

# Parent & Athlete Guidelines

2022-2023 Crested Butte Junior Nordic Team

Contact, Alex Riedman, Rec Programs Coordinator, [alex@cbnordic.org](mailto:alex@cbnordic.org) for all questions and comments regarding the winter season.

## KNOW YOUR PROGRAM

Please acquaint yourself with program meeting times, start and finish dates, and trailheads. All Crested Butte programs will meet at the Nordic Center during the first week of practice. Crested Butte and Gunnison program practice locations will be communicated via email the week leading up to practice.

Program Track	Group	Session	Monday	Tuesday	Wednesday	Thursday	Friday
Nordic	Preschool 4-5 Years Old	6 kids			11-12 pm		
Nordic	Kindergarten & 1st Grade	16 kids	4-5:30 pm	<-OR->	2:30-4 pm		
Nordic	2nd & 3rd Grade	18 kids	4-5:30 pm		2:30-4 pm		
Nordic	4th & 5th Grade	16 kids	4-5:30 pm		2:30-4 pm		
Nordic	6th through 8th+ Grade	16 kids		4-5:30 pm		4-5:30 pm	
Nordic	Gunnison 2nd Grade & Up	16 kids		4-5:30 pm		4-5:30 pm	
Backcountry	4th & 5th Explorers	16 kids	4-5:30 pm		2:30-4* pm		
Backcountry	6th through 9th+ Grade	16 kids		4-5:30 pm		4-5:30 pm	
Biathlon	6th Grade & Up Biathlon	8 kids			2:30-4* pm		
Competitive	Race Prep (4th & 5th)	8 kids		4-5:30 pm		4-5:30 pm	
Competitive	Devo Team (6th - 8th)	10 kids		4-5:30 pm	2:30-4* pm	4-5:30 pm	
Competitive	Comp Team (9th & Up)	10 kids		4-5:30 pm	2:30-4* pm	4-5:30 pm	4-5:30 pm
Competitive	Comp Team (9th & Up)	10 kids		6:30-8 am		6:30-8 am	
*Wednesday programs may run till 4:30 occasionally to take advantage of the earlier start and sunlight							

## COMMUNICATION

1. Our webpage has information on our program schedule, a calendar of events, race opportunities and other general Crested Butte Nordic information. <https://cbnordic.org/things-to-do/team/>
2. Each week you will receive an email with upcoming events, important information, and trailhead meeting locations for the week.
3. Email notification of absences or questions to [alex@cbnordic.org](mailto:alex@cbnordic.org)

## 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 encourage those pursuing racing to own their own set up of skate and classic gear.
2. Athletes should come to each practice with:
  - a. Snow pants or nordic pants
  - b. Warm jacket
  - c. Hat & Sunglasses
  - d. Dry, warm mittens/gloves
  - e. Buff/neck gaiter
  - f. Drink water prior or have a water bottle
  - g. Eat a snack prior or have a small snack in pocket
  - h. Ski socks or tall socks- NO ankle socks!!

## PRE PRACTICE TIPS

There isn't a whole lot of time between the end of school and the beginning of practice. 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 WARM GLOVES, a separate snack, and leak-proof 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 stop to buy a snack at Ace or Clarks on your way.
3. Do change and use the bathroom at school. The Nordic Center will be accessible for bathroom use, but changing rooms are limited. There will be porta potties at most trailheads.

## YOUTH RACES

We are excited to offer three youth races for our athletes this season. These races are optional, though athletes are encouraged to participate. Each Wednesday race will have a 1K and 3K option for athletes ages 5-18. Weather days may occur.

Race #1: January 25th, Nordic Center, Classic & Biathlon (w/nerf guns for safety)

Race #2: March 1st, Town Ranch, Skate for Grade 3+, Classic for K-Grade 2

Race #3: March 15th, Nordic Center, Costumes & Freestyle Obstacle Course

## CANCELLATION/REFUND POLICY

### *Injury or Medical Related Cancellation*

If your athlete can no longer participate in our programs due to an injury or other medical condition we will refund...

- 100% of your athlete's program tuition up to their program start date
- 75% of your athlete's program tuition between their program start date and two weeks after their program started
- 50% of your athlete's program tuition between two weeks after their program start date and half way through their program length
- No refund will be issued after we are halfway through their program's length

### *All Other Cancellations*

If you no longer wish to participate in our winter programs for any other reason outside of medical or injury related cancellations we will refund...

- 100% of your athlete's program tuition up to their program start date
- 50% of your athlete's program tuition between their program start date and halfway through their program
- No refunds will be issued after we are halfway through their program's length

### *Weather or Other Events*

In the case of severe weather, temperatures below -6 degrees Fahrenheit, extreme avalanche danger, or an unforeseen event where Nordic Center Staff deem skiing outside unsafe, practice for the day will be canceled. If conditions continue, we will wait to resume practices until conditions are deemed safe by the Nordic Center Staff.

## HEALTH PROTOCOL

Any employee, coach, participant, or volunteer should stay home if they are experiencing symptoms of any illness, including colds, flus, covid-19, or other communicable illnesses. The Crested Butte Nordic Team follows covid-19 and health protocol as outlined by Gunnison County and in alignment with the Crested Butte Community School. Masks may be worn by any participant, coach, or volunteer at any time. Masks may be made mandatory indoors if Gunnison County reinstates a mask recommendation or mandate for indoor areas.

## BATHROOMS AND CHANGING CLOTHES

Privacy must be respected for any participant or coach using the bathroom, indoors or out, or while changing in or out of clothing or gear. Participants are to use the indoor restroom one at a time in private stalls and give one another plenty of space for privacy if urinating outside. Encourage modesty for participants in your group; create safe spaces and boundaries between participants. Coaches may need to assist young participants with buttons/zippers/snaps/ties; tell them to do their best on their own first and pull up pants or clothing before exiting the bathroom stall or rejoining a group. One-on-one situations are not allowed. If a coach or volunteer is taking one young athlete to the restroom, they should take a second athlete or have another coach, volunteer, or front desk staff member present.

## DISCIPLINARY PROCEDURE

The Junior Nordic Team has clear expectations of safe and respectful behavior from all athletes, employees, and volunteers. Parents will be notified of all unsafe or disruptive behavioral incidents, and may be called for an early pickup if necessary.

**No athlete shall disrupt practice with unruly behavior, make any other athlete or coach feel uncomfortable by their words or actions, or put themselves or others in unsafe situations.**

1. Coach identifies the individual(s) showing disruptive behavior. Separate athletes that are involved in arguments, physical altercations, or disruptive behavior.
2. Athlete(s) and coach discuss clear and rational solutions to mitigate the problem.
3. Parents are informed of the incident and resolution.

**1st Incident:** Use above process with clear verbal warning. Coaches should make note of incidents on the attendance sheet and alert the program coordinator.

**2nd Incident:** Clear verbal warning and temporary separation of athlete from group. Depending on the incident, the coach may ask the athlete(s) to:

- Sit quietly on a bench for a short period of time
- Ski a short distance by themselves to “cool down”

**Continuing Challenges:** If disruptive or unsafe behavior continues, athletes may be asked to take time off of practice and provide an apology to the individuals or groups affected.