

## Nordic Ski Club of Fairbanks Junior Nordics Program Tips for New Parents



\*Families with multiple kids, take a notebook to the store and jot notes on boot, ski and pole sizes needed for all children.

\*Visit ski swaps to look for your specific needs before shopping at stores for retail prices. The kids grow so fast and you might find that they grow out of their equipment during the season. To avoid this problem, purchase boots with a bit more room and double the socks. It may be used in Fairbanks when our cold temps hit.

\*Make sure if your child has never skied before to try on all the equipment inside on your living room carpet. Allow them the space to move around and find their balance a few times. Carve out some time at the ski area for them to safely put on their skis and begin to slide around even if they've never tried it before. That will help give them the necessary confidence it will take to successfully navigate the first lessons.

\*A sense of humor on the days when it is really cold goes a long way in creating the steadfast attitude that all things are possible with the right attitude. Whatever the conditions, we'll make the best of it.

\* Always carry extra mittens, handy heats and a neck warmer on days when it is cold. You can reuse them multiple times if you seal them in a jar before they lose their heat.

\*Your car should be stocked with an extra bag containing socks, hats, mittens etc. You will need them at some point for your children or others who may be skiing with you.

\*Label everything! Lesson days get crowded with excited kids who may not be paying attention when they pick up their belongings. Take a moment to be sure they have theirs.

\*A warm snack before Jr. Nordics lessons along with water in the car afterwards (they really do work up a sweat!!) goes a long way in making your experience a good one. It also is setting the stage for the care of their bodies for any future endeavors.

\*Enter the town series races!!!! They are family oriented and give your child a chance to strut their stuff no matter what level they are at.

\*Show up and ski- even if it is just once. Nothing reinforces the fun more than seeing mom or dad out there with them. Plus, it is good for mom or dad to get some fresh air. It might just turn into a wonderfully healthy habit!

\*Take a day and ski with you kids when they are not at Jr. Nordics. Pick a lovely Saturday and ask your kids to take you for a ski at the UAF or Birch Hill trails. Believe it or not, that little bit of interest you show goes a long way and makes for a great family outing.

\*Remember that hour once, twice or three times a week is also your hour as a parent. Enjoy the time.

\*Sometimes the bundling and getting out the door process takes longer than the actual skiing time. Try to be OK with this! Eventually the time spent skiing exceeds the preparation time.

\*There will be many weeks when you never make it out of the stadium or the terrain garden. It'll come. Embrace it. Before you know it, you won't be able to keep up with your kids!

\*Listen to your child. There's a difference between needing a bit of encouragement and gently prodding your child when they're not excited about skiing. Don't ever force your child to participate.

\*Building relationships is an important element. It is extremely important in the life of the child. Know your child. If you have an introvert and your personality is an extrovert, be sensitive to that. Give them the adequate space to form their own bonds. Stay after the session and speak with some of the other parents so that it creates a space for the child to develop relationships with the other kids.

\*A lot of work goes into parenting in general but specifically, creating the desire for healthy exercise is part of our job. Being intentional with the activities to promote a healthy lifestyle is one way to do it. Children aim to please their parents. If parents make it a habit to exercise daily, kids learn by imitation and it becomes a part of their daily lives. Whether kids decide to ski as part of a competitive club or not, shouldn't matter.

***The ultimate goal is to have children moving and enjoying the sport of cross-country skiing.***

# Jr. Nordic Information 2020-2021

## \*\*\*Please keep as a reference\*\*\*



## Be On Time

Plan to be at Birch Hill or UAF 15 minutes early to allow for parking and getting skis on. Children are expected to be at their meeting spots at the start time. The groups will leave promptly. We don't want kids getting cold waiting for latecomers! Thank you in advance for making sure your kids are on time!. Please understand that it is your responsibility to make sure your child has met up with their coach and is not left alone in the stadium. If you know you will be late, you need to be prepared to ski with your child until you are able to find his/her group. It is not possible for us to locate a coach once the group has left the stadium.

