



Welcome to the 2024 OFSSA Nordic Skiing Championships  
Presented by



# AGENDA



1. Welcome & Introductions
2. Wild Rock Outfitters & our other partners
3. OFSAA Nordic Sport Advisory Committee
4. 2024 OFSAA Nordic Skiing Championship
  - a. Officials & Protest Committee
  - b. Health Guidelines
  - c. Communication & Emergencies
  - d. Changes
  - e. Schedule
  - f. Course Maps
  - g. Competitor Responsibilities
  - h. Remarks from TD
  - i. Parking & Site Map
  - j. Awards Presentation & Social
  - k. Apparel & Food Sales
5. Remarks from OFSAA
6. Questions & Thank You



## Sign-in

- For the record, please enter your name, school & association in the Zoom chat
- Changing your Zoom display name to the same will also aid communication



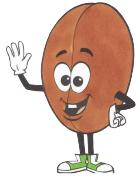
# Welcome & Introductions



- Erik Espinola  
*Assistant Director, OFSAA*
- Adam Ross  
*OFSAA Nordic Convenor // Athletic Director, Lakefield College School*
- Todd Harris  
*OFSAA Nordic Convenor // Teacher-Coach, Lakefield College School*



# Presented by Wild Rock Outfitters



The Nutty Bean Cafe



**RUNDLE**

**Lakefield**



**Kawartha  
NORDIC**  
No chairlift required



# OFSAA Nordic Sport Advisory Committee



- Christina Randslau  
*Dunbarton HS, LOSSA*
- Aimee Vereecke  
*Owen Sound DSS, CWOSSA*
- Todd Harris  
*Lakefield College School, CISAA, SAC Chair*
- Erik Espinola  
*OFSAA Assistant Director*



# Officials & Protest Committee



- Primary Officials
  - Chief of Start // Ken Beauclerc
  - Co-Chiefs of Finish // Neil Fortin, Avery Vreugdenhil-Beauclerc & Bryan Dubeau
  - Chief of Course // Laura Inkila
  - Chief of Stadium // Hugh Dobson
  - Chief of Timekeeping // Martin Harris
  - Chief of Safety, Security & Control // Adam Ross
  - Chief of Competition // Todd Harris
- Protest Committee
  - Todd Harris, Chief of Competition
  - Aimee Vereecke, OFSAA Nordic SAC
  - Liz Inkila, Technical Delegate, XCSO



# OFSAA Nordic SAC updates



- Agreement with XCSO to provide TDs
- New SAC Committee members
- Championship Hosts for 2025, 2026 and 2027
- Upcoming Playing Regulation updates
  - Protest Committee to include the Technical Delegate
  - Award Placing language updated for consistency and to allow for full results when Team Sprint heats are timed
  - Language and terminology updated to be consistent with FIS & Canadian Competition Rules





# OFSAA Health Guidelines



OFSAA Health Guidelines are based on current Government of Ontario recommendations:

1. If you are not feeling well, stay home
2. Isolate when you are experiencing symptoms
3. Do not return to play until 24 hours following symptoms
4. Wearing a mask is strongly recommended 10 days following symptoms
5. Teams are encouraged to bring and use their own hand sanitizer



# Communication & Emergencies



During the championship event (Wed through Fri)

- Information will be posted to the Zone4 event page
  - <https://zone4.ca/event/2024/OFSSAnordic/>
- Priority messages will be sent to the [OFSSA Nordic 2024](#) WhatsApp group
- OFSSA Nordic Team EAP provides contact information for emergencies
  - Teams should fill-in and print the OFSSA Nordic Team EAP for their own use
  - [Adobe PDF](#) version or [Microsoft Word](#) version
- Canadian Ski Patrol will be on-site throughout to provide support & assistance



