

SOVEREIGN LAKE COLD WEATHER POLICY

(revised December 13, 2016)

This policy provides guidance regarding Sovereign Lake Nordic Centre Facility Operations and SLNC Programs Operations. This policy change does not apply to recreational skiers who are advised to “ski at their own risk”; however facility services may not be provided during some listed cold weather conditions.

Day Lodge Operations (including Night Skiing)

- The SLNC day lodge will remain open and fully operational at temperatures of -25 C or warmer. Should outside temperatures reach -25 C (before wind chill) the lodge will be closed for operations due to a higher likelihood of injuries related to hypothermia and frostbite. Core Management (GM or Office Lead will remain to answer questions via phone and email). Remaining staff will be sent home if temperatures do not rise above -25 C by 10am on the day in question). Grooming Staff are not to work outside at -30C or below. Grooming Staff must ensure that they have proper safety equipment as well as full outdoor clothing for any temperatures below -15C.
- If temperatures are colder than -22 C, the facility will send out a COLD WEATHER ADVISORY BULLETIN to be posted on our door, website, and all social media. The note will state that it is recommended that all skiers travel with a partner and exercise extra caution while skiing.
- The chance of injury increases exponentially as the temperatures drop. First Aid Incidents become more complex as temperatures fall leading to reduced response times, longer extreme cold exposure and chances of major health issues resulting from added exposure.
- All night skiing will be cancelled if the temperature is -16 at 1pm. Evening temperatures drop at least 5 C and will lead to -20C by 6pm generally. This will allow programs sufficient time to contact participants of cancelled sessions.

SDP Leaders should consider the following safety measures when skiing with young children during cold days (temperatures below -10C).

- If children are inappropriately dressed they should be excused from the session and their parent should be notified.
- Inform skiers and parents that a hat should be worn at all times. Ensure ears are covered to avoid frostbite.
- Bring children inside when they say they are cold.
- Choose areas that are protected from the wind and avoid activities in open areas.
- Keep the young children close to lodge in the event that someone does get cold.

- Allow additional time to warm-up; it takes longer to get the body warmed-up for sport activity in cold weather.
- If in doubt cut the session short.

Youth Programs: Bunnies / Jack Rabbits (-15 C cutoff)

- SLNC Bunnies and Jack Rabbit Youth Programs will be cancelled at temperatures below -15C as measured or estimated at 1 pm at the Nordic Centre. The Program Coordinator is responsible for determining if the lessons need to be cancelled and for informing the group leaders of the decision. The group leaders are responsible for informing the kids and parents in their group if the session has been cancelled.

Youth Programs: Track Attack / TA+ / TA Biathlon / Winter Fit (-18 C cutoff)

- SLNC TA / TA+ and Winter Fit Youth Programs will be cancelled at temperatures of -18C and below as measured or estimated at 1 pm at the Nordic Centre. The Program Coordinator is responsible for determining if the lessons need to be cancelled and for informing the group leaders of the decision. The group leaders are responsible for informing the kids and parents in their group if the session has been cancelled.

Youth Programs: JD / JD+ / JD+ Biathlon / Academy (-20 C cutoff)

- SLNC JD / JD+ / Academy Youth Programs will be cancelled at temperatures of -20C and below as measured or estimated at 1 pm at the Nordic Centre. The Program Coordinator is responsible for determining if the lessons need to be cancelled and for informing the group leaders of the decision. The group leaders are responsible for informing the kids and parents in their group if the session has been cancelled.

Adult Programs: XC Masters / Masters Biathlon / U35s (-20 C ADVISORY)

- SLNC Adult Programs will be modified at temperatures of -20C and below as measured or estimated at 1 pm at the Nordic Centre. The Program Coordinators are responsible for determining if the lessons need to be cancelled and for informing the group leaders of the decision. The group leaders are responsible for informing the kids and parents in their group if the session has been cancelled. All Masters sessions will be cancelled at -22C.

