ill.
- An effort will be made to have accommodations with as small of groups as possible.
- An effort will be made to have separate Team Canada eating spaces where possible.

### **Should Staff or Athletes Become Ill:**

- A rapid test should be done for COVID – 19 – **If positive for COVID - 19 Public Health Guidelines may supersede these Policy Guidelines if they require higher levels of restriction.**
- Staff or athlete will isolate from the Team for minimum of 5 days and until symptoms such as fever, myalgia (body aches), pharyngitis (sore throat) or GI symptoms (nausea, vomiting and/or diarrhea) have resolved for a minimum of 24 hours and other symptoms are improving.
- Mask wearing in indoor spaces for another 5 days or until respiratory symptoms are resolved.
- Team Physician should be made aware of all athlete illnesses.

### **Return to Sport Post-Infection**

- If post COVID – 19 Infection the **Return-To-Play Protocol Version 1.8 - INS Québec / OTP - January 20th, 2022**, will be utilized in collaboration with the Team Physician
- For all other illness communication with the Team Physician to plan an appropriate progression back to normal training and competition will be mandatory.



### **MENTAL HEALTH EMERGENCY PLAN**

Nordiq Canada is in the process of developing a Mental Health Emergency Plan and will update our documents when possible. Until that time, while part of the official trip, your two first contacts in case of an emergency are:

Chris Jeffries (Team Manager) - (403)679-1502

Robin McKeever (Head Coach) - (403)609-4901

### **FAMILY TICKETS**

Athletes can receive up to two tickets per event they are entered for family members. This would apply for the Minnesota World Cup. Athletes must complete the online request form below. Tickets will be picked up by team staff the morning of the race for distribution to family members.

[Link Here](#)

**Thanks everyone!**

Should you have any questions or concerns regarding general trip details or criteria, please contact Chris Jeffries 403.679.1502 – [cjeffries@nordiqcanada.ca](mailto:cjeffries@nordiqcanada.ca)