## Receipts

If you need a receipt, please request by email to [juniornordics@nscfairbanks.org](mailto:juniornordics@nscfairbanks.org) Receipts will not be available after the last day of class.

## Weather Cancellations

Lessons will be cancelled when it is colder than -5 below at Birch Hill and -10 at UAF. Cancellations will be announced on the NSCF Facebook page, NSCF website ([www.nscfairbanks.org](http://www.nscfairbanks.org)) & via e-mail two hours prior to lessons. Remember that Birch Hill is often much warmer than town. The NSCF does not guarantee the number of lessons due to the unpredictability of the weather.

## Hats

All children receive a NSCF Jr. Nordics Hat **the first time only** when they sign up for lessons. You may purchase additional hats for \$25. Jr. Nordics Jackets are for sale as well as sweatshirts & water bottles.

## Equipment

We do not provide equipment. A number of local ski stores including Beaver Sports, Goldstream Sports, Trax Outdoor Center and REI have ski packages for sale. Please direct your questions to your coach or to the program director.

## Volunteer

**We need your help!** It takes 50+ Parent/High School helpers & dedicated community members to make JN skiing happen here in Fairbanks. We are always in need of volunteer coaches. We have opportunities for ALL LEVELS of coaching. We also have events that we put on that need volunteers to pull off. Please contact us if you're interested in helping: [juniornordics@nscfairbanks.org](mailto:juniornordics@nscfairbanks.org) or cell 371-9564.

## Registration:

Registration is available online at [www.nscfairbanks.org/juniornordics](http://www.nscfairbanks.org/juniornordics). Registration opens October 3rd and closes October 31st. No late registrations will be accepted. Membership in the NSCF is now required to participate in all lessons and ski club programs.

# Junior Nordics Rates



## Fairbanks Junior Nordics 2020 - 2021 Winter Session

**What:** Youth Cross Country Skiing Lessons

**Who:** Children Ages 5 to 14 (Age 4 only if accompanied by guardian)

### When & Where:

6:00PM Mondays at UAF Ski Trails on the UAF West Ridge Campus\*\*\**Space is limited*

6:00PM Tuesdays at Birch Hill Recreation Area

1:00PM Wednesday at Birch Hill Recreation Area

6:00PM Thursdays at Birch Hill Recreation Area

2:00PM Sundays at Birch Hill Recreation Area

**Cost\*:** (Does not include cost of NSCF Membership)

Ski Days Per Week	Fee
1	\$135
2	\$230
3	\$325
4	\$415

**You must first enroll in the NSCF membership and pay online at time of registration to be enrolled in Junior Nordics.**

*\*New this year! Current membership in the Nordic Ski Club of Fairbanks is now required to participate in all NSCF-sanctioned programs. To register for Junior Nordics, you must be logged in to the website and have a current membership with the NSCF. Student rates are available for those 18 and under. Visit [www.nordicskicluboffairbanks.wildapricot.org](http://www.nordicskicluboffairbanks.wildapricot.org).*

**Need Gear?** A limited number of skis, boots and poles are available to use upon request. Contact [Juniornordics@nscfairbanks.org](mailto:Juniornordics@nscfairbanks.org) for more information.

Early Registration deadline is October 25th. A \$25 late fee will be charged for any registrations made from October 26 to October 31st. Due to limited class space, registrations after October 31st will not be accepted.