# Changes



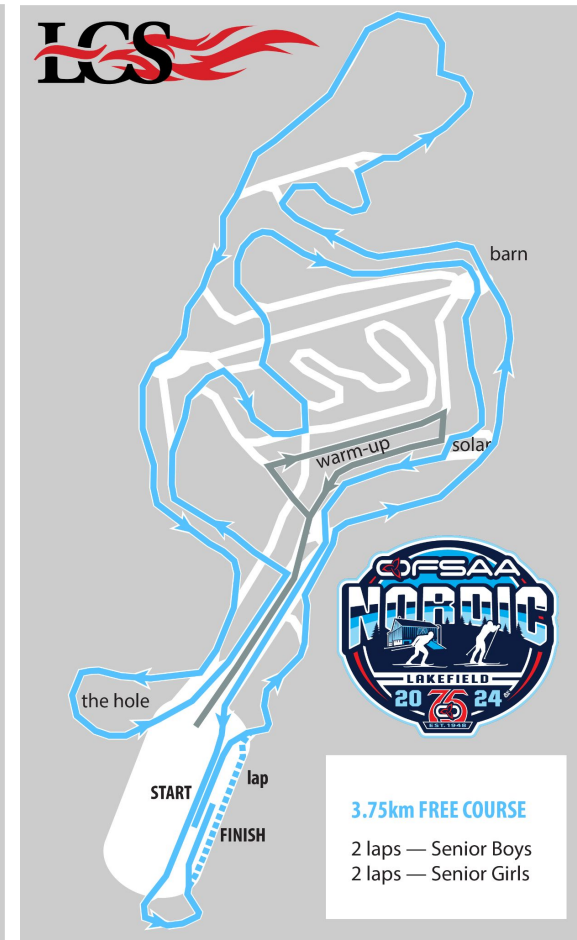
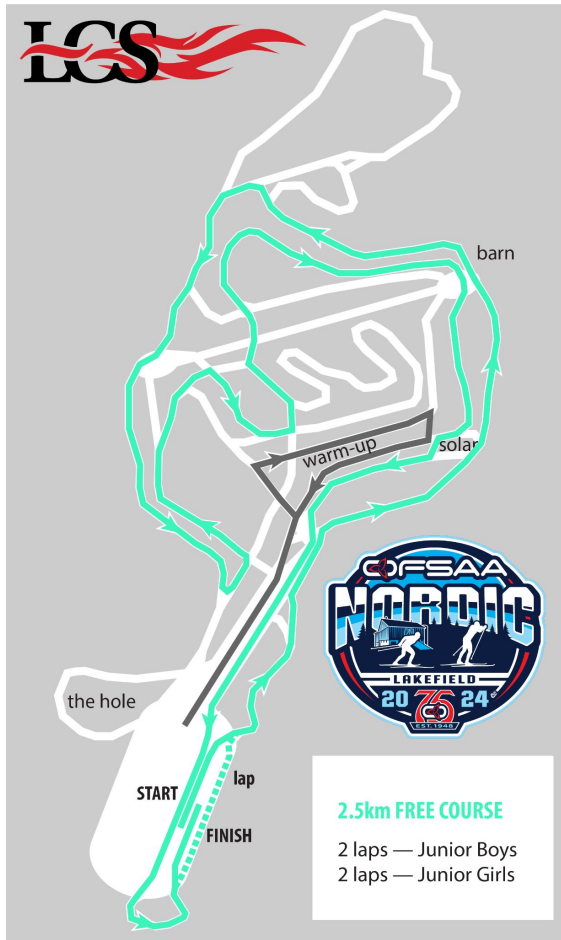
Based on the forecasted warm temperatures:

- Thursday & Friday races will begin at 8a, courses open 7a
- Pre-skiing Wednesday only if the temperature drops below freezing
- For the the exhibition head-to-head individual sprints, we are considering
  - Rescheduling to after the Team Sprint Finals, or
  - Cancelling
- Kawartha Nordic is open for anyone wishing to ski on Wednesday
  - Please check-in with numbers at the KN rental shop, so we can track day passes



