

# SKI TRACKER

## Trying to keep everyone safe!

### FROM THE PRESIDENT

*Mike Campbell*

Greetings from the President's office. Didn't that last taste of winter only add to the anticipation of the start of ski season? I think everyone is looking forward to getting into some outdoor activity during this difficult time.



Your Executive has been working on a Covid - 19 strategy to keep everyone safe on the trails.. **(Please See Covid Article on Page 2.)**

We are also expecting the trails to be busy this year. Last year we had 915 members, this year we are already up to 993 and counting. Our biggest limiting factor is the size of our parking lots at both trails, especially on weekends. We are encouraging club members to ski early in the morning or later in the afternoon so that you are guaranteed a parking spot. If the parking lots reach capacity on a regular basis, we may have to limit access to the trail to members only.

When out on the trail please observe social distancing, keep your masks on in the parking lot and start areas, come ready to ski (**Gerry's Place warm-up hut will be closed**). Do not hang around socializing, ski and head home. I know this is going to be hard for folks, but we want to keep everyone safe and our

trails open. So let's be thankful that we have great trails and a great skiing community.


Our volunteers have been working hard at it getting everything ready. A lot of work happens behind the scenes that many club members may not be aware of. This includes, but is not limited to, trails being cleared of debris, bulldozer work, weeds mowed down, signs put up, lights for the night loop tested, equipment serviced and maintained, volunteers tasks organized, membership registrations are compiled and funds are collected, jackrabbit coaches lined up, trained and lessons planned, newsletters put together and distributed and website and Facebook pages updated. That's a lot of work!!!



*Thanks to The Power Workers Union for our new lights.*

We could not do it without all the great volunteers that help out with every aspect of running our great club. I would like to thank all our volunteers and trail captains for all the work they do for the club. If you meet a volunteer out on the trail thank them for all their work. If you wish to help out please let us know. We are always looking for help. No contribution is too small. Email me at: [mike@bruceskiclub.ca](mailto:mike@bruceskiclub.ca).

By now most of our club members have purchased their memberships through [Zone4.ca](http://Zone4.ca). If you have not yet registered, I would encourage you to do so. Once you have purchased your membership you can pick up your sticker or your membership key-fob at Suntrail Source for Adventure in Hepworth. Please support this business that helps our club out with registration.

I would like to remind club members to wear their membership tags when on the trails. Please keep in mind that much of the land our ski trails are situated on are privately owned, and we are guests of the land owners. Without the generosity of these owners we would not have the great trail systems we enjoy today. Please stay on the trails and leave no trace. 




- BSC Ski Swap - Ongoing (Go to: BSC Ski Swap on Facbook)**
- BSC Thurs. Time Trials - Ongoing every Thurs. at Sawmill (Before 10am or after 5pm)**
- Jan. 9 to 16 - Exchange Sauble Beach XC Ski Club**
- Jan. 16 to 23 - Exchange Glenelg Ski Club**
- Jan. 24 to 30 - Exchange O.S. XC Ski Club**
- Feb. 13 to 20 - Exchange Beaver Valley XC Club**

## **Covid Changes at the Trails**

After a great deal of discussion the Executive and Directors have made the following changes at our trials, to make them safe for our members during this pandemic:


- Close Gerry's Place. Warm Up Cabin
- Break up the Jack Rabbit program into two separate groups and time slots to keep numbers low.
- Add a second entrance to the Sawmill Trail from the end of the parking lot.
- Spread out ski racks to promote social distancing.
- Post appropriate signs advising people to social distance.
- Ask members to wear masks in the parking lot and ski rack areas. Masks can be removed once out on the trails provided skiers stay 6 feet apart.
- Encourage skiers to not congregate in groups, do your ski and head home.
- Implement an online day pass purchase interface and encourage e transfers.
- If it gets too busy (parking lots exceeding capacity) switch to members only trails.
- Hire two ambassadors to work on weekends, to act as parking attendants, advising people of covid policies, and assisting in day pass purchases. matters.
- Clean porta potties at once a day
- Place signage on trails outlining Covid protocols.
- Cancel in person races and switch to virtual events.

We feel that implementing these changes will keep people safe and our trail open. If Grey Bruce goes into the red zone, our trails will be for club members only and we will have to implement tracking of people on the trails. This will be done through an online registration process. 

## **REGISTRATION**

**Heidi Tones**

With 993 members already registered...It looks like cross country skiing is very popular this year. Now all we need is a big beautiful snowfall! Thank you to everyone who has gone paperless and registered. If you, or someone you know needs help registering for the Bruce Ski Club on zone4.ca,, have them contact me for assistance.

