



Athlete Safety Policy

North Bay Antoine Ski Racers (NBASR) has a fundamental obligation and responsibility to promote the health, safety, physical and mental well-being of every individual who is registered in the club and to the ski community as a whole.

Athletes, parents/guardians, volunteers, and coaches are all responsible for the safety and well being of all members of the club, and are expected to adhere to these policies.

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Harassment and Bullying

NBASR does not tolerate bullying or harassment. NBASR fosters an environment that is supportive of the dignity and self-esteem of individuals, based on mutual respect, honesty and trust, and requires that all individuals are to be treated with respect and fairness at all times.

NBASR is required to have an updated Harassment and Bullying Policy and to ensure that the principles indicated in this policy are implemented and followed.

Prior to joining the NBASR, all athletes/parents/guardians are required to read and accept the Harassment and Bullying Policy (Policy No: NBASR-P-005).

Equipment

- All equipment is to be in good condition and safe for use.
 - Any expired netting/equipment will be appropriately disposed of.
 - NBASR Board will keep an inventory of items and ensure that they are replaced as required and in good upkeep.
 - Coaching staff are responsible to inform the NBASR Board of any equipment that requires maintenance or replacement

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Updated By: Debbie Niebergall

Board Approval: 2022/12/20



- Coaching staff will ensure that equipment is used properly and as per manufacturer requirements and all safety devices (netting etc.) will be utilized when necessary.

Athlete Gear and Attire

- Athletes should wear appropriate clothing and layers as is required for the weather.
- Athletes should wear a club jacket or club bibs to easily be identified by the coaching staff.
- Skis and poles should be appropriate for ski racing and athlete ability, and should be properly sized.
- Coaches should advise parents on appropriate skis or safety equipment when required or requested.
- Skis should be regularly and appropriately tuned.
 - NBASR should provide and maintain a community supply of tuning equipment for member use.
 - NBASR will assist any new members in instruction on how to tune athlete skis.
- Additional safety equipment
 - Must be appropriately sized and in good condition
 - Must follow guidelines below
 - For any equipment that is “permitted”, discussion with the athlete’s coach should occur prior to use.

Equipment Guide (as per Alpine Ontario 2022)									
		Race Suit	Helmet with hard ear guards	FIS approved helmet with hard ear guards	Slalom chin guard	Shin Guards	Pole Guards	Mouth Guards	Back protector
U8-U10	Slalom	not permitted 	required 		permitted 	permitted 	permitted 	recommended 	permitted
	GS				not permitted 		not permitted 		
U12	Slalom	permitted 	required 		recommended 	recommended 	recommended 	recommended 	recommended
	GS				not permitted 		not permitted 		
U14	Slalom	permitted 	required 		recommended 	recommended 	recommended 	recommended 	recommended
	GS				not permitted	required	not permitted		



U16	Slalom	permitted 	required 		recommended 	recommended 	recommended 	recommended 	recommended
	GS		not permitted 	required 	not permitted 		not permitted 		

Cold Weather

To ensure safety of all athletes, parents/guardians, coaches, and volunteers should use good judgment when severe weather occurs.

- Parents/guardians should ensure that athletes are dressed appropriately for the weather.
- Coaches should be aware of the weather conditions and should plan the frequency and length of breaks depending on conditions and athlete ages.
- Athletes should speak to coaches if they are feeling cold and request warm up breaks. Coaches should respect requests during extreme weather.

Severe cold weather is not uncommon in our area. Our club strives to make accommodations to the weather and cancel training days only if absolutely necessary.


- Training days will be canceled if the Ski Hill has closed due to severe weather. If the ski hill has decided to do a delayed start due to cold weather, training will start when the ski hill has opened.
- Coaches will use their good judgment on when to cancel training, on days that the ski hill has remained open. Conditions to consider include:
 - Age of athletes. Nancy Green athletes are at greater risk in the cold and a lower threshold for delayed start and canceled training days should reflect this.
 - Availability of warm up areas. If there are no available warm up areas for athletes, cancellation of training should be considered.
 - Wind chill, moisture, and other weather conditions.
- Coaches will announce cancellation of training with as much notice as possible. It will be communicated via the established communicated method decided on that season (teamsnap, email etc).
- No one is obligated to attend training. The decision to send athletes to training is up to the parents/guardians/athletes. We respect their decisions to not attend training if they do not feel safe.



Alpine Responsibility Code

All coaches and athletes must be aware of the Alpine Responsibility Code and follow it all times on the hill.


ALPINE RESPONSIBILITY CODE




THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE SLOPES, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

<p>1 <i>Always stay in control. You must be able to stop, or avoid other people or objects.</i></p> <p>2 <i>People ahead of you have the right-of-way. It is your responsibility to avoid them.</i></p> <p>3 <i>Do not stop where you obstruct a trail or are not visible from above.</i></p> <p>4 <i>Before starting downhill or merging onto a trail, look uphill and yield to others.</i></p> <p>5 <i>If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.</i></p>	<p>6 <i>Always use proper devices to help prevent runaway equipment.</i></p> <p>7 <i>Observe and obey all posted signs and warnings.</i></p> <p>8 <i>Keep off closed trails and closed areas.</i></p> <p>9 <i>You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.</i></p> <p>10 <i>You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.</i></p>
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**Know the Code - Be Safety Conscious
It is Your Responsibility**

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Supervision

Supervision of athletes attending races and training days is a shared responsibility of the coaches and parents/guardians.

- All athletes should wear a club jacket or club bib to be easily identified by coaches.