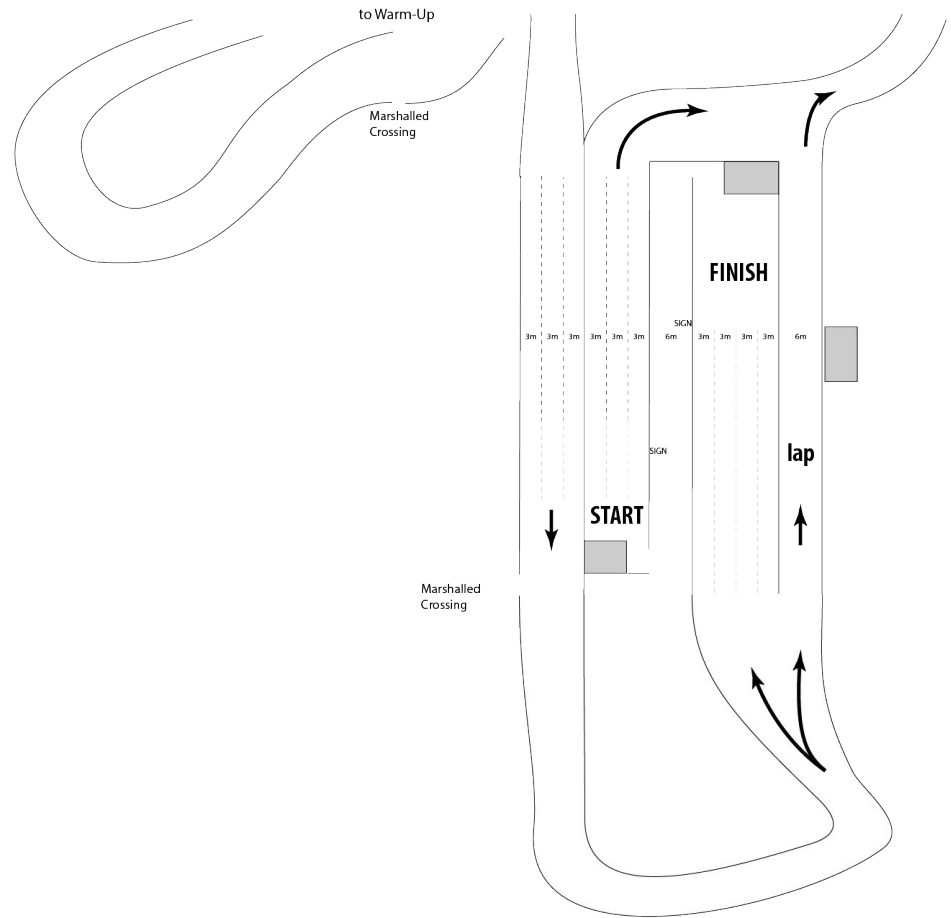
# Interval Start Courses

- All courses 2 laps
- Warm-up is one-way
- No skiing backwards
- Running around the campus road is another option for warm-up
- 15s interval starts



