



**2019/2020 Southern Ontario Division Ski Team**

**Parent & Athlete Handbook**

***A Note from TES Hynes (SOD Program Director), Suki Chapman (SOD Program Manager) and the SOD Ski Team Coaches***

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Congratulations on your selection to the SOD Ski Team (SODST) for the 2019/2020 season!

Some of you may be returning to the team, some of you may be beginning your tenure: some may be carrying on a familial tradition of skiing with the SODST, while others are forging into new territory. Whoever you are, you are now a part of a community that calls this province home. Work towards your potential – you have been recognized as one of Ontario's most promising young athletes.

This distinction comes with a set of standards and expectations. Laid out in this handbook, you will find policies pertaining to all those involved with and representing the SODST. These policies are designed to reflect the core values of the SODST (respect, pursuing excellence, passion for the sport, Competition as challenge, fun, safety, personal development, sportsmanship and fair play) through the actions and attitudes of its representative athletes and staff. Every time you wear your uniform you become an ambassador for your team and your community – hold yourself to the high standards that those who support you would expect.

In addition, as much as you are a representative of the SODST and the ski racing community, you are also a representative of yourself. Your reputation will be built primarily on your efforts, your attitude and your successes. Your participation with this team is a step on the pathway towards long-term success in ski racing. While the team and its staff will work tirelessly to provide the opportunities to develop and get faster, a significant part of working along this pathway is dependent on the efforts and attitude you put forth day-in-day-out, on-snow and off. The effort and attitude that it takes to be successful in an individual sport, such as ski racing, can be exhausting, frustrating, tedious, and exhilarating, but, ultimately it will be rewarding. Nobody else is able to do this work for you. The responsibility is yours as are the rewards.

You are not alone on the path. The SODST has put together an experienced and committed coaching staff. The staff is here to assist and guide you through the highs and lows of your development process. We strive to design programming that is athlete-centered, meets your developmental requirements, and provides you the opportunities to reach and exceed your goals. In order to be successful and effective as a team, it is our goal to create a collaborative and communicative environment. Our work together is a two-way street: we hope to have discussions, not just make statements about your development and are open to your questions and comments. Essentially, we expect the best from you and you can expect the same from us.

We are truly looking forward to working with you this coming season and all the prospects of future success that entails. Please take the time to thoroughly read and understand the policies and procedures outlined in this handbook (it is an indispensable source of information for successfully navigating your time with the SOD Ski Team). If you have any questions, please do not hesitate to contact one of the coaching staff.

All the best,

*TES, Jacques, Jenn and Bebe*

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## **OVERVIEW**

The Handbook provides key information for the Southern Ontario Division Ski Team (SODST). It is the athlete's obligation as an SODST member to read, understand and abide by any directions contained in the enclosed material. If the athlete is unclear about any items, they are to contact their coach or SOD personnel for clarification. Please note that every effort has been taken to ensure the information here is the most current. This Handbook may be updated from time to time and such amendments will be forwarded to the SODT athletes and parents.

## **ABOUT SOUTHERN ONTARIO DIVISION**

Southern Ontario Division is one of four member divisions that make up Alpine Ontario Alpin (AOA). AOA is a Not-for-Profit Provincial Sport organization promoting the development of recreational and competitive ski racing in Ontario. AOA, together with its provincial partners, is affiliated directly with Alpine Canada, Canada's national body for ski racing. Each division governs their regional clubs; there are 44 registered clubs from the four divisions.

Alpine Ontario Alpin is primarily dedicated to organizing, directing, funding and supporting ski racing in the province through fundraising, education and athlete development programs, race organization, and acting as the provincial body for compliance and regulations in ski racing.

SOD Ski Team website: <http://www.sodskiteam.ca/>

## **ALPINE ONTARIO MISSION STATEMENT**

Provide leadership and structure for high quality, sustainable and affordable programming, and communicate the competitive, recreational and lifestyle benefits of ski racing to the community.

## **SOD VISION**

Promote lifelong enjoyment of the sport and excellence in ski racing.

## **SOD SKI TEAM CORE VALUES/BELIEFS**

The team and coaches will develop their own core values and beliefs for the 2019-20 ski season.

## **PROGRAM OBJECTIVES**

1. Provide Athletes with the opportunity to pursue their passion for ski racing in a supported team environment geared towards each individual's needs.

2. Build athlete centered schedules while maintaining individual academic requirements through our approved educational institutions and available tutoring while at fall on-snow camps and when training in Collingwood.
3. Provide individual annual fitness programming developed from the fitness assessments conducted at the CSIO (Canadian Sport Institute Ontario) and the University of Toronto
4. Challenge athletes with targeted race and training opportunities.
5. Support an atmosphere where risking failure and learning from success provides excellent life skills that will serve the athlete well beyond their ski racing career.
6. Move athletes from the SODST to the OST.