U6/U8/U10 Athletes (6-9 year olds)

- Parents/guardians are responsible for ensuring their children have arrived to training or races at the agreed upon meeting time and location, to ensure their athletes are in the care of their coaches.
- Athletes should be instructed to remain with their coaches during training and those that disobey may lose the privilege of training with the club.
- Any warm-up or bathroom breaks that individual athletes request are unsupervised. If athletes require supervision it is the responsibility of the parents/guardians.
- Athletes must be able to load/unload any ski lifts and lower the safety bar independently during training. If they require assistance, parents/guardians must either assist their athletes or make arrangements for someone to ride with them.
- If an athlete requires assistance at lunch, parents/guardians need to provide that assistance or make other arrangements.
- Parents/guardians are responsible to pick up their athletes at the end of the day. They should meet the coaches at the arranged pick up location at the designated time. At the beginning of the year coaches will be discussing a “pick-up” plan with each parent/guardian and athlete.

Pick-up options include

- Parents meet at the designated pick-up location promptly at the end of training and coaches ensure the athlete is given into their care.
- Athletes are allowed to leave and await parents in the parking lot for pick-up.
- Athletes are allowed to continue free skiing unsupervised.

Parents are responsible for informing coaches if there are any changes to the “pick-up” plan.

U12/U14/U16 Athletes

- Parents/guardians are responsible for getting their athletes to training or races at the agreed upon meeting time and location and to pick them up promptly at the end of training.
- Athletes should be instructed to remain with their coaches during training and those that disobey may lose the privilege of training with the club.
- If an athlete requires assistance at lunch, parents/guardians need to provide that assistance or make other arrangements.
- Parents/guardians are responsible to pick up their athletes at the end of the day. They should meet the coaches at the arranged pick up location at the designated



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- Athletes are allowed to leave and await parents in the parking lot for pick-up.
- Athletes are allowed to continue free skiing unsupervised.

Parents are responsible for informing coaches if there are any changes to the “pick-up” plan.

Safe Sport Training

Safe, inclusive sport environments help make sport rewarding and enriching for all. Safe Sport Training gives you the knowledge and skills to create those environments by recognizing, addressing and preventing maltreatment in sport.

As per Alpine Ontario, NBASR requires all coaches and board members to take Safe Sports Training. We will also encourage volunteers and parents to complete Safe Sport Training.

Discipline

Athletes are expected to listen to their coaches and act in a respectful and safe manner at all times following the guidelines of the athletes code of conduct. If these principles are not followed disciplinary action may be required.

The coaching staff will be responsible for immediate disciplinary action of athletes. Initial discipline can include a discussion, verbal warnings, and up-to separation of the individual from the group and/or suspension of training privileges for the day.

Further disciplinary action may be implemented due to either the seriousness of the incident or further offenses. This should be reported to the NBASR board and disciplinary committee of 3 board members and 1 coaching staff will be designated to review. Potential disciplinary actions can include:

- Short-term removal of certain privileges.
- Appropriate assignment issued with reflective activity.
- Parent/guardian conference.
- Suspension of all club activities for a designated period.
- Payment of the cost of repairs for any property damage.
- Membership review / expulsion from club.
- Referring the incident to law enforcement as necessary and required by law.



All disciplinary committee meetings are required to take minutes with key allegations, collaborating statements, responses from the accused and parent/guardians, agreed upon disciplinary action and plans for any future follow up meeting/actions planned.

Injury

Skiing and ski racing carry an inherent risk of injury. Coaches, volunteers, parents/guardians, and athletes are responsible to minimize risk of injury by skiing in control, following the alpine responsibility code, and following this policy. If an athlete injures themselves during training the following steps need to be taken.

- Coaches ensure that appropriate first aid is given to the athlete.
- Parents/guardians should be made aware of the injury and further treatment of the injury is their responsibility. Depending on the severity of the injury, this can be done either immediately, at the next break, or end of day.
- Incident report to the NBASR board is completed by the coaching staff within 48 hours of injury.

When participating in races, follow the individual races emergency action plan.

Concussions

All athletes, volunteers, coaches, parents/guardians are responsible for minimizing the risk of concussions, reporting suspected concussion symptoms and ensuring appropriate treatment for any concussions that occur.

Rowan's Law

Rowan's Law came into effect in Ontario July 1st, 2019. This Law outlines sport protocol regarding safety, prevention and management of concussions. Provincial Sport Organizations, including AOA now have some mandatory steps to comply with Rowans Law as of July 1st, 2019:

1. Ensure that athletes under 26 years of age, parents/guardians of athletes under 18, coaches, team trainers and officials confirm every year that they have reviewed the Ontario Concussion Awareness Resources.
2. Establish a Concussion Code of Conduct that sets up rules of behavior to support concussion prevention
3. Establish a Removal from Sport and Return to Sport Protocol

NBASR is required, as per Rowan's Law, to have an updated Concussion Code of Conduct, Removal from Sport and Return to Sport Protocol (NBASR-P-004).

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Prior to joining the NBASR, all athletes/parents/guardians are made aware of Rowan's Law and are required to read and accept the AOA Concussion Code of Conduct.

Communicable Diseases

NBASR will follow all public health guidelines in ensuring the safety of our athletes with respect to any incidences, outbreaks, epidemics, or pandemics of communicable diseases.

General Guidelines

All athletes, coaches, volunteers, parent/guardians will conduct themselves in a manner to prevent the spread of any communicable diseases:

- Appropriate and frequent hand hygiene
- Covering your coughs and sneezes
- Staying home when ill
- Not sharing personal items (hats, face coverings, etc.)

Epidemics/Pandemics

- Follow all local, provincial, and nation laws
- Follow the advice and guidelines of public health and Alpine Ontario
- Develop a specific policy related to each epidemic/pandemic, if it is necessary, and ensure it is distributed to all members.
- Review the policy frequently, and as required, and update as necessary.