Ski Team and Biathlon Team policy on cold weather recognizes the unique risk incurred by young athletes in cold weather conditions and has adopted the following policy. With respect to racing, our policy is that:

- When temperatures are -20C or colder (temperature measured at the coldest point of the course and without wind factor) and competition distances are less than or equal to 7.5 km, we will not race.

- When competition distances are greater than 7.5 km and temperatures are -18C or colder (without wind factor), we will not race. Wind factors increase the effect of cold and will be taken into account in determining whether athletes will race.
- Where the head coach at an event feels that other weather factors put our athletes at risk, he or she may also pull the team from the race. The head coach is expected to use discretion in evaluating whether this consequence should include all age groups or not.

With respect to training and practices led by a ski team coach, our policy is as follows:

When temperatures are -20C or colder, the coach leading the practice will decide whether to hold the practice.

Among the factors he or she will consider are:

- Length of practice
- Distance away from the lodge
- How well dressed athletes are
- Whether temperatures will change
- The effort that will be expended during the practice and the time that athletes will be relatively inactive, and
- How old the athletes are
- Practices will be cancelled if temperatures are -20C or colder.

Tips for Athletes:

- Don't be afraid to wear extra clothing. Vests and toques are an important addition and it may also be reasonable to wear two layers of synthetic (polyester) underclothing.
- Balaclavas, neck-warmers and windproof briefs are also a good idea. Consider substituting mitts for gloves.
- Creams, lotions and jellies can reduce the direct exposure of the skin to the air. However, to be effective they must not have water in their base.
- Ski glasses/goggles can keep the wind out of your eyes, but they can also cause a "wind tunnel" effect on other parts of your face. For eye comfort, blink more often than usual. This is particularly true if you wear contacts.

- Consider carrying hand-warming packets (coaches can carry a couple of these with them) to avoid frostbite.
- Learn to recognize the signs and symptoms of frostbite.
- Individuals have a different tolerance to cold weather. Children less than 10 years of age are not able to thermo-regulate as well as older athletes.
- Make sure you are properly hydrated and are not hungry. Bring extra foods and fluids to the site of the event in case there is a delay.
- Up to 30% of cross-country skiers suffer from exercise-induced asthma (EIA). Cold dry air exacerbates this condition. If you are susceptible to exercise induced asthma you will need to take extra precautions. A proper warm-up is critical and your predisposition to EIA should be discussed with a physician.

RACES, LOPPETS, AND CLUB ORGANIZED EVENTS

- Unless stated otherwise in the race notice and/or participant entry form the club's policy regarding running events during cold weather is as follows:
- With air temperatures below -20 C (temperature measured at the coldest point of the course and without wind factor) and competition distances less than or equal to 15 km, the Jury (or race organizers) MUST postpone or cancel the competition.
- With competition distances greater than 15km and temperature less than -18C without wind factor, the Jury (or race organizers) MUST postpone or cancel the competition.
- With any difficult weather conditions (e.g. strong winds, high air humidity, heavy snow, icy track conditions) at any air temperature, the Jury (or race organizers) may, on consultation with the Team Leaders of the participating teams, postpone, cancel or shorten the competition.
- While adhering to the basic principles of the rules, the Jury (or race organizers) may effect minor modifications to the rules providing the word MUST not be used in formulating the rule.

AUTHORITY

This policy is approved by and promulgated under the authority of the SLNC Board of Directors, Programs Committee and Club Management.

SLNC Cold Weather Cut-Off Guidelines

AIR TEMPERATURE (before Wind Chill)	NOTES
-15 C	Bunnies / JR CANCELLED
-18 C	TA / TA+ / WinterFit CANCELLED
-18 C	<i>RACES CANCELLED if over 15km</i>
-20 C	JD / Academy CANCELLED
-20 C	<i>RACES CANCELLED if under 15km</i>
-22 C	Club Wide COLD ADVISORY
-25 C	Facility CLOSED Due To Extreme Cold

(Date Approved)