



Parent/Athlete Handbook

21/22 Crested Butte Nordic Team

Contact, Alex Riedman, Rec Programs Coordinator, alex@cbnordic.org for all questions and comments regarding the winter season.

KNOW YOUR PROGRAM

Please acquaint yourself with your program start date, start and finish times and meeting places. All Crested Butte programs will meet at the Nordic Center during the first week of practice.

Challengers - Dec 6 - Mar 10

Session 1 - Mon 4:00 pm - 5:30pm/Wed 2:30 pm - 4:00 pm

Session 2 - Tues/Thurs 4:00 pm - 5:30 pm

Challengers Race Prep - Dec 7 - Mar 10 Tues/Thurs 4:00 pm - 5:30 pm

Explorers - Nov 29 - Mar 10

Session 1 - Mon 4:00 pm - 5:30pm/Wed 2:30 pm - 4:00 pm

Session 2 - Tues/Thurs 4:00 pm - 5:30 pm

Explorers + - Nov 29 - Mar 11 Mon/Fri - 4:00 pm - 5:30 pm

Striders - Jan 3 - Mar 7 Mondays, 4:00 PM - 5:30 PM

Gliders - Jan 4 - Mar 10 Tues/Thurs, 4:00 PM - 5:30 PM

Biathlon - Dec 8 - Mar 9 Wednesdays, 2:30 PM - 4:00 PM

Mini Striders (ages 3 - 4) - Dec 1 - Mar 9 Wednesdays 9:30 - 10:30 am

Mini Striders (ages 4 - 5) - Dec 1 - Mar 9 Wednesdays 11:00 am - 12:00 pm

Gunnison Programs - all Gunnison programs meet at Jorgensen Field the first week of practice

Gunnison Challengers - Dec 7 - Mar 10 Tues/Thurs 4:00 pm - 5:30 pm

Gunnison Race Prep - Dec 6 - Mar 9 Mon/Weds 4:00 pm - 5:30 pm

GEAR AND EQUIPMENT

1. Crested Butte Nordic provides skis, boots and poles for all athletes in all of our programs, including our Gunnison based programs. We highly encourage those

pursuing racing to own their own set up of skate and classic skis.

2. Athletes should come to each practice with:
 - a. Snow pants
 - b. Warm jacket
 - c. Hat
 - d. Warm mittens/gloves
 - e. Buff/neck gaiter
 - f. Water
 - g. Snack
3. All Gliders, Challengers and Challengers Race Prep programs will get the opportunity to skate ski throughout the winter. Due to limited supply, skate ski days will be assigned to each group. Those days will be communicated in the weekly email.

COMMUNICATION

1. Our [webpage](#) has information on our program schedule, a calendar of events, and other general Crested Butte Nordic information.
2. Every week you will receive an email regarding upcoming events and important information as well as where your program is meeting that week.
3. Send other questions and comments to alex@cbnordic.org

PRE PRACTICE TIPS AND TRICKS

There isn't a whole lot of time between school getting out and practice starting. Here are some ways to streamline the process for your kids so they're on time and prepared.

1. Do pack a Nordic Bag! Have all clothes, including DRY GLOVES, a separate snack and water bottle in a bag that the athletes will take with them to school. When the bell rings they can change clothes at school and eat a snack on the walk or drive to practice.
2. Don't try to buy a snack at Ace or Clarks on your way.
3. Don't go home before going to practice. These things take a long time and end up taking away time-on-snow from the entire group.
4. Do change and use the bathroom at school. The Nordic Center will not be open to the public this season. There will be porta potties at every trailhead for emergency use.

COVID PROTOCOLS

We will be following the CDC and Gunnison County guidelines for the safety of our staff and athletes.

1. The public will only be allowed in the Nordic Center this year to purchase retail, use the restroom or change clothes. Athletes are not permitted inside to change clothes or use the building as a warming house. If an emergency creates the need to go inside, masks must be worn.
2. If an athlete must use the indoor bathroom, masks must be worn and no more than 10 athletes are allowed inside the building at any one time.
3. Masks do not need to be worn at the beginning of, during or after practice when outside
4. If athletes are traveling in the team van or any Nordic Center transportation, masks must be worn at all times
5. Athletes, coaches, Nordic Center staff and volunteers are expected to stay home when they are not feeling well

CANCELLATION/REFUND POLICY

COVID Cancellation Policy

Our programs are set up to run under the Green, Blue and Yellow levels on Gunnison County's [Coronameter](#). If the county declares Orange or Red, we will have to cancel all programs for the entirety of the season.

- If programs are cancelled (Gunnison County declares Orange or Red on the Coronameter) up to two weeks prior to the start date of your program, we will issue a full refund.
- If programs are cancelled within two weeks of your program's start date, we will issue a 75% refund.
- If programs are cancelled between two and five weeks after your program's start date, we will issue a 50% refund.
- If programs are cancelled five (5) or more weeks after your program's start date we will not issue any refunds.

Weather and other events

In the case of severe weather, temperatures below -6 degrees Fahrenheit, or an unforeseen event where the Nordic Center Staff and Board deem skiing outside unsafe, practice for the day will be cancelled. If conditions continue, we will wait to resume

practices until conditions are deemed safe by the Nordic Center Staff and Board. No refunds will be given for these unforeseen cancellations.

Injury or Medical

If you athlete can no longer participate in our programs due to an injury or other medical condition we will consider a 50% refund if:

- A doctor's note can be provided
- There is more than half the season left