
TNC-pol-44

Program Cancellation Policy

Purpose

To outline the environmental conditions that may prompt the modification of and/or cancellation of the practice schedule for Telemark Nordic Club programs.

Temperature Guidelines

Extreme temperature conditions pose significant health risks for individuals who exercise outdoors. Individuals with health conditions such as asthma are at a higher risk from exercising in extreme temperatures. Children less than 10 years of age are not able to thermoregulate as well as older individuals. Coaches will monitor the temperature using Telemark Nordic Club's website, or other relevant temperature forecasts. Decisions on cancellation are based on the conditions predicted to occur at time of practices. Assessments will be made on the same day around 1pm for scheduled weeknight practices, or around 5pm the day before scheduled weekend practices. Alternative practice arrangements may be offered. During extreme temperatures, coaches will adhere to the following guidelines:

Programs for U6 and Younger

- At temperatures below -10C, practices will be cancelled.

Programs for U8 to U12

- At temperatures below -15C, practices will be cancelled.
- At temperatures above 30C, practices will be cancelled.
- At temperatures below -12C, biathlon shooting practices will be cancelled.

Programs for U14 and Older

- At temperatures between -15C and -18C, practices will be held, but with no intensity.
- At temperatures below -18C, biathlon shooting practices will be cancelled.
- At temperatures between -18C and -23C, practices will be held provided there is no sustained wind.
- At temperatures below -18C with sustained wind, practices will be cancelled.

- At temperatures below -23C, practices will be cancelled.
- At temperatures above 35C, practices will be cancelled. We will train at 35C, but not hotter.

Competitions (Biathlon and Nordic)

- When temperatures are -20C or colder (temperature measured at the coldest point of the course and without wind factor), we will not race.
- Where the head coach at an event feels that other weather factors put our athletes at risk, the head coach is expected to use discretion in evaluating whether to pull the team, or just select age groups, from the race.

Temperatures do not reflect the wind chill factor or humidex. Wind and/or humidity can increase the effects of cold or hot temperatures and will be considered when deciding whether practices/races will be cancelled.

Coaches are also expected to ensure athletes are dressed appropriately for the practice weather conditions.

During training sessions in cold weather, coaches should ensure individuals are dressed appropriately and exposed skin is covered to protect them from frostbite. Inappropriately dressed individuals should be excused from practice and their parents notified. Choose areas to ski that are sheltered from wind or closer to the lodge so that individuals who are cold can be brought inside to warm up.

During training sessions in hot weather, coaches should ensure individuals are dressed appropriately and have access to adequate amounts of fluids for the duration of training. Choose areas that are shaded or at higher elevations.

Air Quality Guidelines

Adverse air quality poses significant health risks for individuals training outside. Individuals with health conditions such as asthma are at an even higher risk from exercising in poor air quality and should avoid practices that exacerbate their condition. Coaches will monitor the air quality using the Government of BC's Air Quality Health Index (AQHI) website. During periods of poor air quality, coaches will adhere to the following guidelines:

- At an AQHI reading of 4, outdoor practices will be held but with no intensity.
- At an AQHI reading of 5, outdoor practices may be held but with no intensity and adjusted for length.
- At an AQHI reading of 6 and above, outdoor practices will be cancelled.

Air quality can vary significantly at different locations and coaches may use secondary air quality reporting stations in order to change the practice location to one with better air quality (e.g., different side of the lake, at elevation, etc.), or to prescribe training indoors.