## SOUTHERN ONTARIO DIVISION SKI TEAM OVERVIEW

The SODST is a team of athletes that represent their clubs that form the Southern Ontario Ski Division. While graduating from their clubs onto this team, these skiers will continue to use their home club to describe where they are from.

These skiers will compete at the FIS level of alpine ski racing across North America spending over 100 days on snow in the year. Commencing in August the program will prepare these athletes for a five-month competitive season that will run from late November through to the end of April. The SODST members will work year-round in an intensive conditioning program which combined with on-snow training and competition should allow them to be ready for the next step in their pathway.

For some, this will mean the Ontario Ski Team. For others, it will mean going to University and perhaps even competing at the University level. Please note that if some have ambitions of competing at the NCAA level or even earning a scholarship, the Ontario Ski Team is basically a minimum requirement for being considered for this type of racing.

## COACHING AND PROGRAM COMMITMENT

Coaches:

- **Jacques Reid/ Head Coach** - Jacques has been coaching for over 20 years at all levels including at the FIS level with the NCO FIS Program in Ottawa and with the Ontario Ski Team from 2003 to 2006. Jacques joins the SODST after working at Craigeith for the past six years, most recently as the U14-16 Extended Program Head Coach. Jacques is also one of only four coaches in Ontario with his Performance Level Facilitator credentials
- **Bebe Zoricic/ Men's Head Coach** - Bebe is originally from Sarajevo and has been coaching since 1988 at the U14, U16 and FIS level. He has dedicated much of his life to supporting skiers in a variety of ways including mentoring and fundraising with the NZ Foundation. Bebe is a huge supporter of grassroots skiing, having started the Thursday night NZ Training nights at the Craigeith Ski Club. He also financially supports the following projects: NZ Events, ACA U16 Rising Stars Camp, ACA U16 Barcelonnette, France project and the Whistler Cup
- **Jenn Warren/ Women's Head Coach** - Jenn is originally from Montreal and is a member of the Craigeith Ski Club where she has been coaching with the OCUP/Extended program athletes for 12 years. For the past two years, Jenn has worked on special projects with the SODST. Jenn was awarded the Alpine Canada Alpin coach of the year in 2018 and is well regarded by athletes

throughout the Escarpment as their most loved coach. Jenn has two kids who have moved through the alpine ski racing system and are now at Queen's University.

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SOD is committed to providing excellence in both its coaching staff and program design. As an integral part of the ACA (Alpine Canada Alpin) athlete development system, the SODST is mandated to develop athletes towards elite level of performance and progression to the OST (Ontario Ski Team) development program.

#### **SODST Coach Commitment:**

- All coaches must be members of the CSC (Canadian Ski Coaches) in good standing and all coaches will be first aid certified (CPR). Each coach will also be required to fulfill a number of requirements (updates, coach training, risk management etc.) on a yearly basis in order to be considered licensed and permitted to coach for this team

- SODST coaches are required to be part of the "Responsible Coach Movement"

<https://www.coach.ca/responsible-coaching-movement-s17179>

In order to coach for the SODST, the coaches will be required to follow 3 steps in being part of the Responsible Coach Movement:

- 1- Follow the "rule of two" meaning that the coaches should never be alone with your child unless given consent by parent/guardian.
  - 2- The coaches will be required to provide a Background Screen on a bi-annual basis.
  - 3- Participate in ethics training including the NCCP "Making Ethical Decisions" module and completing the "Respect in Sport for Activity Leaders" module offered by the Respect Group  
<http://respectgroupinc.com/>
- Coaches will communicate in a timely fashion as to when and where training will be and will schedule other activities (dryland/ homework & tutoring/ team building) when needed. The Coaches will commit to doing "full" days with the athletes unless rest and recuperation are needed when the schedule warrants it
  - Coaches will inspect the facilities and equipment before training sessions and competition and take steps to ensure deficiencies are corrected immediately or adjust the activity(s) accordingly to avoid risk. SODST coaches will stop or withdraw from any activity that poses unreasonable risks, including stopping a training session or removing the team from a competition
  - Coaches will be compliant with "Rowan's Law" being fully versed in our followed concussion protocol (See appendix for concussion protocol)
  - Coaches will have in their immediate possession the I.C.E. (in case of emergency) numbers for each athlete and coaches and letters of medical permission when away on camps
  - Coaches will be fully aware of medical conditions for each athlete
  - Coaches will ensure that athletes are wearing their protective equipment (mouth guards, spine protectors and helmets) and that they are properly adjusted and in good condition. ATHLETES ARE RESPONSIBLE FOR THEIR PERSONAL SAFETY EQUIPMENT, IF THEY ARE MISSING MOUTH GUARDS, HELMETS AND SPINE PROTECTORS (FOR SPECIFIED EVENTS) THEY WILL NOT BE ALLOWED TO TRAIN OR RACE
  - If coaches have to leave the training site, the coach will be prepared to stop the training session if there is not a qualified person who is able to take over the on-hill session

