

Nordic Procedures: Keep in mind this is a fluid document. When new questions get asked I will add to it once I know the answers.

First of all, this is new to all of us and there will be questions and anxieties for many. We are just happy we can get the students started. The normal practice expectations will be modified to fit the comfort of each family. Some students/families may feel comfortable with 6 days a week and others may only be a few days a week. We will just work with it. For those that are concerned about JV and varsity letters-the procedure isn't determined yet, but they will not be based on attendance. We will trust your honesty and assume you will be there when you can.

There is a lot of information here so take your time going through it. I tried to organize this in a way that makes sense-but maybe the question is answered later.

I do try to send out a weekly schedule as Nordic is an ever changing sport.

***The first week of practice will all be at school.

1. Practice time 2:30-4:30. If you are going to pick up your athlete at the end of practice give them time to put away equipment -so maybe 4:45. We are starting at 2:30 because those students in school need a place to go.
2. It is my understanding the AD sent out a survey asking who needed rides in to practice. If you are going to be bussed, or driven in you will begin practice when you arrive. Please be dressed and ready to go. We want to limit the amount of time in the locker room. If this isn't organized the first week just send me an email at gann3304@gmail.com and let me know your athlete is still planning on doing Nordic.
3. We will stagger the amount going into the locker room at one time. Girls track will not be going in until around 3pm., and I think boys track is changing somewhere else. You will see I have spots assigned that are 6 feet apart to put your helmet, skis, boots and poles. **You may not share bike helmets this year.** You should not be leaving your clothes in the locker-you won't be provided a lock anyway. If you want to leave an extra pair of gloves, hat or socks-that's fine.
4. There are some exceptions to the practice times. There are times we go off of campus for practices and meets. We have to work within the available daylight so the bus usually leaves the HS at 2:30. Your athlete may not get bussed in on time so they would stay home unless you can drive them. Many times they can go for a run at home. They may not take roller skis home.
-We go off when there is snow at Mohonk/Minnewaska

- Race days (when snow). If we have to divide the group due to the number of skiers allowed-then some will race, and some will stay at the HS to practice. This will be determined...hopefully weekly.

-Sometimes we go off for longer roller skiing.

-We have the availability to ski at Rocking Horse Ranch Tue, Wed, Thurs from 5 to 6:30 pm. They have lights. As of 1/17/21 we are just waiting to see if our busses have the ability to get us there.

-Parents can drive their students to away practices...**BUT students may not drive themselves.** Mark and I will be monitoring this and will send you back.

-Parents if you drive your child anywhere to meet us you will have to arrive close to the same time we do. We will have to temperature check your child-If your child rides the bus they will be temperature checked ahead of time.

5. I am putting a link for some of the Section 9 COVID Protocols: Hopefully it will open...I am not tech savvy.

<https://docs.google.com/document/d/13ob3Ru8e8RQX4DkImq8uBjCagUiwSG6R/edit>

When viewing number 4. Our school's mask policy is that we are to wear masks at all times, and we will only participate against other schools that wear masks. There is also a policy for COVID screening and temperature checks. The Athletic Director will be sending us more detailed information on this.

6. It may be good to have a couple of masks just in case one gets wet.
7. Schedule is on the webpage and I will give out a hard copy.
8. I will also have a Rocking Horse Waiver to hand out. Do not use the one on the webpage. I have to update this, but may have to wait until I get back to school to remember how to do this.
9. Mohonk will also give a hard copy, Assumption of Risk... but I do have a QR code on the webpage. You can do this at any time.
10. When we practice or race at Mohonk they also have a COVID link parents will have to fill out in the am (similar to the schools)...but I don't want to overwhelm you so I will go over this later.
11. A bike helmet has to be worn when roller skiing. You need to supply your own helmet. We supply the roller skis.
12. Always have running gear/sneakers
13. Always have gloves. Beginners-you will not be able to go fast enough yet on roller skis to stay warm. There is a learning curve.
14. Have gear for outdoor weather. Once the sun goes down it is even colder.

15. Come with the ability to laugh at yourself-this is a technical sport with lots to learn. Your goal may become perfection...but you will not start out with this. Work hard and you will improve....and fall.