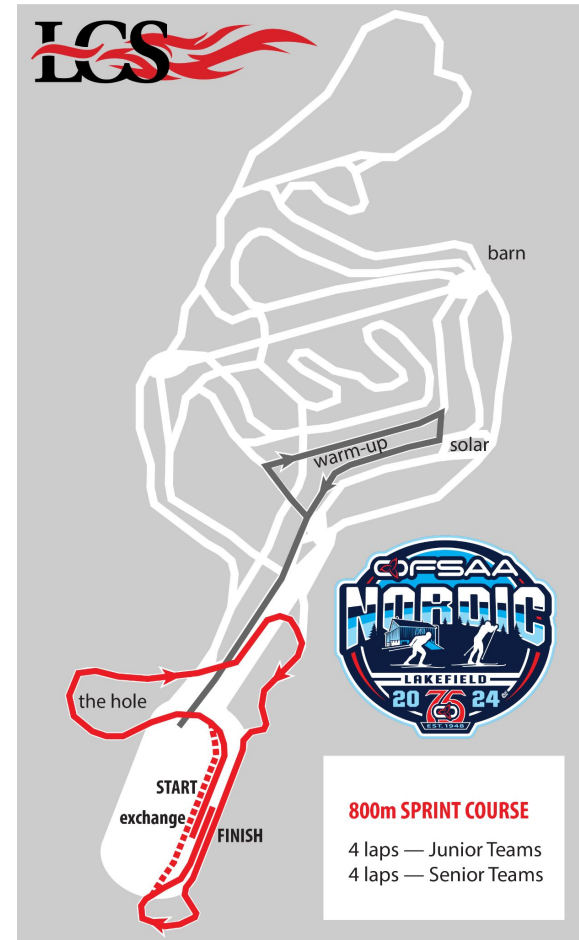
# Interval Start Courses

- Stadium  
Counter-clockwise



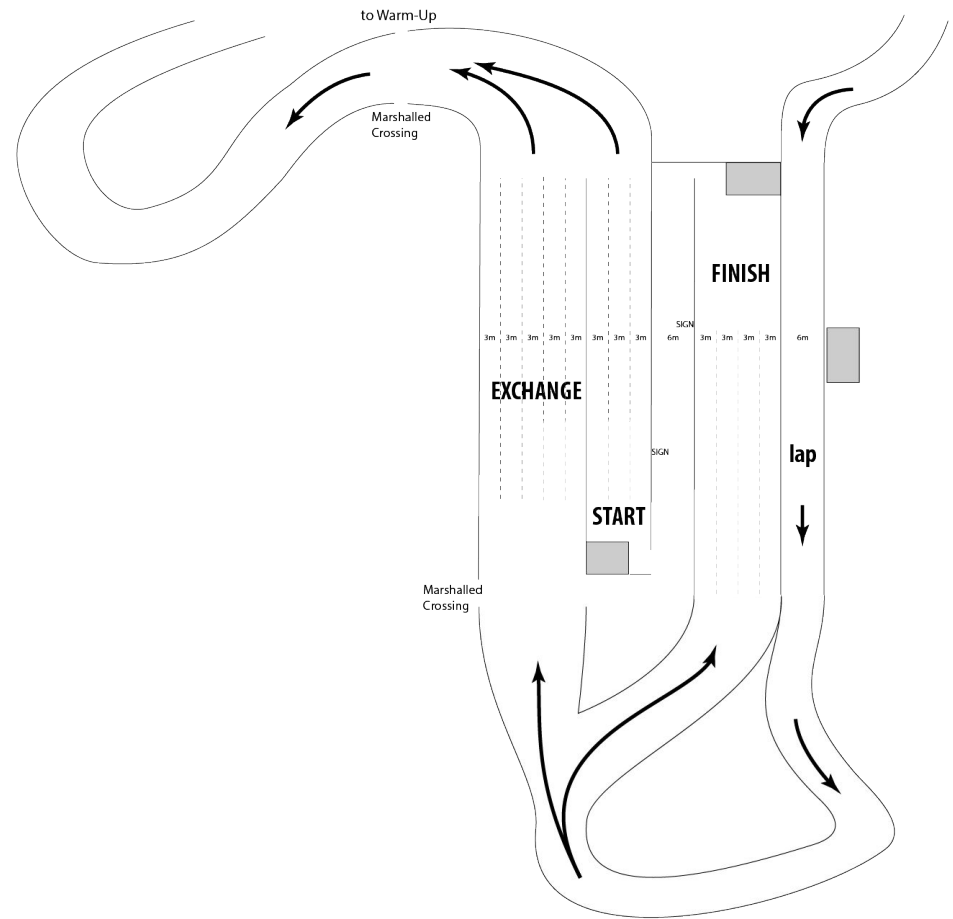
# Sprint Course

- 4x800m Team Sprint
  - 4 laps (1 lap / athlete)
  - 2 Semi-final heats / gender-classification
  - 1 Final / gender-classification
- 800m Individual Sprint
  - 1 lap & heat / athlete
  - Head-to-head timed heats
  - Start list & Heats ordered by Thur race times
  - Non-medal Exhibition event



