

Vorlage Race Club - Camp Guidelines

At Vorlage Race Club we pride ourselves in providing well-run, safe and fun camps. The goal of this document is to “document” camp expectations for all involved and to inform new families of what typical Vorlage away camps entail.

During both the regular season and at away camps, Vorlage Race Club has always focused on providing exceptional training for each athlete in an emotionally and physically healthy atmosphere. Vorlage Racing Club strives to provide an environment where:

- Athletes can focus on training;
- Coaches can focus on coaching and athlete development.

Our away ski camps have the following additional objectives to further enhance our athletes’ experience:

- To provide more on-snow opportunities to master the fundamental racing skills and racing techniques by skiing varied train and conditions (longer and steeper runs) that might not otherwise be available at Vorlage or other local Outaouais ski hills.
- To provide an opportunity for team building and individual development that goes beyond a typical training day at home.

During camps, Vorlage coaches and athletes spend long hours together both on and off the hill. We are fortunate as our committed coaches are involved from early morning dry land, to meals, to on hill coaching and skiing, to post skiing discussions, to tuning, to “lights out”. As a natural benefit, we see the strengthening of relationships between coaches and athletes as well as among athletes. This is a truly unique benefit of attending Vorlage camps.

At camps, volunteer Chaperones’ roles are to support the operations of the camp (food, driving, lodging and supervision). Chaperones recognize that camp days can be very long and demanding on coaches and athletes. To realize the objectives of Vorlage Race Club and our camps, it is important that all participants at each camp have a clear understanding of their roles and responsibilities. To facilitate communication and coordination between the coaches and chaperones, a “Lead Coach” and a “Lead Chaperone” will be designated. The responsibilities of each role are described below:

Lead Coach:

1. The primary contact for the Lead Chaperone.
2. Determines structure, daily schedule and training objectives.
3. Communicates rules, structure, daily schedule and training objectives to athletes.
4. Responsible for organizing the other coaches.

Lead Parent / Chaperone (Age group coordinator or designate)

1. Is the primary contact for the Lead Coach.
2. Communicates with Lead Coach as to the logistics of the camp so that it can be relayed to the other chaperones and involved parents.
3. Organizes other chaperones to:
 - a. Plan and prepare meals.
 - b. Coordinate clean up (kids are expected to clean up after themselves).
 - c. Supervise free time.
4. Supports Coaches at camp when/where requested (ie. driving to/from hill, maintaining schedule, signalling lights out and wake up, enforcing disciplinary measures etc.)
5. If possible, sending parent's camp updates during the camp.
6. If necessary, manages collection of electronics at bedtime and supplies club's power bars for them to be plugged in.
7. If necessary, responsible for communicating disciplinary measures to the parents of athlete.
8. At the end of the camp sending out a "Camp Report/Summary" to parents, the coaches and the board.

Below are some general guidelines for all camp participants to be aware of.

Homework:

Vorlage Race Club recognizes that athletes are sometimes missing school to attend various preseason and race camps. A letter for athletes to show teachers is available on our webpage at <https://vorlageskiracing.wordpress>. Daily schedules will include opportunity and time for athletes to work on homework.

Free Time :

1. Athletes are encouraged to make positive use of their free time.
2. Chaperone to provide preferences (space allocation / noise reduction) to those wishing to (in order): (a) do homework, (b) then activities, (c) then inactive activities.
3. Each camp will be different based on accommodation and numbers.

Electronics:

1. Lowest priority at camp. If required, an athlete must turn off and/or surrender device(s) to the coach/chaperone.
2. Not allowed while at the table for meals.
3. If decided by coaches and/or lead chaperone all electronics might be collected in to coaches/chaperones before bed. This is being done to ensure an optimal sleeping

environment for all athletes. Power bars will be supplied by Chaperone for athletes to charge their devices overnight.

Discipline & Discipline Protocol:

Athletes should behave in a fashion that brings credit to themselves, their team and our program (as per Vorlage code of conduct policy). They should show respect for fellow athletes, coaches and chaperones.

Disciplinary measures are situational and efforts will be made for incident to be handled quickly and resolved as swiftly as possible. Disciplinary measures are to be determined by the Lead Coach, with consultation if necessary from the Lead Chaperone. The coaches will be responsible for all on-snow discipline and have full authority to institute immediate disciplinary measures:

- *Minor Infraction* – has limited impact on the athlete, other athletes or individuals and/or the camp. Disciplinary measures will be decided upon by Coach and if necessary with Lead Chaperone. Disciplinary measures may include having to hike up the hill to ski, “extra drylnad”, a good talking and apologies where necessary, etc. Disciplinary measures for repeated minor infractions could involve withdrawal of training privileges for a period of time (half a day to a day) to restrictions from participating in future camps or removal of racing privileges. Minor infractions will be communicated by the Lead Chaperone to the parents of the athlete by email/text/phone and may not be communicated until after the camp is over, at the discretion of the Lead Chaperone
- *Major Infraction* – has serious impact on the athlete, other athletes or individuals and/or the camp. Disciplinary measures could involve being sent home (at parents’ expense) and restrictions from participating in future camps. Major infractions will be reviewed and approved by the Coach, the President, the age group coordinator and at least one Vice President of the Board (any board member related to the athlete will be exempt from this process and replaced by another board member). Disciplinary measures for Major Infractions will be communicated to the parents of the athlete involved by the Lead Chaperone, who will try to reach the parents by phone first and then by email or text as soon as is reasonably practicable.