

JN Coaches Orientation Notes – 29 November 2022
Administrative – Safety – Whole Group Coaching – Individual Collaboration

Administrative

1. Introductions
 - a. Jason Dennis – CERNSC President
 - i. Stepping down after 14 years this season
 - b. Barb Johnson – Communications
 - i. Ski the Beach
 - ii. Support her efforts to showcase our club in the *Nordic Skier* monthly publication
 - c. Bob Stehn – Treasurer/Equipment Manager/Trail Boss
 - i. Lots of corporate knowledge to share
 - d. Mike Wright – website re-roll
 - e. Site Directors
 - i. Early Bird – Annette Brion
 - ii. M/W – Brian Slater
 - iii. T/Th – Ted Stille
 - f. Acknowledgement of coaches without children in the program
 - i. Annette/Aurora/Allison/Liz/Cam/Rachel
2. Coaches introduce themselves to one another
3. Coaches Gear – late to ship, hopefully in coaches' hands by start of new year
4. Board support – please get involved as our club grows
5. Parent Meeting
 - a. nearly 100 families attended two sessions
 - b. handout available at front of website
6. TeamSnap demonstration
 - a. Switch between different teams using top, blue banner
 - b. JN All Coaches vs. JN M/W, JN Early, JN T/Th
 - c. Delete duplicates instructions on CERNSC website, Education, TeamSnap tab
 - d. Mark availability
 - e. Use “my assignments” to enlist a ski along parent each night
7. Chalet use
 - a. Should be open
 - b. Chalet parent
 - c. NOT a place to play
8. Site Coordinator vs. Chalet parent
 - a. Coaches' questions vs. kid contact questions
 - b. Chalet parent in-house during session
 - c. Site coordinator present before and after session (also a coach)
9. HS guest skiers
 - a. CHS and ERHS skiers after Christmas break
 - b. Use them as inspiration and demonstrators not as sweepers
 - c. 2-3 each session, classic and skate

10. Coaches Huddles

- a. after Wed or Th session
- b. opportunity to get help/ID problems

11. Treats and allergies

- a. OK this season
- b. Not in excess given evening times
- c. Please screen for allergies

12. Contact your groups NOW

- a. Double check they have TeamSnap loaded
- b. Verify proper equipment
- c. Allergies
- d. Meeting spots
- e. Expectation to meet for positive handoff at the end

13. Behavior

- a. Coaches are not expected to manage repeat behavior problems
- b. If a skier's behavior is impeding the rest of the group's opportunity to enjoy the session safely, consult with parents
- c. May require parent to ski with child
- d. More than one bad night is time to check in with parent
- e. Beyond that, let JN Director help you

Safety

1. Our responsibility to create a positive, welcoming environment
 - a. Ensure lowest likelihood of abuse misconduct or bullying
 - b. Legal responsibility and organizational responsibility
2. Yardstik
 - a. CERNSC policy to clear coaches using third-party background checks
 - b. All coaches cleared as of 1 Dec
 - c. Ne coaches as needed
3. 1:1 ratio
 - a. CERNSC procedure to protect children and equip coaches
 - b. Avoid situations with one adult and one kid
 - c. Parents of child accepted
 - d. May require skiing whole group back to chalet
 - e. Should be limited instances
 - f. No asst coaches, but a ski-along parent should be with you each session
4. HS skiers should never lead group by themselves
 - a. If you need a high school skier to lead the group, ensure a parent is available to ski along
5. We all have a legal obligation to report misconduct within 24-hrs to law enforcement
6. **Injury Procedures**
 - a. **IF THERE IS AN INJURY IN YOUR GROUP THAT WARRANTS EMERGENCY RESPONSE, USE 9-1-1.**
 - i. Cell coverage throughout Beach Lake with few exceptions
 - ii. After 9-1-1 call Chalet Parent/Site Coordinator to brief with your current location
 - iii. Consider whether circumstances warrant moving injured person
 - iv. Stabilize a head or neck injury in-place and protect injured person from cold and shock
 - v. Chalet Parent may utilize TeamSnap to coordinate support from other coaches
 1. A runner to move first aid kit/warming gear/sled to injury location
 2. Guide to assist first-responders in locating injured party
 3. Contact family of injured person
 - b. If injury does not warrant emergency response, coordinate with Chalet Parent/Site Coordinator to move injured
 - i. Brief current location
 - ii. Orange emergency sled and first aid kit at the front of the chalet
 1. Supplies to stop bleeding
 2. Splint
 3. Reflective blanket
 4. Insulated blanket
 5. LED lamp
 6. Hand warmers

- iii. Chalet Parent may utilize TeamSnap to coordinate support from other coaches
 - 1. A runner to move first aid kit/warming gear/sled to injury location
 - 2. Guide to assist first-responders in locating injured party
 - 3. Contact family of injured person
- c. Back brief Site Coordinator and/or program director of any injury that warrants emergency response or professional medical attention
 - i. Incident report may be filed by Program Director with help of coach, Site Coordinator and Chalet Parent
 - ii. Incident report paperwork can be found in the Site Continuity Binder in the chalet
- d. Head injuries may require “return to play” protocols and clearance from professional medical staff