Once you have registered, please go to Suntrail in Hepworth, and show your email receipt (or a print out) to the staff to get your green sticker to go on your ski fob. Please have this on a jacket or your ski bag to show you are a proud BSC member. If you are a new member, Suntrail will give you both a ski fob and your green sticker. 

## **ED. + TIME TRIALS**

*Tom Hakala with Jack Van Dorp*

As an addendum to last month's editorial on adult ski lessons... I received a note from Marcie at Suntrail letting me know that Suntrail also offers adult ski lessons. Just call, email or drop in to Suntrail for details.

*Now on to this month's exciting news.*



**Bruce Ski Club**  
**THURSDAY**  
**EVENING**  
**TIME**  
**TRIALS**

Self timed  
Skate & Classic Events  
Course varies every week  
Start/finish at Stadium Bench  
Under the lights or your own light  
Start after 5:00pm or before 10:00am  
For more info go to [bruceskiclub.ca/events](http://bruceskiclub.ca/events)

Sawmill Nordic Centre

Jack Van Dorp has come up with a plan, a cunning plan, for implementing a Time Trial Series at Sawmill every Thursday evening (or early morning). Here is what Jack says:

Want a fun challenge and camaraderie in the deep dark of this Covid winter?

Thursday Evening (& Morning) Time Trials are your chance! Each week has a set course and technique. Courses vary in distance and difficulty, and between classic and skate techniques. Each course is scheduled to occur twice in each technique over the course of the winter.

Challenge your friends, but if skiing at the same time as others be sure to maintain social distance, and leave an interval between starts.



To avoid high-traffic trail times, competition is only permitted before 10:00 a.m. and after 5:00 p.m. each Thursday.



# SAWMILL NORDIC CENTRE

All courses start from the “official” start-finish line, at the bench in the stadium. You are responsible for timing yourself from start to finish, and completing the form online [CLICK HERE](#) to submit your results.

There will be no race officials, no timing people or other volunteers, course markings, or hut access. This is a self-catered honour system event. “Official” times are based on doing the “Official” course and technique for that date. If you do the other technique, or another ‘Official’ course, just fill out the form with what you did so the results are accurate.

You can find the results by [CLICKING HERE](#). Strava segments have also been created for each course.

There will be four different courses, with a different course each week. See schedule below and maps by clicking on the link or go to the Bruce Ski Club website, Events page. Then go to: [Thurs. Evening Time Trials](#) page for all the information about the Time Trials.

### Time Trial Risk Management:

- Headlamps recommended especially when the course is beyond the lit loop
- Participation is 100% voluntary.

BSC Thursday Time Trial Schedule				
Date	Course	Technique	Length	Full Moon
Dec. 10, 2020	2 way /Paperclip/Jrabbbit	classic	3.5km	
Dec. 17, 2020	2x Jackrabbbit	classic	2.1km	
Dec. 24, 2020	1x Jackrabbbit	skate	1.1km	
<b>Dec. 31, 2020</b>	<b>Full Loop</b>	<b>classic</b>	<b>11km</b>	<b>12/29/20</b>
Jan. 7, 2021	2 way /Paperclip/Jrabbbit	skate	3.5km	
Jan. 14, 2021	2x Jackrabbbit	skate	2.1km	
Jan. 21, 2021	1x Jackrabbbit	classic	1.1km	
<b>Jan. 28, 2021</b>	<b>Full Loop</b>	<b>skate</b>	<b>11km</b>	<b>1/28/21</b>
Feb. 4, 2021	2 way /Paperclip/Jrabbbit	classic	3.5km	
Feb. 11, 2021	2x Jackrabbbit	classic	2.1km	
Feb. 18, 2021	1x Jackrabbbit	skate	1.1km	
<b>Feb. 25, 2021</b>	<b>Full Loop</b>	<b>classic</b>	<b>11km</b>	<b>2/27/21</b>
Mar. 4, 2021	2 way /Paperclip/Jrabbbit	skate	3.5km	
Mar. 11, 2021	2x Jackrabbbit	classic	2.1km	
<b>Mar. 18, 2021</b>	<b>All ski-able Trails</b>	<b>skate</b>	<b>11km*</b>	<b>3/28/21</b>

\*Whatever trails are open in late season

### Fred Scheel

This fall has been a busy time period for the Sawmill Trail. New lights, new equipment to prepare, wider doors on the equipment shed and of course the development of a Covid protocol for an anticipated busy ski season.