## ATHLETE EXPECTATIONS

All SODT members have already signed their athlete agreement in conjunction with their contact. However, it is important to reiterate the following expectations for all SODST members:

- **Behavior** - Athletes on the SODST are representatives of Alpine Ontario and their home clubs. Being polite and a good sport are expected at all times. Our team is visible, and our athletes need to be aware that people are watching them both on and off the hill. Saying thank you and using eye contact are things that will be constantly promoted with this group.
- As a team, we will subject ourselves to the **“Sweep the shed”** motto borrowed from the All Blacks rugby team. Meaning we will clean up after ourselves wherever we go and that we are never too big to do the small things that need to be done.
- **SODT Athlete Ambassadors** - As a member of the SODT you are an ambassador for Ontario, your club, AOA sponsors, your family. Enjoy the attention, but remember, as an ambassador people are watching you and you have an obligation to uphold the values of AOA and the SODST.
- **Tear Down** – Athletes are asked to help with tear down (removing the equipment and fencing) from the race hill upon completion of the race. Everyone at race venues is a volunteer and they are there to help you race, please show respect for the ROCs, other racers and the volunteers donating their time to create a positive race experience for you.
- **Training and Competition** – In both training and competition anything less than YOUR BEST effort is unacceptable. We expect all SODT athletes to understand and follow the rules of the sport and to give every training session and competition the best they have.
- **Personal Responsibility** – It is the responsibility of the athlete to be aware of everything they consume. Part of the athlete’s contract includes the following assertions:
  - I will not participate in any bullying of any kind towards my teammates or fellow ski racers
  - I understand that abusing alcohol and other recreational drugs damage my ability to be my best; I will not drink alcohol or use illegal drugs during the training and racing period
  - I understand that using tobacco products can also hurt my performance and lead to life threatening illness. I will not USE tobacco products including “vape” devices
  - I will not make inappropriate or unwanted physical, verbal or sexual advances on others
  - I will not take performance enhancing drugs. I understand that the consequences for such actions could be suspension from the sport of alpine skiing.
- **Team Responsibility** - As a member of the SODST you have a responsibility to your team, your coaches and Alpine Ontario. The code of conduct requires you to abide by the following:
  - I will wear the team uniform at all times on hill and at prize giving ceremonies when representing the team and its sponsors.
  - I will act as a role model for other skiers and athletes, on the hill, in the lodge and in the gym.
  - I will practice good sportsmanship at all times.

- I will not fight with other athletes, coaches, volunteers or staff.
- I will RESPECTFULLY deal with concerns or disagreements in a professional, polite manner.

## PARENT EXPECTATIONS

Parent and guardians play a big role in the development and success of the athlete. Please see more details in the 2019-20 AOA Parent Handbook:

[https://www.alpineontario.ca/wp-content/uploads/2019/10/Parents\\_Handbook\\_FINAL.pdf](https://www.alpineontario.ca/wp-content/uploads/2019/10/Parents_Handbook_FINAL.pdf)

While your athlete is traveling and training with the SODT we request that you keep in mind the following from the ***Parent and Guardian Code of Conduct*** that you signed:

1. We will remember that adolescents participate to develop as athletes and as people. The SODST program is helping athletes achieve THEIR goals and the program is centered around the athletes OBJECTIVES, not the adults.
2. We understand that the coaches have our athletes' best interest as a top priority. We understand and agree that the coaches are the first point of contact for any concerns that we may have, and if the concerns are not resolved at that level, we will engage Southern Ontario Division at the administrative level. We will not publicly air our concerns without having gone through the appropriate channels first.
3. We expect our athletes to abide by the rules as set by the SODST, FIS, Alpine Canada and Alpine Ontario, thus we shall do the same. Any issue or conflict with said rules shall be resolved in a timely and mature fashion, without resorting to hostility or actions that are contrary to said rules.
4. We will not engage in any kind of unsportsmanlike conduct with any official, coach, parent or athlete.
5. We will respect the officials and his/her authority during races and will NOT criticize, contradict or interfere with officials or coaches at competition. We will take time to speak with coaches privately AT THE APPROPRIATE TIME if we have any concerns or complaints.
6. We will be positive role models for our adolescents and encourage good sportsmanship by showing respect and courtesy, and by demonstrating positive support for all athletes, coaches, officials and spectators at all times.

