



Teck Okanagan Regional Snow Camp, November 28th – 29th, 2020

Host Club: Revelstoke Nordic

Camp Dates and Times:

Saturday, November 28th from 9:30am – 2:30pm

Sunday, November 29th from 9:30am – 12pm

Eligibility: Skiers born 2008 – 2011.

Location: [Sovereign Lake Nordic Centre](#)

Regional Coach: Matt Smider:
coach@revelstokenordic.org, (250) 683-9012

Camp Participation Options:

Option A: Saturday and Sunday – Attend both days. Responsible for all of your own food, trail pass and accommodation (or sleep at home) for the duration of the camp.

Option B: Saturday Only – Attend only on Saturday. Responsible for all of your own food, trail pass and accommodation (or sleep at home) for the duration of the camp.

Option C: Sunday Only – Attend only on Sunday. Responsible for all of your own food, trail pass and accommodation (or sleep at home) for the duration of the camp.

Registration: Eligible athletes AND coaches may register through zone4.ca until 11:59pm on Friday, November 20th, 2020



Cred: Maja Jacob

Athletes and parents must purchase their own trail passes. Trail passes will be available online beginning November 15th, 2020. There are a limited number of passes available. Please purchase ASAP to ensure your participation in the camp.

Camp Fee: There is no fee for this camp. Athletes will receive a Teck Regional Camp toque.

Schedule: The draft schedule is as follows:

Saturday, November 28th

9:30 – 10am	Camp Intro and Wax
10am – 12pm	Classic Ski w/ Technique Focus
12 – 1pm	Lunch
1 – 2:30pm	Skate Ski w/ Technique Focus

Sunday, November 29th

9:30 – 10am	Teams and Wax
10am – 12:30pm	Ski Tournament (Classic)

Accommodation: Athletes and coaches are responsible for arranging their own accommodation for the camp. [Vance Creek](#) currently has 1- and 2-bedroom suites available and will provide a 15% discount for camp attendees. **Rooms are not reserved and are available on a first-come, first-serve basis.** To reserve, contact Jolene at (250) 549-5191.

Food: No food will be provided at the camp. Athletes are required to bring their own lunch on Saturday and appropriate during and post- training snacks for both days. There will be no indoor eating area for Saturday's lunch.

Transportation: Athletes are responsible for their own transportation to and from the camp.

Packing List:

- **Face mask and hand sanitizer**
- Equipment for both classic and skate skiing
- Grip wax for classic skis
- Water bottle and carrier
- Saturday lunch and training snacks for both days
- Training clothes for a wide range of conditions
- Additional warm clothing options for
- **Positive attitudes!**

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 for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home.
- Wash your hands before participating.
- 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.
- 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.

Looking forward to seeing everyone at camp! Please direct any questions to coach@revelstokenordic.org.