**Questions?** Contact the Junior Nordics Director at [juniornordics@nscfairbanks.org](mailto:juniornordics@nscfairbanks.org)

# NSCF Junior Nordics & Adult Lessons Calendar

## 2020 to 2021

Sep 2020						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Oct 2020						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Nov 2020						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Dec 2020						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Jan 2021						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Feb 2021						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Mar 2021						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Apr 2021						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## Important Dates

<b>October 3:</b> NSCF Season Kick Off, Jr. Nordics & Adult Registration Opens	<b>December 5: Town Series # 2 Sprint/CI</b> <b>December 13-17:</b> Last week before Winter Break
<b>October 25:</b> Late Registration for Jr Nordics (\$25 late fee)	<b>December 13:</b> Candy Cane Romp <b>December 20:</b> Back-Up Date
<b>October 31:</b> Jr Nordics Registration Deadline	<b>December 18 – January 9:</b> Winter Break. No Lessons.
<b>November 12:</b> First Day of Jr Nordics Thursdays at Birch	<b>January 1:</b> Spring Session Registration Opens
<b>November 15:</b> First Day of Jr Nordics Sundays at Birch First Day of Adult Lessons at Birch	<b>January 7:</b> Lessons Resume beg. Thursday <b>January 23:</b> Town Series #3 Interval Start/Classic <b>January 31:</b> 3pm Jr Nordics Late Start b/c of Besh Cup #6
<b>November 16:</b> First Day of Jr Nordics Mondays at UAF	<b>February 6:</b> Town Series #4 Ski Cross/Free <b>March 7:</b> Coaches Appreciation BBQ. Final day of lessons
<b>November 17:</b> First Day of Jr Nordics Tuesdays at Birch	<b>March 8 – 12:</b> Spring Break. No Lessons.
<b>November 18:</b> First Day of Jr Nordics Wednesdays <b>November 21:</b> Town Series #1 Mass Start/Free	<b>March 16 – April 1:</b> Spring Skiing (Tues. and Thurs. only)
<b>November 26:</b> Thanksgiving Day. No Lessons. <b>November 27:</b> Turkey Day Relays (Relay/Free)	<b>March 17 &amp; 24:</b> Interior Youth Festival Series

September 20, 2020

Dear Athletes, Parents, and Coaches,

As I am sure that you are aware, the incidence of COVID-19 in our community has been increasing slowly but fairly steadily for the past several months. This past week the 14-day average case rate/100,000 population exceeded 15, the limit the NSCF board formalized over a month ago as the cutoff for group outdoor training. After much discussion and deliberation, the board has decided to continue to offer outdoor group training for three reasons:

- Since the time the board first initiated protocols for group training, understanding of COVID-19 spread has progressed to the understanding that the virus is primarily spread through respiratory transmission, which mask wearing and social distancing limit effectively.
- For this reason, we believe that strict compliance with our training protocols, which include proper social distancing for athletic activities (10 feet), mandatory use of masks at all times when athletes are not actively exercising, and group sizes limited to no more than 10 participants that are kept intact for the duration of a training period effectively lowers the probability of transmission.
- Of all the training and competition opportunities currently being offered by clubs and schools in our community, including football, volleyball, swimming, and cross country running, we believe that the NSCF's outdoor training program lies at or near the safe end of possible group activities where the likelihood of transmission of the virus is lowest.

The NSCF board fully appreciates the health risks of COVID-19, will continue to carefully monitor the incidence of COVID-19 in our community, and will act to limit training when it feels that the risks outweigh the benefits of our activities. While the club will do what it can to keep participants safe, no activity is without risk; we urge all participants and/or their parents to decide whether the risk is acceptable to them.

If you have questions, concerns or comments please do not hesitate to contact me.

Sincerely,

Chris Puchner  
President, NSCF Board of Directors  
[president@NSCFairbanks.org](mailto:president@NSCFairbanks.org)

## Proposed Coronavirus Guidelines for NSCF Training Activities

Below is a coronavirus alert level chart from the State of Alaska used by the Alaska School Activities Association (see [http://www.newsminer.com/opinion/community\\_perspectives/tough-decisions-ahead-for-alaska-youth-sports/article\\_56316c0a-ce1f-11ea-a885-37e3a69a42d4.html](http://www.newsminer.com/opinion/community_perspectives/tough-decisions-ahead-for-alaska-youth-sports/article_56316c0a-ce1f-11ea-a885-37e3a69a42d4.html)) to recommend guidelines for sports activities at differing levels of coronavirus incidence. The chart uses cases/100,000 population (averaged over the preceding 14 days) to allow proper statistical comparison between localities of different populations; this data, updated daily, is available online from the State of Alaska at <https://coronavirus-response-alaska-dhss.hub.arcgis.com/datasets/table-2c-geographic-distribution-of-case-rates/data>.

