



TECK REGIONAL FALL DRYLAND CAMP

Prince George

September 17th- 19th, 2021



Location: Caledonia Nordic Ski Club, 8141 Otway Road, Prince George (B.C.).

Dates: September 17th-19th, 2021

Start and End:

Start: Friday 4:00 at Otway Nordic Centre

Depart on Sunday 1:30pm

*There will be an optional gymnastics session at 1:30 for U12-U14

Host Club: Caledonia Nordic Ski Club

Head Coaches: Graham Maclean, Andrew Brisbin, and Simon Lamarche

Coach Contact: headcoach@caledonianordic.com 1-819-329-7669

Office Contact: 250-564-3809

For any inquires: headcoach@caledonianordic.com

Registration: <https://zone4.ca/reg.asp?id=26684>

This dryland camp is for athletes aged nine years and older from the Northern regions of B.C.

Registration:

Registration and payment are made through Zone 4: <https://zone4.ca/reg.asp?id=26684>
For registration inquiries, please contact Simon Lamarche: headcoach@caledonianordic.com.
The total cost of the camp including tax and fees is \$65 and covers food, and location of fields, parking lots etc. *Optional Gymnastics will be an extra fee.

Teck-branded T-shirts will be provided to each participant 16 years and under attending a regional dryland camp.

Full participation in this camp is encouraged. For any exceptions, please contact Simon Lamarche.

COVID-19 Safety Requirements:

- If you choose to participate, you must follow these rules:
- All individuals have signed the online Participant Agreement acknowledging their acceptance of the risks.
- All individuals have completed the online self-assessment tool, on a daily basis before arriving.
- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you must self-isolate.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-9, please stay home.
- Wash your hands before participating.
- Bring your own equipment, water bottle and hand sanitizer.
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Consider your own risk. If you are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation for the time being.
- If you start to feel mildly ill while participating, inform the person in charge (e.g., coach), sanitize your hands, go straight home, and complete the online self-assessment tool. If severely ill (e.g., difficulty breathing, chest pain) have the person call 911. (And that person should ensure the cleaning and disinfecting of any surfaces that you have come into contact with.)
- If you have any health and safety concerns, inform the person in charge and/or the CCBC office.
- Please conduct your self-assessment daily and refrain from participating in the camp if you feel unwell.
- Carry and use hand sanitizer before touching your face or eating.

- Athletes who feel unwell will have to organize with their parents to be pick-up as soon as possible.
- COVID policies may change from now until camp time – we ask that you stay informed and adopt the health authorities' rules and regulations.
- During carpooling, please wear a mask if you are not with your regular cohort.

Expectations:

The goals of this camp are to challenge yourself, learn new skills from different coaches, and meet other athletes from the region. Expectations for athletes during this camp are: Have an open mindset, be organized & ready on time, respect and encourage your peers.

Athletes are responsible with the help from their parents for transportation throughout the camp. Pre-arrangements for transportation between families are encouraged.

Parent volunteers are needed for various tasks around the camp, such as cooking, food servicing, transportation, taking pictures and chaperon.

If you athlete is under 12 years of age, parents are required to sleep on-premise.

Camp location:

The athletes will be camping in the Caledonia Nordic stadium, and the lodge will serve as our cafeteria. Please note that we have wildlife in the area. We recommend having an airhorn in your tent in case of emergency.

Equipment list

- A good tent with a floor trap and a good fly that can withstand lots of rain – fingers crossed the weather is good to us.
- Floor mat
- Sleeping bag
- Pillow
- Hot water bottle if you tend to be cold when sleeping outdoors.
- Air horn, you will be sleeping with the elements, and bears are common in the area.
- Headlamp with extra batteries, if need be, or a charging cord. Charging stations may be limited.
- B.C. Care Card
- Personal hygiene items (toothbrush, toothpaste etc.)
- Utensils, coffee cup, cup, soup bowl, plate, dishcloth, drying cloth.
- Bar, snacks, electrolytes, and energy drink.
- Water bottle with holder in which you will carry any medications you may need with a waterproof instruction on how to administer (dose, doctor name and phone number), e.g. Ziplock with instructions.
- Well fitted helmet
- Roller skiing gloves

- Sunglasses, sunscreen, and a hat.
- Skate and classic (U16 & up): ski boots, poles, roller skis, replacement tips, file, high-viz shirt.
- Skateboard for the (U14 and down), elbow, knee and wrist pads are highly recommended.
- Running shoes, if you have two pairs, bring them.
- Comfortable shoes or boots for the evening.
- Training and casual clothing for all weather: hot, cold and wet days!
- There are no showers on the premises. We encourage you to bring clothes and towels to get the muck off! The Northern Sports Center may have showers available by camp time

Please label your equipment with your name and club name!