WE RECOGNIZE AND ACCEPT THE IMPORTANCE OF THE PHILOSOPHY BEHIND "I LOVE TO WATCH YOU PLAY"



## SCHEDULE

The following is a list of important dates that are applicable to ALL SODST athletes:

<b>Date</b>	<b>Event</b>	<b>Location</b>
<b>May 5, 2019</b>	Dryland Testing	U of T/ Goldring High Performance Centre
<b>August 12 – 29, 2019</b>	Pre-season Camp 1	El Colorado, Chile
<b>October 19, 2019</b>	SOD team fitness testing - morning Afternoon Volunteering for SOD Fitness testing	York University / Indoor Track & Field Centre
<b>October 20, 2019</b>	Volunteering for SOD Fitness testing	York University / Indoor Track & Field Centre
<b>November 9 – 10, 2019</b>	Dryland Testing	TBD
<b>November 16 – December 1, 2019</b>	Pre-season Camp 2	Panorama, BC
<b>December 13 – 22, 2019</b>	Pre-season Camp 3 (Training camp & first FIS Races)	Tremblant & Laurentians/ Quebec
<b>December 23 – 26, 2019</b>	Christmas Break	
<b>December 27 - January 5, 2020</b>	Training	Collingwood, Ontario
<b>End of January 2020</b>	Midseason Review Parent/Athlete meeting	Collingwood, Ontario
<b>End of April 2020</b>	Athlete Reviews & meetings	TBD

## EVENT DESCRIPTIONS

### **Pre-Season Camp 1/ El Colorado, Chile:**

We are planning 14 days on snow as our first camp on snow with this team. The focus will be on revisiting the fundamental skills needed to succeed during this stage of the athlete's development. We will do lots of technical free-skiing, lots of drill courses along with a fair bit of general free-skiing to develop as much mileage as possible on their new equipment. We will train and free ski SG, GS and SL. See "Chile camp info sheet" for more details on the camp.

### **Pre-Season Camp 2/ Panorama, BC:**

We are planning 12 days on snow as our second camp on snow with the group. The focus will be more specific to performance factors in more intense training environments. Timing will be used more often and working on strategy (Line) will be a main area of focus for our skiers. We will train and free ski SG, GS and SL. See "Panorama camp info sheet" for more details on the camp. We will also have a tutor present for the duration of this camp.

### **Pre-Season Camp 3 (Training Camp & 1<sup>st</sup> FIS Races)/ Quebec's Laurentian region:**

This training block (5 days on snow) will be followed by 4 days of racing (2 SL's & 2 GS's). The Volume of skiing that we do will decrease while the intensity of training will increase. Timing will continue to be used to quantify improvements. It will be important for the athletes to take a well-deserved break after this block of training and racing. See "Laurentian's camp & racing info sheet for more details.

### **Holiday Season training block:**

During the Holiday season we will be training in the Collingwood area while trying to vary our locations as much as possible. There are plans for SL races at Mount St. Louis Moonstone which should be beneficial for the whole team. You can expect other activities happening during the day including dryland and other team-building events.

### **In Season Camps & away races series:**

We will be planning 3 trips outside Collingwood during the competitive season. These trips are needed to access races that our athletes should compete in to increase their exposure to better competition. We will also be planning to find a location during one of these trips to train GS and SG on terrain that offers more variable terrain than on the Escarpment. More details on these trips will be made available closer to when we start training in the Collingwood area.

## UNIFORM

The SODT's Helly Hansen uniform for the athletes is part of the SODT program fee. From their home in Norway, Helly Hansen has been making professional grade gear to help people stay and feel alive for almost 140 years. Helly Hansen gear is worn and trusted by professionals on oceans, mountains and worksites. As the #1 apparel brand for Ski Professionals, you'll find HH at more than 200 ski resort and guiding operations around the world, and worn by more than 55,000 ski professionals. [www.hellyhansen.com](http://www.hellyhansen.com)

Each SODT athlete will receive:

1. Mid layer
2. Ski pants
3. Ski jacket
4. SL pant

Athletes are expected to wear the uniforms at all times on the hill (even on days off). This includes, but is not limited to, all races, training and when you are on the podium. Your coaches will inform you as to which jacket should be worn on the podium. Please make sure that you are wearing ONLY SODST podium-wear on the podium.