ALERT LEVEL	Average daily incidence over the past 14 days	Interpretation
HIGH	>10 cases per 100,000 population	Widespread community transmission with many undetected cases and frequent discrete outbreaks
INTERMEDIATE	5-10 cases per 100,000 population	Moderate community transmission with some undetected cases and infrequent discrete outbreaks
LOW	<5 cases per 100,000 population	Minimal community transmission

For example, as of Aug. 2, in the last 14 days the state reported 88 new cases in the FNSB for an average of 6 cases/day; with a population of 95,898 this translates to an average daily incidence (case rate) of 6.6 cases/100,000 population, Intermediate Alert Level in the table above. For the same period the Municipality of Anchorage reported 916 new cases for an average of 65 cases/day; with a population of 291,841 this translates to an average daily incidence of 22.4 cases/100,000 population, High Alert Level.

The Alaska School Activities Association (ASAA) recommends all high school sports transition to outdoor conditioning only with social distancing at the High Alert Level (>10 cases/100,000 people per day averaged over 14 days). Guidelines adopted for NSCF training activities are:

- A fourteen-day average of less than one case /100,000 population: business as usual, including indoor practices, and use of the cave.
- A fourteen-day average of one to less than five cases/100,000 population: outdoor activities only, groups of up to 15 permitted with social distancing of 10 feet, masks to be worn when not actively exercising.
- A fourteen-day average of five to less than 15 cases/100,000 population: outdoor only, groups of up to 10 permitted with social distancing of 10 feet, masks to be worn when not actively exercising.
- A fourteen-day average of 15 or greater cases/100,000 population: online only, for instance weekly emails containing training schedules, phone calls to check in and, possibly, meeting outdoors in very, very small groups (two or three athletes) to check in with a coach or go for a

run or a rollerski (or a ski, once it snows). Also, as long as the coaches are on payroll, email or phone calls to check-in and offer guidance to the athletes.

The fourteen-day average daily incidence per 100,000 will be evaluated weekly and activities adjusted according to the guidelines above. This policy may be modified in response to changing circumstances with the pandemic.

In addition to the numerical guidelines above, coaches and athletes will abide by the following:

- Keep cohorts the same (no switching between training groups) and, if possible, keep siblings in the same cohort to limit the extent of possible exposure to the virus.
- Coaches to exercise social distancing from athletes, wear masks when feasible, and to monitor compliance of same by the athletes.
- No indoor gathering before or after outdoor training.
- If coaches or athletes are sick, even with cold-like symptoms (for most people COVID-19 is a cold), stay home. Symptoms also may include fatigue, sore throat, loss of sense of smell/taste, nausea, vomiting, and diarrhea in addition to fever/chills/cough/muscle aches/shortness of breath. If you develop any of the above symptoms contact your healthcare provider for appropriate evaluation and testing, if indicated. Coaches and athletes who develop symptoms and tested negative should coordinate with their health care provider for return to activity guidelines. Coaches and athletes who have had close contact with a person that has tested positive should be quarantined for 14 days from the time of exposure and should contact their health care provider to see if testing is indicated. Coaches and athletes who have tested positive should contact their health care provider for guidance on discontinuation of isolation and return to activity (as of Aug. 2nd the CDC recommendations are A.) 10 days since time of test if asymptomatic or B.) 24 hours without fever, improvement of symptoms AND at least 10 days since onset of symptoms). Athletes (or their parents) are required to report any of the above to a coach immediately and coaches will report athletes or themselves to a member of the SDOC.