

**Regional Camp
Coast**



Teck

2020 TECK REGIONAL FALL CAMP – COAST, VANCOUVER ISL

**September 26 & 27, 2020
Mount Washington, BC**

This is a weekend day camp style dryland training camp for Island and Coast region skiers. Activities will include roller skiing, ski striding, running, hiking and strength & conditioning.

Host Club: Strathcona Nordic Ski Club

Head Coach: Andrea Stapff, 250-202-7096, andrea.stapff@gmail.com

Eligibility: Island or Coast skiers born 2003 to 2011

All camp activities will be at Mount Washington, staged out of the Vancouver Island Mountain Centre. Bathrooms and a lunch area will be available for use but the camp will be held outdoors. Be prepared to train in all types of weather.

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

Accommodation on the mountain is available. Families interested in staying overnight on Friday September 25 and/or Saturday September 26 please contact Andrea Stapff for more details.

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 supporting the VI Mountain Centre.

Camp Registration: Register on Zone4.ca

Saturday September 26:

- camp arrival: 9am, meet in parking area in front of VI Mountain Centre
- roller skiing: 9:30am
- lunch: 12pm
- ski striding/orienteering: 1:30pm
- camp end: 3:30pm

Sunday September 27:

- camp arrival: 9am, meet in parking area in front of VI Mountain Centre
- run/hike in park: 9:30am
- lunch: 12pm
- camp end: 1pm

Covid-19 Considerations:

- 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 within 14 days of the camp start, please stay home.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home.
- Bring your own equipment, water bottle and hand sanitizer.
- Comply with physical distancing measures AT ALL TIMES. Have a mask and sanitizer with you in case physical distancing is not possible.
- Avoid physical contact with others, including shaking hands, high fives, etc.
- 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 you have any health and safety concerns, inform the person in charge.

What to Bring:

- duffel bag or backpack for all clothes, gear and food
- drink belt or camelback for hiking and running
- sunscreen, lip balm with sunblock, hat, sunglasses
- rain jacket
- training clothes for hot to cold wet weather (long sleeve, short sleeve, shorts, long pants, extra socks)
- running shoes
- heart rate monitor if you own one
- skate roller ski gear (skate roller skis/boots, skate poles, helmet, gloves, high visibility shirt or vest, note: high visibility clothing is MANDATORY), Devos will be able to borrow club skate roller skis
- classic roller ski poles, JR team only
- striding poles (10cm shorter than classic poles) OR use classic poles
- positive attitude and lots of enthusiasm!!!