## TRAVEL DRESS CODE

We recognize that to prepare athletes for high level competitions, travel to distant training and racing sites throughout the season is necessary. We want our athletes to be presentable when traveling to training camps and/or races. All athletes participating in our programs and traveling to a camp (air or ground travel), must agree to abide by our dress code set forth by the SODST.

On travel days, athletes are asked to wear a nice pair of jeans (no holes or rips) or khakis and appropriate footwear (closed toe). Athletes can bring sweats, leggings, shorts and other footwear with them in their duffle bag. Tops are expected to be presentable as well...

Locations with swimming facilities will be used for dryland, so please send your athlete with a suit that will allow them to move and be active in the pool.

These guidelines have been set due to the amount of travel this season and wanting the team to look presentable while traveling which shows unity as a team and shows respect to themselves, coaches and the ski club they represent.

## SPONSORS

AOA has very generous sponsors and partners. As part of the SODT it is your responsibility to respect and support our sponsors. Please see sponsor footer below to become familiar with the companies that support THE SODT and ski racing in Ontario.

Sponsors are represented on the Team Uniform on AOA marketing material, and on all external communications from the AOA office. Please wear your uniform with pride and represent the sponsors with respect.



## ALPINE ONTARIO ALPIN SOCIAL MEDIA USAGE

Social media provides PSOs with a new way to speak to athletes, members and various other stakeholders. Although social media provides immediate two-way communication, it can also pose a problem with 'over sharing' or dissemination of confidential or inappropriate content.

The AOA Social Media policy was rewritten in April 2018 and is attached to this handbook. It is a 5 - page document outlining the expectations of the of the members of the SODST with respect to social media. These guidelines apply to all Alpine Ontario Members, including Board of Directors, General Members, full-time staff, interns, part-time or volunteer staff (e.g. provincial coaches, officials or coach educators) Ontario Ski Team and SODST athletes.

## INJURY POLICY AND PROCEDURES

Injury prevention is assisted by compliance to our physical fitness program. Our policy and procedures in the event of an injury to one of our athletes includes a return to snow protocol and addresses the responsibilities of both AOA and the athlete with regard to this very important area of ski racing. **Please note that following any major injury the athlete and Parents will be required to provide a letter of clearance from either the attending Dr. and/or Physiotherapist. This must be signed by all parties (medical professional, parent and athlete).**

**It is required that all athletes carry the RECOMMENDED SAIP accident insurance when travelling outside of Ontario. (Please see section on Travel Policy – insurance) FIS International license registration covers SAIP.**

### **GENERAL INJURY (to be followed when athletes require medical assistance on the hill)**

Falls can result in the requirement for medical attention (ski patrol). Often this is simply a precautionary action to ensure the safety of the athlete. In the event of injury SODST has the following rules that the coaching staff will follow:

- Coaching staff will accompany the athlete to the first aid station. (Never leave athlete alone)
- Arrangements will be made to ensure remaining athletes are supervised.  
Upon release from the first aid station the coach will take note of the actions and enter this in the athletes file and NOTIFY THE ATHLETE'S PARENTS.
- If there is any suspicion of a concussion the coach will follow the advice of the onsite professional and follow the SODST concussion protocol.  
<https://www.alpineontario.ca/download/2017-18-aca-concussion-policy/>
- An injury report will be completed by the coach using the FIS injury report  
[https://assets.fis-ski.com/image/upload/v1545059537/fis-prod/assets/InjuryReportForm\\_English.pdf](https://assets.fis-ski.com/image/upload/v1545059537/fis-prod/assets/InjuryReportForm_English.pdf)

### **INJURY PROCEDURES (When athletes require Hospital or clinic attention)**

- Athlete will not be left alone. (The Coach will accompany athlete).

- Coach will have each athlete's medical file (history of athlete) on hand (PRIVIT).
- Parents will be notified, in accordance with the SODT Emergency Action Plan.
- The coach will ensure all appropriate reports are gathered or accessible for insurance purposes.
- A report of the injury will be filed with the AOA office. This will include date, discipline, general conditions, description of accident, actions taken and next step procedure.
- Coaches will continue to manage the other team members who are at training or racing location, if necessary the coach will find a qualified designate.
- Depending on severity of injury the coach will communicate with the parent regarding transportation arrangements home.
- SAIP will be activated after diagnosis in Canada. If the athlete is out of the country SAIP will be activated on the way to the hospital.
- Parents are responsible for managing their insurance file with personal insurers and SAIP after Coach has released guardianship of athlete back to the parents.

