

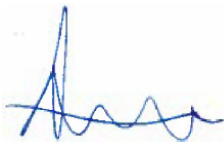
1. This policy is intended to support the parents and guardians of minor athletes, in particular those in the Under-14 (U14) program, in deciding on their child's participation in Club-organized out-of-town training camps and races. It should be read in conjunction with the "trip document" that is prepared and circulated by the coaching staff in advance of a specific training camp or race event.
2. Canmore Nordic Ski Club (CNSC) has a long tradition of organizing out-of-town training camps and races for unaccompanied minor athletes.¹ These events are very popular with the athletes. They help to nurture their independence, confidence and self-reliance, and further build and strengthen bonds with their fellow athletes and the coaching staff.
3. Such events may require that athletes are responsible for preparing their own meals. This is indicated on the sign-up sheet for camps and races planned for the current season which is available from the coaching staff and via the CNSC Forum. If an athlete is not yet ready to take on this responsibility, they should not attend an out-of-town camp or race.
4. Such events may also take place in areas that present hazards, such as the presence of wildlife or proximity to bodies of water. Any such hazards and measures to mitigate the corresponding risks will be identified in the trip document. Parents and guardians are responsible for discussing with their child the identified hazards and mitigating measures and use this information to set clear expectations in terms of activities their child can and cannot do during their free time at the event (e.g., swimming, walking alone in forested areas, etc.). It should be noted that coaching staff are not permitted to supervise swimming and other water-based activities. These activities should only be undertaken by athletes if appropriate supervision is available, such as the presence of a trained lifeguard.
5. Adult supervision at out-of-town camps and races is provided as follows:
 - Coaching staff participating in the camp.
 - Adult chaperones.
6. As concerns the coaching staff:
 - CNSC will ensure a ratio of 1 coach to 10 athletes.
 - The coaching staff are trained in first aid.
 - They have in place an action plan to respond to emergencies during the event.
 - They are available to the athletes at all times, including outside of formal training or race activities.
 - The trip document will include the phone number for the lead coach.
 - Coaches may take on the role of chaperones as needed.

¹ For the purposes of this policy, unaccompanied minors are defined as athletes under 18 years of age participating in an out-of-town event without a parent or guardian present.

7. As concerns adult chaperones:

- CNSC will ensure a ratio of 1 adult chaperone/coach to 10 athletes. Should this not be possible, parents and guardians will be advised and consulted on how to proceed with the event.
- Every effort will be made to provide at least one male and one female chaperone for each event. Should this not be possible, parents and guardians will be advised and consulted on how to proceed with the event.
- Chaperones are there to provide supervision and guidance, allowing athletes the opportunity to grow. They are not there to perform daily tasks for the athletes.
- A chaperone will be present during meal preparation as needed, in particular by U14 athletes.
- The trip document will include the names and phone numbers of the chaperones.
- Chaperones will not share accommodation with the athletes.
- Chaperones will perform an evening check to ensure all athletes are in their accommodation at lights out.
- Chaperones will have completed a vulnerable sector check and the online [Safe Sport Training](#) provided by the Coaching Association of Canada.

Approved on: December 19, 2022



President



Executive Member