A big turnout at the Sawmill trail clean up on October 31.

All in all , we are ready for the snow to come and our groomers are keen to get to work. The people who are landscaping our snow this year are: Kim Ransom, Harry Hong, Gene Cassidy, Ron Downie and Fred Scheel. Be sure to give these guys a high five for getting to the trail before sunrise each day for a cold 2 to 3 hour grooming run. Enjoy, your trail captain, Fred.

### Meet your groomers at Sawmill...



Ron and Fred redesigning the doors to the groomer shed



Kim, Gene and Harry make up the rest of the team.

To view the 4 maps go to: [BSC TT Maps](#)



# COLPOYS SKI TRAIL

**Richard Bonert**

A big thank you to all of you who helped with the fall work on Saturday 24 October. All trails have been worked over. We had some teaser snow, all gone now, but we also had a big storm which put again about a dozen trees across the trails including a very big one. Most have been already removed.



*Thanks to all who helped at the Colpoys trail clean up.*

The signs are up but we are still waiting for the new shelter for the grooming equipment before taking down the old one. Ploughing for the parking lot is arranged. We are ready and waiting for snow so we can start grooming. As soon as there is enough snow to ski safely, the website will have a report.



*Sometimes, grooming & fall work parties aren't enough.*

A word regarding the pandemic with regard to skiing at the Colpoys Trails:

There are no indoor facilities to close and crowding is usually not an issue.

Please keep the 2 m. distance, which means one party stepping aside, so if you wish to pass someone announce it so that passing with distance is possible. Another case arises if you have to register day users or have to use the port-a-potty. We cannot have hand sanitizer in the outdoors for

days, so you should have a hand sanitizer in your car and sanitized before and after using the facilities (like you do at a self serve gas station).

Despite the circumstances, we do not expect that the Colpoys Trail will officially close. The executive of the club works with the local health officials and discusses our arrangements at Saw Mill and Colpoys.

Looking forward to the snow and hoping for a long, good skiing winter to be outdoors and enjoy the wonderful winter landscape at the Colpoys Ski Trails.

See you on the Colpoys Trails, Your trail captain, Richard. 


## RACE REPORT

**Ken Clarke**

Race Coordinators report: Most years I would be saving my Thank Yous to the volunteers for the newsletters following the races.... Thank you to all the new and returning members who chose Race Volunteer at registration. And thank-you to everyone who worked hard to help plan for running safe races this year. It will be time well spent making future races better. Alas we will not be celebrating our love of the sport with any large gatherings like our traditional races this season.

But if you want to spend a couple of hours to help the club while thinking about racing here is a link to the free online Nordiq Canada level 1 Officials training: <https://cccofficials.moonami.com/login/index.php>

And if you would like to race as well there will be the Thursday Night Time Trial series at Sawmill (details on the website & in this newsletter). Which will provide a variety of classic and free technique challenges throughout the season. As well there are plans for a self timed Colpoys Loppet (details to follow). Finally we are continuing to discuss plans for a self timed Suntrail Special complete with virtual cake. If you have ideas for what kind of ski challenge this should be please feel free to share your thoughts.

Play Safe and Think Snow, Ken! 

**Wanted: donation of old smart phone for project at Sawmill. Contact: [andrew@howlett.net](mailto:andrew@howlett.net)**






# SPECIAL OLYMPICS

Laura Howlett

The Owen Sound Waxwings and Katie from the Center Bruce Snow Gliders have completed 6 weeks of dry land training out of doors, including both trail clean up events. Attendance has been close to 100% and it seems like the athletes are really enjoying the outdoor hikes. We look forward to starting on snow with our families over the holidays and then as a (physically distant!) group the first Saturday in January.



Happy Holidays! Laura. \_\_\_\_\_ 

# GBN

Marilyn Suke

On November 27 I would be far happier waxing skis than trying to decide if I should cut the lawn. Sigh.

GBN has now started training at our Hepworth home. Great to all be together again. As well, we are (running) Jack's time trials on Thursdays and they are going well! Please join us - a great way to measure your speed against others and to keep track of improvements as the season goes on! Sadly, for now, our Southern Ontario race series is on hold as some PH regions had reservations about getting teams together to race. Hoping these can go ahead before the end of the season (snow in April!?)

You can use this pause to take advantage of educational opportunities being offered by our Provincial and National skiing bodies (see article page 6). Join a website such as XC Ski Nation ([xcskination.com](http://xcskination.com)) for excellent tips and drills on becoming a better skier - and some excellent video of beautiful ski trails and Canadian skiers.

