



## **2024 World Junior and U23 Championships Planica, Slovenia. February 5-12, 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 FEE**

The trip fee is \$4,000 and covers your airfare, ground transport in Europe, accommodations and all meals, waxing, coaching and racing. Athletes are responsible for snacks, souvenirs, excess luggage, and travel food (in airports, etc.). The deadline for fee payment is January 20th, 2024.

### **TRIP UNIFORM**

Athletes will receive a Nordiq Canada Team Canada competition uniform which consists of a parka, warm-up jacket, warm-up pants, racesuit, gloves and headwear. Athletes who have received a previous Nordiq Canada Team Canada uniform may be asked to wear that kit, as Nordiq Canada often stays in the same uniform.

### **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

1. Eric de Nys	Championship	Head Coach
2. Tormod Vatten	Championship	U23 Coach
3. Maria Lundgren	Pre-camp & Championship	U20 Coach
4. Julie Beaulieu	Pre-camp and Championship	Coach, Director of Development
5. Jennifer Bull	Pre-camp & Championship	Physiotherapist
6. Leslie Bode	Championship	Ski service
7. Steven Wintoniw	Pre-camp & Championship	Ski service
8. Julien Lamoreux	Pre-camp & Championship	Ski service
9. Alain Masson	Championship	Ski service

## TRAVEL-WHERE & WHEN?

This year we will have two scenarios for travel to the WJR & U23 Championships.

Both scenarios will have athletes fly to Munich and then onward to their respective pre-camps.

### SCENARIO 1

Scenario 1 will involve U23 athletes travelling to Europe to race World Cups before the U23 Championships.

- January 10<sup>th</sup> - Depart Canada
  - Note: Nordiq Canada will be arranging accommodation and local support in MSA from January 8 to 10 for those that require it. It is the responsibility of the athlete to request this support upon nomination to the P3 tour.
- January 11<sup>th</sup> - Arrive Munich-drive to Seefeld, AUT
- January 11<sup>th</sup> to 17<sup>th</sup> - Stay in Seefeld, AUT
- January 17<sup>th</sup>-22<sup>nd</sup> - Stay in Oberhof, GER
- January 22<sup>nd</sup>-29<sup>th</sup> - Stay in Goms, SUI
- January 29<sup>th</sup> -February 1<sup>st</sup> - Stay in Ramsau, AUT
  - **Hotel Stierer**  
Ramsau am Dachstein, AUT  
8972 [Ramsau 90](#)  
Tel: [+43 664 384 52 45](tel:+436643845245)  
E-mail: [info@hotelstierer.at](mailto:info@hotelstierer.at)
- February 1<sup>st</sup>-11<sup>th</sup> - Stay in Kranjska Gora, SLO
  - **Ramada Hotel & Suites**  
Borovška cesta 93



4280 Kranjska Gora, SLO  
+386 4 588 44 00

- February 11<sup>th</sup> - Stay in Munich, GER
  - **Moevenpick Hotel**  
Ludwigstrasse 43  
85399  
Hallbergmoos  
Germany  
Tel: +498118880  
[hotel.munich.airport@movenpick.com](mailto:hotel.munich.airport@movenpick.com)
  
- February 12<sup>th</sup> - Travel from Munich to Canada

## **SCENARIO 2**

Scenario 2 will involve WJR and U23 athletes travelling to Europe for the pre-camp and the Championships.

- January 25<sup>th</sup> - Depart Canada
- January 26<sup>th</sup> - Arrive Munich-drive to Ramsau, AUT
- January 26<sup>th</sup>-Feb 1<sup>st</sup> - Stay in Ramsau, AUT
  - **Hotel Stierer**  
Ramsau am Dachstein, AUT  
8972 [Ramsau 90](#)  
Tel: [+43 664 384 52 45](tel:+436643845245)  
E-mail: [info@hotelstierer.at](mailto:info@hotelstierer.at)
  
- February 1<sup>st</sup>-11<sup>th</sup> - Stay in Kranjska Gora, SLO
  - **Ramada Hotel & Suites**  
Borovška cesta 93  
4280 Kranjska Gora, SLO  
+386 4 588 44 00
  
- February 11<sup>th</sup> - Stay in Munich, GER
  - **Moevenpick Hotel**  
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- February 12<sup>th</sup> - Travel from Munich to Canada

\*The official start of the camp is the Team departure from the Toronto airport and the end is the first airport the athlete lands at in Canada.

### **TRAINING/PREPARATION BEFORE DEPARTURE**

The most important thing you and your coach should prioritize before departure is to travel fully rested. Despite travels days having a lot of sitting, it is not necessarily restful. The day before traveling it is strongly recommended to keep it easy. After some easy days at home after the Trials it will be back to training normally. Should you or your coach have any questions about your plan, please feel free to reach out. Eating, drinking and sleeping well is key.

### **CHAMPIONSHIP SCHEDULE**

<b>Day / date</b>	<b>Women</b>	<b>Men</b>
Monday, February 5 <sup>th</sup>	U20 Sprint-F	U20 Sprint-F
Tuesday, February 6 <sup>th</sup>	U23 Sprint-F	U23 Sprint-F
Wednesday, February 7 <sup>th</sup>	U20 20km-F-MS	U20 20km-F-MS
Thursday, February 8 <sup>th</sup>	U23 20km-F-MS	U23 20km-F-MS
Friday, February 9 <sup>th</sup>	U20 10km-C-IS	U20 10km-C-IS
Saturday, February 10 <sup>th</sup>	U20 10km-C-IS	U20 10km-C-IS
Sunday, February 11 <sup>th</sup>	4 x 5km Mixed Relay (U20) & (U23)	4 x 5km Mixed Relay (U20) & (U23)

### **RACE STARTS**

Athletes selected to the team are guaranteed one start at the Championship. Which races you start will be finalized in the days leading up to the Championships and will depend on health and energy. We will talk with each of you early in the pre-camp to go through the Championship schedule so you can prepare mentally for what lies ahead.

### **WHEREABOUTS**

For athletes required to update Whereabouts, all addresses are available above in the TRAVEL WHERE AND WHEN section. Please ensure that you keep your status up to date.

### **PERSONAL COACH**



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 volume, and your thoughts on their training in the pre-camp. A framework of training while in Europe will be communicated ahead of time.

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. **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:

Eric de Nys (Head Coach) - (403)609-7197

Julie Beaulieu (Director of Development) - (613)805-7705

**Thanks everyone!**

Should you have any questions or concerns please contact Eric de Nys. 403.609.7197.  
[edenys@nordiqcanada.ca](mailto:edenys@nordiqcanada.ca)