7. Lost Skier

- a. Most instances of lost-skiers in JN occur when groups cross or overtake one another and a skier gets “absorbed” or at intersections when a group is spaced out
- b. Make map/location awareness a part of your nightly routine
- c. Set expectation that a skier should never ski away from group
- d. Utilize a leader/sweeper
- e. Always have a headcount before you leave the chalet
- f. Use TeamSnap nightly “availability” to identify skiers in your group
- g. Set expectation that a skier who thinks he/she is lost should **STAY PUT** and make noise
- h. Avoid losing a skier at intersections
 - i. Stop and gather group at intersections for slower groups
 - ii. If a child is leading a group, he/she should stop at intersections
 - iii. If a group is skiing a course for time pre-ski the course as a group and/or post spotters at intersections
- i. Utilize leader/sweeper and headcounts
- j. **If you lose a skier:**
 - i. **Notify Chalet Parent**
 - ii. **“Alert” into JN Early Coaches, JN M/W Coaches, JN T/Th Coaches with current trail and skier name/description**
 - iii. **Backtrack path since last seen**
 - iv. **Recover to chalet**
- k. If you pick-up a lost skier
 - i. Notify Chalet Parent
 - ii. Contact coach (use phone number found in coaches group roster) with direct call
 - iii. Recover to chalet
- l. If lost skier not found once recovered to chalet
 - i. Use skate coaches and groups to sweep the trails
 - ii. Post an adult at parking lot

iii. Contact Director and parent

8. Moose

- a. Moose on the trails warrants attention as our most-likely and high-hazard contingency
- b. Discuss and practice “moose drill” with kids early in season and repeat
- c. Do not try to ski past a moose who is in the trail
- d. Gather you group if able
- e. Agitated moose or a moose that is closing distance on your group
 - i. “Pop your skis and into the trees”
 - ii. Do not ski into the trees due to likelihood of a fall or tangle for a young skier off-trail
 - iii. Kids should collect in tree-wells or around trunks
- f. Use TeamSnap coaches group and/or chalet parent to alert other coaches

Whole Group Coaches

1. Keep at the core of your planning “Learn to love to ski.”
2. Happy kids outside on skis is the most important objective
3. You are not alone
 - a. We have an amazing group of coaches who will love to support and collaborate
 - b. Coaches Huddle
 - c. CERNSC.org has videos, coaching materials and links to resources
 - d. Use your Site Directors to share your concerns
 - e. Talk to parents early and let them help you with their child!
4. Meet-up spots
 - a. Establish and use them as meet and depart locations
 - b. Skate skiers our first
 - c. Classic skiers second
5. Teach and model trail etiquette
 - a. Pass on the left
 - b. Call out passing
 - c. Respect the set track
 - d. Say hello to other skiers
 - e. Encourage and cheer for other groups!
6. Congested spots
 - a. Devil’s Corner
 - b. Polar Cub Luge
 - c. Half-pipe
7. General Lesson Plan
 - a. Meet-up and move out!
 - i. If a parent has not signaled availability or contacted you, don’t wait
 - ii. If you do have a late skier, take your group for a ski and sweep back
 - iii. Late skier should be delivered to you by a parent or should wait with parent at chalet
 - b. Review rules every night and check for hats, gloves, jackets
 - c. Head count
 - d. Remind skiers of previous lesson
 - e. Short ski for a warm-up
 - f. Chose one technique or focus per night
 - i. teach a direct instruction lesson
 - ii. include demonstration and practice
 - iii. incorporate into your tour and games for the evening
 - g. Play a game
 - h. Have fun – you and the kids!
 - i. Your example of a positive experience on skis and outside is the best lesson you can teach
 - ii. They think your funny if you fall, so don’t worry if you do!

- iii. Ask the kids to teach YOU or the other parents in the group the techniques you've shared with them

8. Objectives

- a. You should have a copy of the objectives for your level group AND for the group they "graduated" from last season in the coaches' materials packet
- b. These are to serve as a guideline for the skill they should be able to utilize while skiing in your group
- c. They can also serve as a skeleton for your planning for the season
- d. Use the objectives to collaborate with other coaches or search resources for best-practices to teach or reinforce those skills
- e. End of season the director will provide certificates with the objectives printed on the back for you to complete for each skier
- f. Serves as a guideline for placement next season

9. Struggling or excelling skiers

- a. Skill problem vs. Will problem?
- b. If you need to consider moving a skier down a group collaborate with parents and site director
- c. Do not make that judgement in a single night, but don't wait weeks either
- d. "Your child's opportunity to have fun on skis is the most important consideration for his/her experience with this program. I think the pace and expectations for this group may be prohibiting that."
- e. One skier's struggles must not be the whole group's burden
- f. Consider "guest skiing" a kid with another group
- g. Back brief director if a skier needs to be moved