In the meantime, have safe fun outdoors. This is the year for technique and distance training. \_\_\_\_\_ 

# JACKRABBITS

David White

What did one snowman say to the other snowman?

Do you smell carrot?

Please read through the Return to Sport document at the end of this newsletter. It contains important information about how to keep skiers, family members, coaches and the ski community safe. Throughout the season it will be important to check the Bruce Ski Club website and Bruce Ski Club Facebook page. Any updates or program changes will be there. (**Note: Jackrabbit registration is closed.**)

The coordinators have been planning our season that will start on January 2. This year there will be two sessions every Saturday until the last session on March 6. The first session will take place between 9:45 and 11:00. The second session will be from 11:30 until 12:45. Please pick up your children promptly to ensure that participants in session one do not cross paths with those in session two.

We are looking for a coach for our Wolverines group in the second session. Please contact [jackrabbits@bruceskiclub.ca](mailto:jackrabbits@bruceskiclub.ca) if you are interested.

Group sizes will be smaller this season as outlined in the Return to Sport. We have many experienced coaches returning and I would like to thank them for volunteering. Without them, Jackrabbits would not take place. You should be expecting an email from your children's coach sometime after the middle of December.

## Return to Sport Jackrabbits Stay at Home if You are Sick

- Keep Skiing Fun!
- This document will be made widely available to all Bruce Ski Club members.
- A safety officer will support each session to remind participants and parents of the protocols
- Attendance of coaches, volunteers and athletes will be taken at every session to allow for contact tracing.
- All coaches, volunteers and athletes will take the self-assessment prior to attending each session <https://covid-19.ontario.ca/self-assessment/> Coaches will be documenting that the self-assessment was taken. Stay home if you do not pass the self-assessment.
- There will be two Jackrabbit sessions 9:45 to 11:00 and 11:30 to 12:45.

- Each session will be limited to 50 athletes and 10 coaches in five separate groups.
- BSC members will be asked to avoid starting or finishing their ski at the start and finish times of Jackrabbits.
- BSC Shelter will be closed for the season. Coaches will have access to the Shelter for emergencies.
- Groups will have assigned meeting locations for the start and finish of their sessions.
- Only one parent will be allowed to assist an athlete getting their skis on at group meeting locations.
- A second entrance trail will be groomed to allow groups to be spread out.
- Self-screen posters will be at each start group meeting location.
- Participants will wear masks or face coverings when a 2 m. distance cannot be maintained.
- Groups will be limited to 10 participants and 2 coaches.
- Groups that need volunteer support may be temporarily divided to keep numbers low.
- Only one parent or volunteer is allowed to support an athlete on the trail.
- Athletes in Bunnies must be accompanied by a parent for the duration of the season or until the coach confirms that it is not necessary.
- Mask and face shield must be worn when helping an athlete that is not in your social bubble.
- Participants will not be allowed to share items (poles, balls, snacks, etc.).
- If a skier becomes sick during Jackrabbits they will immediately be removed from their group. The Safety Officer will contact parents and ask them to pick up their child promptly.
- Parents are asked not to congregate at the Sawmill Ski Trails.
- Coaches will be informed about No Touch Games.
- Refund Policy - There will be a 100% refund if Jackrabbit program is cancelled because of Covid-19 before January 1, 2021. There will be a 50% refund if cancelled because of Covid-19 restrictions before February 1, 2021. There will be no refunds after February 1, 2021. \_\_\_\_\_

## THINGS TO DO DURING A PANDEMIC

by Marilyn Suke

### Educational Opportunities to Access - mostly free!

Our National (Nordiq Canada) and Provincial (Cross Country Ontario) Governing bodies are offering on line training for Officials and Coaches. Most of these courses are free and can be done at your own pace anytime.

## Officials Training

The easiest way to access the site is to type *Nordiq Canada Officials Training* into your search engine.

This will take you to the site where you will pick Level 1 officials. This is an entirely self directed process and there is no fee. It takes

a few hours to complete (depending on your base knowledge level) and gives you a good grounding in everything that goes on in the running of a ski race. It is a great asset to the club to have a large number of members who have this certification. As well it makes volunteering at a race much more interesting as you have a greater knowledge of the entire operation.

Once level 1 is complete you can then access Level 2 training. This is offered by Webinar, again it is free and it has been very popular so you may need to wait for a spot to open up in the courses offered. In the mean time, the officials manual available on the Nordiq Canada website make great bedtime reading.

## Coach Training



The process of becoming a coach (in any sport) is centralized through the Coaching Association (coach.ca).