### COACH FOLLOW UP

- Coach will contact the athlete as often as possible and will suggest books the athlete can read to keep them engaged and encouraged.
- A list of mentors will be provided to the injured athlete so that they can contact the mentor discuss their rehabilitation plans.
- Based on injury the return to ski program will be designed and communicated to the athlete and parents (copy to AOA office).
- If surgery is required the athlete and program will follow the AOA return to snow policy.
- If the athlete is expected to be off snow for an extended period of time, the coach and office will ensure that all communications continue to the athlete to ensure they still feel part of the team.

### HEAD INJURY AND CONCUSSION PROTOCOL

Head injuries are a concern to AOA and the parents of all athletes. Data shows that minor head injury (trauma) requires close attention by the coach and athlete. We also recognize that our coaches are not Doctors and fully trained in this area. The following protocol will be followed by the AOA coaches in the event of any head injury. For the full protocol: <https://www.alpineontario.ca/download/2017-18-aca-concussion-policy/>

- First response should be the responsibility of the Ski Patrol or on-site medical professionals.
- Parents and AOA office will be notified following the advice of the medical professionals on site. **Major accidents will be communicated to the Parents immediately by coaching staff.**
- Should injury occur during training the coach will seek the appropriate medical support on site.
- If the coach can manage a less serious injury on-site they will do so under the advice of the AOA medical support and the parents. If the athlete can be managed on-site we will follow the CAST concussion protocol. The athlete will remain off snow until asymptomatic and then will return on a pre-described rate of exertion. More severe injuries will be dealt with under the direction of the onsite medical professionals.

- Travel home will be coordinated by the coach as directed by both Medical needs and as communicated to Parents.
- Follow up and return to training and racing will be done under the direction of the attending medical professionals
- **Prior to any athlete returning to ski with AOA following head injury the athlete and parents must provide AOA with a letter of clearance signed by both the Doctor and by the Parents.**

## **AOA / PARENT RESPONSIBILITY TO THE MEDICAL SUPPORT OF THE ATHLETE**

The responsibility for medical support of the athlete rests with the Parents. During program component (training and competition) AOA assumes these responsibilities as outlined in the Athlete Consent Form.

AOA will endeavor to help the athletes and their families find appropriate medical advice and assistance in the event of injury during our program components. Getting the advice of the Medical team who has sport specific experience is important. It should be understood that all return to ski activity will follow the advice of Medical advisors.

- Initial contact and advice from the AOA medical support will be undertaken by the Coach.
- AOA assumes all on site responsibility until the Parents have been contacted after which the responsibility is handed over to the Parent.
- AOA reserves the right to refuse return to competition without proper clearance from the Medical support (Drs. and Physiotherapists).

## **AOA RETURN TO SKI POLICY**

Alpine Ontario recognizes that we have a responsibility to our athletes to ensure that team members are physically and mentally ready prior to their return to our program and on snow activities.

Coaches may use discretion to help to determine whether the athlete is able to cope with the demands required for elite alpine ski racing and training.

The following will apply:

- Athletes and Parents must submit to AOA clearance from their Doctor and or Physiotherapist for a return to snow.
- Athletes will be required to perform a physical fitness test delivered by the AOA Athletic Director, OST Coach, or designate. This test is designed to evaluate the athlete in preparation for undergoing the normal stresses associated with skiing.
- Following release and a clearance to return to ski, AOA will establish a return to training / competition program for the individual. This plan will be communicated and discussed with the Parents and athlete. **(Depending on timing of this plan the financial implications need to be clarified between all parties prior to execution).**
- Injured athletes will maintain their team status from the time of injury. Following a successful return to competition plan athletes will be evaluated as regular team athletes.

## **AOA RESPONSIBILITY TO INJURED ATHLETES**

The following will outline AOA responsibilities to our injured athletes.

- Ensure all medical and rehab programs are available and being followed by the athlete. ( Including the availability of Psychological support if required).
- Maintain communication with the athlete regarding both normal team activities as well as updates on the athlete's rehab process.
- Ensure all team equipment (uniforms etc.) are delivered to the athlete.
- Ensure the FIS points are "frozen" and all admin requirements regarding the athlete's status are up to date.

Coaches are available and will communicate with the athlete during this period. A variety of situations can arise from an injury which includes the amount of work required to return to a successful competition level and the willingness to of the athlete to 'make this commitment'.

## **TRAVEL POLICY (INSURANCE)**

Regarding vehicles and driving:

- Coaches will be limited to driving time following either a training day or competition day not to exceed a total work day of 14 hours. This is to reduce fatigue during long drives.
- Coaches are only permitted to drive vehicles they are licensed to drive.
- All equipment will be secured properly.
- Coaches or officials require letters of permission for minors that will cover out of country travel, medical treatment.
- Coaches and officials must recognize their responsibilities to supervise.

