



TECK COAST REGIONAL DRYLAND TRAINING DAY CAMP
Saturday, Sept. 26, 2020, Whistler, BC

This is a single day dryland training camp for skiers born 2011 to 2006. Activities will include roller skiing, ski striding, running, hiking and strength exercises. All camp activities will be at Whistler Olympic Park and the surrounding area.

Athletes are to bring all their own food for the day (drinks, lunch and snacks.)

Host Club: Hollyburn Cross Country Ski Club

Head Coach: Jake Weaver 604-619-2075 biweaver@shaw.ca

Registration:

Register at Zone4.ca Go to: <https://zone4.ca/register.asp?id=24346>

Registration closes Monday, Sept. 14, 2020 or when full.

Due to COVID restrictions there will be a limit of 40 athletes.

Camp Drop Off: Sat. Sept. 26, 9:00 am at Whistler Olympic Park.
Participants are expected to have had breakfast prior to the start of the camp.

Camp Pick Up: Sat. Sept. 26, 3:45 pm at WOP

Camp Fee: The camp fee is \$25 plus Zone4.ca processing fees. This fee will be used to cover some of the volunteer coaches' expenses and incidental expenses. Any excess income will be put towards future camps.

COVID-19 Considerations:

- We will follow the CCBC COVID-19 Return to Sport protocols.
<http://www.crosscountrybc.ca/sites/default/files/documents/Return2SportCOVID-19SafetyPlan-CrossCountryBC.pdf>
- All participating athletes, coaches and participating parent volunteers need to fill out the online participant agreement before the camp and the self-assessment tool that day before the camp.
- Athletes should come with all their own food (drinks, lunch, snacks.)
- We will be outside all day. There will be access to washrooms only, not the flex space. Bring rain gear and enough extra clothes in case of wet weather.
- Everybody should have face masks to wear in case social distancing is not possible. Masks will not be worn during training activities – athletes will need to social distance.

Parents: Parents are allowed to stay in the Park for the day. Here is information from WOP.

- Parents Can:** Hike, bike, trail run, roller ski, walk dogs on leash – come prepared for the day outside or with a book to read in the car, food, coffee, etc. They can also leave and come back for pick up. WOP staff will do a final sweep of the park at 4:30 so all cars should be outside the gate by then.
- Parents Can't:** Access flex spaces or day lodge, only the biathlon washrooms.

We will send more details, including a waiver and COVID-19 guidelines, to participants once the registration is complete.

Dryland Camp Packing List

Note: All items should be labelled with the athlete's name

- Duffel bag or backpack for all your clothes, gear and food.
- Small pack suitable for hiking and running with
- B.C. Care Card/ Medical number
- Sunscreen and lip balm with sunblock
- Sun glasses
- Rain Jacket
- Training clothes for very hot through to cold wet weather
 - Training shorts
 - Training long pants
 - Training shirt – short sleeved
 - Training shirt – long sleeved
 - Long underwear
 - Socks (extra socks in case of wet weather)
- Hats (baseball cap and tuque)
- Gloves
- Running shoes
- Rollerski equipment for Skate (rollerskis, poles with road tips, boots, helmet, reflective vest) The club has some loaner roller skis you can borrow.

******Very Bright clothing or reflective vests and helmets are MANDATORY for roller ski sessions.**

******You will not be allowed to participate in roller ski sessions if you do not have them.**

- Ski striding poles (10 cm shorter than regular classic poles ie. mid-chest height)
- Heart rate monitor (if you have or can borrow one)
- Water bottles and carrier
- Band-Aids and blister bandages
- All food for the day including:
 - Drinks
 - Lunch
 - Snacks (eg. Granola or recovery bars)
- Positive attitude and lots of enthusiasm!!!

CAMP EXTRAS:

- Please notify camp coordinator of any relevant medical conditions including allergies.