

# **SKILL DEVELOPMENT PROGRAM (SDP)**

## ***Parent Information & Responsibilities***

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Thank you for enrolling your child into this “learn-to-ski” program. There are a few things we think are important for you to know so that we can make this an enjoyable experience for you, and your child.

- Lessons will commence on Saturday, January 6th at 10:30 a.m. out at the Elk Valley Nordic Centre; followed by Tuesday, January 9th at 4:30 p.m. & Thursday, January 11th at 4:30 p.m.
- Jackrabbit & Bunnyrabbit lessons will be 1 hour long.
- **\*\*Track Attack lessons\*\* will be 1.5 hours long, starting at 10 a.m. on Saturdays ending at 11:30 a.m.; Tuesdays lessons will start at 4:30 p.m., ending at 6 p.m.**
- All children should have their equipment on & ready to go at the applicable start time, to ensure a punctual start. If your child has wax-able skis, ensure your child’s skis are prepared with the proper kick-wax prior to the applicable start time.
- Ensure your child is wearing the appropriate clothing. Cold feet or hands can turn any fun activity into a nightmare.
- Please support assorted volunteer duties; your help in this much-loved program would be appreciated. These duties include coaching, den parent, tail-gunning, gear distribution support etc.
- Parents who wish to obtain rental equipment (first come, first serve) contact the club.
- The more your kids ski during the winter, the more fun it is for them. It isn’t necessary to go to the Elk Valley Nordic Centre – there are many opportunities to ski in town, including the Fernie Golf Club, the dike trail, schoolyards, and even your own back yard!

Once again, thank you for getting involved in this fun winter sport. We hope you and your child has a great time! If you have any further questions, please do not hesitate to contact **[Alisha Rella at fernienordic@gmail.com](mailto:Alisha.Rella@fernienordic@gmail.com)**.

## **Cold Weather Policy**

The following outlines our cold weather policy:

- **Temperatures -15C or below, lessons will be cancelled.**
- If children are inappropriately dressed they may be excused from the session and parent will be notified. If you require guidance on appropriate dress for the weather, please contact your group coach.
- A hat should be worn at all times, ensuring ears are covered to avoid frostbite.
- Children will be brought into the warming hut when they say they are cold.
- Group coaches will choose areas that are protected from the wind, avoid activities in open areas and keep the young children close to the warming hut in the event that someone does get cold. They will allow additional time to warm-up as it takes longer to get the body warmed-up for sport activity in cold weather.
- At the discretion of the group leader the session may be cut short if extreme weather becomes a safety issue.

## **Skills Development Ski Rental Program**

Rather than purchasing equipment, many families may decide that they would prefer to rent the skis, boots and poles that their kids will use for the year. FNS has started a program to allow SDP athletes to rent one of the following packages, there is limited supply of rental equipment (we will only rent whole packages, not just boots, skis or poles):

<b><u>Packages</u></b>	<b><u>Includes</u></b>	<b><u>Price</u></b>
<b><i>Waxless Classic Package (Bunnies &amp; Jackrabbits)</i></b>	-Waxless ski with NNN bindings -Junior NNN Boot poles	<b>\$50</b>
<b><i>Classic/Skate Combi ski package TrackAttack</i></b>	-Both Waxless and Waxable skis with NNN bindings -Junior NNN Combi Boot -Two pairs of poles (skate and classic lengths)	<b>\$50 + \$25 (for skate skis)</b>

Rental equipment will be distributed *upon receipt of payment and a postdated cheque or deposit of \$225 as security deposit.*

You are required to take good care of the rental equipment as you will keep it until the last lesson of the season (Mid-late March).

Normal wear and tear is expected, however, at the discretion of the club you may be charged for any breakage of equipment or more serious damage.

Equipment returned at the end of the season and in good order will result in your deposit or cheque being returned to you.