Cross Country Ontario's coaching coordinator is Katja Mathys. She has done an excellent job of summarizing the steps to becoming a coach on the CCO website. Go to: [xcskiontario.ca/coaches/coach-certification/](http://xcskiontario.ca/coaches/coach-certification/) She speaks of workshops but initially you will be doing work online. If you are interested in com-






pleting the on snow portion of the CC course please email me and I will set up a course. Please do this in the next few weeks! [mpsuke@gmail.com](mailto:mpsuke@gmail.com)



The first steps in becoming a coach are:

- 1) To do your Coaching Initiation Module (\$15) You need to be 14 years old to start this process
- 2) To do your Introduction to Community coaching. (ICC) This is entirely on line and the usual \$100 fee will be waived. The ICC prepares you to lead the Bunny level of the Jackrabbit program.
- 3) You will then do a Community Coach (CC) module on line which is the theory of skiing and coaching. If it is completed prior to January 15, 2021, the Fee (\$125 ) will be reimbursed by Nordiq Canada. The final portion of receiving you Community Coach will be done in person, outdoors, on snow. I am the

Facilitator for this course and will post a workshop soon if there is a demand. It will likely be an evening webchat then two outdoor sessions. Both skate and classic techniques will be covered but you only need to be able to teach these techniques - not perform them perfectly. The Community Coach workshop prepares you to be a leader in the first few levels of the Jackrabbit program. Nordiq Canada will be reimbursing the BSC for these courses and they will in turn reimburse you. \_\_\_\_\_ 

The background of the advertisement is a photograph of a snowy parking lot filled with cars, with a line of trees in the background under a clear sky.

# Bruce Ski Club

*is looking for*

## Club Ambassadors/Parking Attendants

The Bruce Ski Club seeks 2 enthusiastic individuals during weekends and holidays for the 2020-12 season. Job duties will include acting as parking attendants during busy times and club ambassadors assisting members, patrons and guests with Covid-19 plans and procedures.

*For a detailed job description please email: [mike@bruceskiclub.ca](mailto:mike@bruceskiclub.ca)*

# Thank you to the following



## Patrons

Community Foundation Grey/Bruce  
Power Workers' Union  
Suntrail Source for Adventure  
Intact Insurance  
Midwestern Communications  
Kiwanis Club of Owen Sound/  
Whispering Pines Campground  
Anonymous

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Doug Sider  
Reg Martin & Pam Green

## Friends

Michael Edney  
Sandra Stevenson  
Kim Andrews

Kelly Wilkins  
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Doug Willson  
Dennis Stier  
Donna Farrow  
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Hussey Family  
Barb Avery  
Ted Ratcliffe  
Ainsley Hatch  
Grace Clark  
Michael Jeavons  
Trevor Stokes  
Jeremy Clarke  
Kyle Court

## Bruce Ski Club Executive

President - Mike Campbell	519-477-1098	mike@bruceskiclub.ca
Vice-President - Shawn Radcliffe	519-935-9905	shawn.radcliffe@gmail.com
Secretary - Deborah Downie	519-339-0762	deborahdownie62@gmail.com
Treasurer - Andrew Howlett	519-376-2203	andrew@howlett.net
Registrar - Heidi Tones	519-534-3222	smith.tones@gmail.com

## Trail captains

Colpoys - Richard Bonert	519-371-0711	richard.b-bsc@bell.net
Sawmill - Fred Scheel	519-376-1484	fscheel@bmts.com

Jackrabbits - Dave White, Jody MacEachern, Erik Proulx		jackrabbits@bruceskiclub.ca
GBN Liaison - Marilyn Suke	519-374-4227	mpsuke@gmail.com
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Newsletter Editor - Tom Hakala		hakalathomas@gmail.com

## Our Landowners

Grey Sauble Conservation Authority (<http://www1.greysauble.on.ca/>)  
Ron Gatis  
Kiwanis Whispering Pines Campground (<http://www.campontario.net/>)  
Ministry of Natural Resources and Forestry  
(<https://www.ontario.ca/page/ministry-natural-resources-and-forestry>)  
The Spencer Family  
Laura McNamara & Bevan Ratcliffe

**VIRTUAL ONLINE**  
**BSC SKI SWAP**  
Now until  
Dec. 31, 2020  
Because of COVID-19 the swap will be on Facebook. Go to Facebook and type BSC Ski Swap... Click "JOIN" and when admin approves your membership you can buy or sell skis, boots or other equipment.  
Bruce Ski Club

The Bruce Ski Club would like to thank



for printing of this newsletter.