## **INSURANCE**

SAIP coverage is required by FIS for all FIS-carded members to compete in FIS competitions (ICR 212.4). SAIP is automatically applied to FIS-level members of Alpine Canada (excluding Masters' members). SAIP coverage is required by Alpine Canada of any members traveling to compete or train outside of North America. The coverage extends from the registration date to June 30 of the following season (example: July 1, 2019 registration is covered to June 30, 2020).

- Coaches are covered by the CSC, SAIP and ACA insurance policies.
- For further information on SAIP FAQ <https://www.alpineontario.ca/download/2019-20-saip-information/?wpdmdl=2416>
- Must purchase the International FIS license which includes the SAIP class 2

## SUPPORT SERVICES

Position	Name	Contact Information
Head Coach	Jacques Reid	jski@alpineontario.ca 705-888-5544 mobile
Men's Head Coach	Bebe Zoricic	bebe@alpineontario.ca 416-702-0002 mobile
Women's Head Coach	Jenn Warren	jenn@alpineontario.ca 416-662-9996 mobile
SOD Program Director	T.E.S. Hynes	tes@alpineontario.ca 705-444-5111 ext 133
SOD Program Manager	Suki Chapman	sodmemberservices@alpineontario.ca 705-444-5111 ext 133
Alpine Ontario Executive Director	Bill Reeves	breeves@alpineontario.ca 705 444-5111 ex 206
Alpine Ontario Accounting	Angela Hobbs	accounting@alpineontario.ca 705 444-5111 ext 125
Alpine Ontario Competition Director	Robyn Skinner	rskinner@alpineontario.ca 705 444-5111 ext 128
Alpine Ontario Communications	Kristin Ellis	communications@alpineontario.ca 705 444-5111 ext 132
Alpine Ontario Competition Manager	Duncan Gibson-MacLean	duncan@alpineontario.ca 705 444-5111 ext 102
Alpine Ontario Member Services	Lisa Linhares	memberservices@alpineontario.ca 705 444-5111 ext 110

### Useful Links

Alpine Ontario Alpin	<a href="http://www.alpineontario.ca">www.alpineontario.ca</a>
Alpine Canada	<a href="http://www.alpinecanada.org">www.alpinecanada.org</a>
FIS	<a href="http://www.fiski.com">www.fiski.com</a>
ACA Live Timing	<a href="http://www.alpinecanadalive.org">www.alpinecanadalive.org</a>
Split Second Timing	<a href="http://www.live-timing.com/">www.live-timing.com/</a>

### FIS registration Forms

ACA Medical Evaluation	<a href="http://www.alpineontario.ca/download/aca-medical-evaluation-form/">www.alpineontario.ca/download/aca-medical-evaluation-form/</a>
FIS Athlete Declaration	<a href="http://www.alpineontario.ca/download/fis-athlete-declaration/?wpdmdl=2355">www.alpineontario.ca/download/fis-athlete-declaration/?wpdmdl=2355</a>



## EDUCATION

Alpine Ontario recognizes that we work with athletes in their High School years and that education is a concern for many parents and student/athletes. Where possible tutors will be available at the fall camps and during the season, however, it is the athlete's personal responsibility to keep up their schoolwork while maintaining a rigorous training and competition schedule.

We are pleased to announce that **Hugh Morrison** will be joining AOA in an education consulting capacity. Hugh has been a school Administrator for 9 years and has been a professional coach/instructor for 30 years. Currently, Hugh works as a school Principal while coaching on a part-time basis at the Georgian Peaks Club. His understanding of ski racing in Ontario and the academic pressures facing athletes at the U18 stage of their development makes him a very valuable resource and we are excited to have him join the team.

Some new initiatives that Hugh and the AOA brass will be implementing for the 2019-20 season include:

1. General High School Academic Counselling and Tutoring (Cost Per Athlete: \$450)
  - Helping students/families to navigate and coordinate their athletic program with their academic priorities
  - Helping to determine Post-secondary pathways including NCAA admissions
  - Providing athletes with workshops to develop their habits as student-athletes
  - Assisting athletes in making a communication plan with their educational provider
  - Implementing an accountability system that keeps students, teachers, coaches, and parents up to date with school requirements
  - Access to tutoring at the November training camp in Panorama Resort, BC
2. Grade 12 Phys Ed Credit from Melissa Wheatcroft (Cost Per Athlete Approximately \$350)  
University level course in Exercise Science starting in June and ending in Chile in August (*\*please note: For this credit, we require 15 athletes to participate. Associated fees for Melissa's expenses will be a minimum of approx. cost \$350/pp*)
3. Provide/Coordinate Tutoring for Athletes In Season In The Collingwood Area. Details to be finalized early October. \*\*\* Delivered upon request with extra applicable charge.

