Sea to Sky Nordics

Cold Weather Policy

January, 2025

Purpose

Sea to Sky Nordics has a fundamental obligation and responsibility to protect the health, safety and physical and mental well-being of every individual that is involved with the Sea to Sky Nordics community. In doing so, the club has worked to create a 'Cold Weather Policy' meant to ensure that the well being of all club participants is prioritized above all else. This policy offers guidelines and recommendations on **training** outdoors in cold weather conditions. Guidelines for racing in cold weather conditions can be found on CCBC's risk management page.

As a multidisciplinary club, Sea to Sky Nordics has developed a single set of guidelines to be applied across all three disciplines:

1. Cross Country
2. Biathlon
3. Ski Jumping/Nordic Combined

Sea to Sky Nordics recognizes that different individuals have different levels of tolerance for cold weather conditions and that health and/or medical conditions can play a factor in determining a temperature threshold that is suitable for an individual to train. As such this policy is designed to guide decision making in extreme temperatures but does not outline hard requirements for participants to follow. In addition, we outline potential training adjustments, such as lower intensity, dryland/indoor training (see under Communications).

Temperature Guidelines

As a general rule, Sea to Sky Nordics will not ask participants to train in the following circumstances:

Cross Country

- Bunnies (4-5)
    - When temperatures drop below -15 celsius, Bunnies will not be asked to train
- Jack Rabbits (6-9)

    - When temperatures drop below -15 celsius, Jack Rabbits will not be asked to train
- Track Attack (10 - 16)
    - When temperatures drop below -20 celsius, Track Attack will not be asked to train
- Adults 18+
    - When temperatures drop below -20 celsius, adults over 18 will not be asked to train

Biathlon - Range Practice

- Dev 1 (9-12) - L2T
    - When temperatures drop below -12 celsius, Dev 1's will not be asked to train
- Dev 2 (13-15) - T2T
    - When temperatures drop below -15 celsius, Dev 2's will not be asked to train
- Senior race (16+) T2C and T2W
    - When temperatures drop below -18 celsius, senior racers will not be asked to train
- Adults 18+
    - When temperatures drop below -18 celsius, adults over 18 will not be asked to train

Note: Ski practice for Biathletes will adhere to the cross country cold weather guidelines.

Ski Jumping

Youth (Under 18)

- When temperatures drop below -15 celsius, youth ski jumpers will not be asked to train

Adults (18+)

- When temperatures drop below -20 celsius, adult ski jumpers will not be asked to train

Note: Sea to Sky Nordics may cancel sessions when temperatures are above or below these thresholds based on external factors such as windchill and/or humidity. Biathlon in particular may be cancelled at warmer temperatures as athletes are more susceptible to cold conditions.

Communications

Cancellations will be made by the head coach and/or program coordinator and will be shared with participants via email and/or TeamSnap 18-24 hours ahead of training sessions. All cancellations will be based on forecasted temperatures and conditions during the scheduled time of training. The choice to cancel is always at the discretion of the coaches and program coordinators.

If coaches and program coordinators do opt to move forward with training sessions in cold conditions; intensity will be adjusted, proximity to warming shelters will be prioritized and athletes will be asked to wear additional layers. Inappropriately dressed athletes will be excused from practice and their parents notified.

Coaches and program coordinators may opt to postpone, reschedule and/or move training sessions indoors where possible.

Sea to Sky Nordics encourages athletes to refer to CCBC's guidelines on how to effectively train in cold weather conditions and asks that all participants prioritize their health and well being when deciding whether or not to participate in their discipline in cold temperatures.