# Sprint Course

- Stadium Clockwise



# Competition Schedule

## Wednesday 21 February

- noon–6p // team Check-in
- noon–6p // courses open for pre-skiing, if  $< 0^{\circ}\text{C}$
- 5p // coaches in-person social, optional
- 6p // venue & courses close

## Thursday 22 February

- 7a // interval start courses open for pre-skiing
- 8a // **Junior Girls interval start**
- 9a // **Junior Boys interval start**
- 10a // **Senior Girls interval start**
- 11a // **Senior Boys interval start**

## Friday 23 February

- 7a // sprint course open for pre-skiing
- 8a // **Junior Girls team sprint semi-finals**
- 8:40a // **Junior Boys team sprint semi-finals**
- 9:20a // **Senior Girls team sprint semi-finals**
- 10a // **Senior Boys team sprint semi-finals**
- 10:40a // **Exhibition individual sprints**
- 12:30p // **Junior Girls team sprint final**
- 12:50p // **Junior Boys team sprint final**
- 1:10p // **Senior Girls team sprint final**
- 1:30p // **Senior Boys team sprint final**
- 2:30p // Final Awards

Courses close 10min before each race





# Spectating



- Our low-snow conditions require
  - No walking outside the stadium spectator area or beside trails
  - Skis must be worn to travel beyond the stadium and anywhere on course
  - No spectators or coaches in the start, finish or exchange zones
  - Please stand well off ski courses when spectating
- OFSAA Playing Regulations require
  - Skis must be removed when spectating next to courses



# Responsibilities of the Competitors



- 343.1 In all training and competition settings the athlete **must act with due care** taking into account the course conditions, visibility and competitor congestion, available space, speed and skiing directions of other competitors, etc
- 343.2 In all training and competition situations the athletes must **always ski in the competition course direction**
- 343.3 Competitors must **follow the special instructions** (course opening times, wearing special bibs, training, ski testing, ...) issued by the Jury or OC in order to ensure order on the course, in the stadium and in the team preparation area before, during and after the competition



# Responsibilities of the Competitors



- 343.4 The competitor is responsible for arriving at the start and starting at the correct time – late starters must wait for direction
- 343.5 Competitors must wear/use all the means of identification (bibs, leg bibs, transponders, GPS...) provided by the organizer
- 343.6 Competitors must follow the marked course in correct sequence from start to finish and must pass all control points
- 343.6.1 If competitors ski on a wrong section or leaves the marked course, the competitor should return to the point where the error was made. In order to do so, the competitor may have to ski against the correct ski direction and shall be totally responsible for ensuring that there is no obstruction and that other competitors are not endangered



# Responsibilities of the Competitors



- 343.7 Competitors have to cover the whole distance on their skis using only their own means of propulsion. Help from outside pacemakers is not allowed
- 343.9 As a general rule applying to all competitions, competitors shall not obstruct other competitors
- 343.10.1 Process of passing during interval starts: Competitors who are being passed must give way on first demand. This applies to free technique courses even when the competitor being passed will have to restrict his/her skiing movements – commonly “Track” or “On Your Right”



# Responsibilities of the Competitors



- 343.10.2 Process of passing during other competition formats – OFSSA sprints
- 343.10.2.1 Competitors in front have the right to choose their best line
- 343.10.2.2 Competitors in front shall not obstruct competitors coming from behind
- 343.10.2.3 Competitors intending to pass shall do so without obstructing the competitor being passed
- 343.10.2.4 When competitors are alongside, they have mutual duties not to obstruct each other's movements
- 343.10.2.5 A process of passing is considered completed when the passing competitor has his/her body at the front of the ski-tips of the competitor being passed