The SODST will take the following responsibilities regarding education.

- Support parents requiring athletes to maintain specific grades to continue with the ski program
- Inform athletes about summer school opportunities

If you have any questions or concerns about balancing the demands of ski racing and school, please refer to AOA's Education Resource: <http://www.alpineontario.ca/download/education-ski-racing-resource-guide-ontario-athletes/>

## SODST COMMUNICATION

Athlete's and Parent's first line of communication is their individual coach.

Coaches and administrators are required to:

- Respond to all inquiries in a timely fashion
- Provide program evaluations to athletes and parents on a semi-annual basis.
- If an issue cannot be rectified or a question cannot be answered by the athlete's coach, then the parent is asked to contact the SOD Program Director or Manager

### ATTACHMENTS/LINKS:

Program Fees

Athlete Application

Returning Athlete Application

[Athlete/Parent Agreement / Code of Conduct](#)

Program calendar

[Concussion Policy](#)

[Return to Snow Policy](#)

[Social Media Policy](#)

Canadian Guideline on Concussion in Sport/Pre – Season Concussion Education Sheet

[www.parachutecanada.org/guideline](http://www.parachutecanada.org/guideline)

Refund Policy

## REFUND POLICY

The purpose of this policy is to provide guidelines for SODST members regarding payment of athlete fees in the case of a season ending injury.

Annually the AOA, in conjunction with the SOD Head coach will produce a program budget to determine the program for the upcoming season. The budget for this program is a mixture of unavoidable and avoidable costs.

In the event of a season ending injury this document is to assist in providing guidance for SODST members regarding the payment of athlete fees.

Each individual case will be dealt with on a case by case basis however the chart below shall provide guidance to the maximum refund of amounts paid.

Last day athlete participated in the a SODST activity prior to	Maximum eligible refund of amounts
August 1 <sup>st</sup>	75% (did not attend Chile camp)
November 1 <sup>st</sup>	50% (attended Chile camp but did not attend Western camp)
January 1 <sup>st</sup>	25%
After January 1 <sup>st</sup>	0%

**SOD Ski Team FIS Program 2019-20**

**Amount**

**PREPARATION PERIOD**

Chile Camp: August 10th - 28th - <i>dates subject to minor changes</i>	* flight extra	\$ 4,000.00
Panorama Camp: November 16th - 30th	* flight extra	\$ 3,000.00
Quebec Camp: December 13th - 23rd		\$ 1,500.00

**COMPETITION PERIOD**

Eastern Race Series #1		\$ 1,500.00
Eastern Race Series #2		\$ 1,500.00
Eastern Race Series #3		\$ 1,500.00
<i>(If quota prohibits entry, athletes will attend Western Spring Series)</i>		
Local FIS Entries + U19 National point races + Training (including NZ nights)		\$ 1,400.00

**ADMINISTRATION**

Inclusive coaching May thru April		\$ 6,500.00
Equipment		\$ 550.00
Uniform		\$ 650.00

**Subtotal** \$ 22,100.00

**HST** \$ 2,873.00

**SOD Team Program Total** **\$ 24,973.00**

**ADDITIONAL**

* International FIS license which includes SAIP insurance	2018-19 fee	\$ 761.00
* Les2Alps Camp June 29th-July 11th	* flight extra	\$ 2,500.00
* Eastern Race Series Val St Come/Bromont		\$ 1,500.00
* Nationals Championships (mid March) <i>subject to change due to location</i>	* flight extra	\$ 3,000.00
* Western Spring Series (early April)	* flight extra	\$ 2,000.00

**DRYLAND**

Fitness testing (spring and fall)		\$ 200.00
Fitness program *subject to extra costs		

**PAYMENT DUE DATES**

1. May 1st, 2019 (non-refundable)	\$ 3,358.00
2. June 1st, 2019 (non-refundable)	\$ 3,087.86
3. July 1st, 2019	\$ 3,087.86
4. August 1st, 2019	\$ 3,087.86
5. September 1st, 2019	\$ 3,087.86
6. October 1st, 2019	\$ 3,087.86
7. November 1st, 2019	\$ 3,087.86
8. December 1st, 2019	\$ 3,087.84
	<b>\$ 24,973.00</b>

**Payment can be made by Online banking  
Cash, Cheque or Credit Card (4% fee applies)**

**\*\* Subject to additional fees may apply due to unavoidable expenses**