# Responsibilities of the Competitors



- 343.11 In sections with marked corridors, the Competitors should choose a corridor. Competitors are allowed to leave their chosen corridor as long as 343.9 and 343.10 are upheld – can switch corridors as long as they do not obstruct other competitors
- 343.13.1 In a team event, the exchange is achieved by the arriving competitor, with a tap of the hand on any part of the next competitor's body while both competitors are in the relay exchange zone. The next competitor may only enter the relay exchange zone when summoned. Any method of pushing the starting competitor is forbidden



## Remarks from the TD



- When passing, both athletes have a responsibility to prevent and avoid obstruction
- For passing in interval start races,
  - The passing athlete is responsible for clear, timely communication
  - The athlete being passed is responsible for an appropriate reaction to a request to be passed
- For passing in mass start races, including our OFSSA sprints,
  - Both athletes share responsibility to not obstruct whether in front, behind or beside



# Parking



- All athletes should be dropped-off at LCS
- Limited parking will be available on site for small vehicles in designated spaces only
- No bus parking is available on site
- Bus parking is available
  - At the former Ridpath Public School (39 Ermatinger St)
  - At the Lakefield-Smith Community Centre (20 Concession St)
  - Along Concession Street (between Oxford St & County Rd 33)
- Personal vehicle parking is available
  - At the Lakefield-Smith Community Centre (20 Concession St)
  - Along nearby village streets





# Site Map



- Vehicles
  - Enter from the South
  - Drop-off in the straight away
  - Pull to the right to drop-off
- Athletes
  - walk to competition area
  - Entry to Hadden Hall is only from lower level
- Parking
  - No bus parking
  - Small vehicle parking where marked



# Awards Presentation & Social



**Thursday 22 February**

- 6:30p // Schools arrive @ Lakefield College School
- 6:30p // Social begins with Dessert & Appetizers
- 7:30p // Welcome & Introductions
- 8p // Keynote Speaker – Julian Smith, *Team Canada World Cup athlete*
- 8:15p // Awards
- 8:45p // Dance
- 9:30p // Social ends

## **Expectations**

- Dress is semi-formal or business casual
- Athletic & Casual wear including hoodies, t-shirts, sweatpants & jeans are not permitted
- Inappropriate behaviour can lead to sanctions and disqualifications, some of which can carry over to future years



# Sales



- Souvenir & Apparel sales
  - 2nd floor of Hadden Hall (overlooking the gym)
  - Shoppers will need to remove footwear to enter the store
  - Wednesday // 4–6p for pre-order pickup
  - Thursday & Friday // 8–1p (or until out of stock) for pre-order pickup & sales
- Food sales
  - [The Nutty Bean Cafe](#) in Lakefield for breakfast, lunch or early dinner
    - opening early each day (7a)
    - staying open late on Thursday (5p)
  - [Gangsta Cheese](#) on-site food truck



# Additional Reminders



- LCS has classes and students that live on site
  - Please be mindful of our students' learning and their space
  - All event attendees are to remain in the event space at the North end of campus
  - Only Hadden Hall is open to event attendees
- No sport club insignia or uniform is permitted at OFSSA events for any sport program that is not a high-school team
- Change rooms and washrooms are available in Lower Hadden Hall
- Warming area available in the gymnasium
  - Please remove all footwear before entering the gymnasium
- OFSSA Nordic Skiing is a 100% fluoro-free event



# OFSAA Reminders & Remarks

- Future OFSAA Championships
- OFSAA Scholarships
- Participant Survey
- Travel Grant Info
- Spectator Policy
- Uniform Policy
- Behaviour Policy



# Questions & Thank You



Any questions?

- Indoor waxing space this year is at our waterfront, about a 150m uphill walk to the trails
- Teams are welcome also to wax outdoors adjacent to our stadium & Hadden Hall though there will be limited electricity available

These slides will be posted shortly to the Zone4 event page

