



AUBURN DRIVE HIGH SCHOOL

...Home of the Eagles



< NSSAF CAPITAL REGION SNOWBOARD RACES 2015 >

Details: Format

Changes: must be approved at NSSAF Workshop prior to implementation

Dates:	Open	Friday 19 Feb 2016	@ Martock
	Metros	Wednesday 24 Feb 2016	@ Martock
	Regionals	Monday 29 Feb 2016	@ Martock
	Provincials	Monday 07 Mar 2016	@ Martock

Registration: Register your team(s) by email to Zeno at the address below
Register by 4pm on the last school day before the race
Number of racers per team is 5 (top 4 count)
Each school can enter more than one team
Maximum of one team per school per division per classification is eligible to advance to provincials
Classifications are Senior/Intermediate and Boys/Girls (no juniors)
*senior under 19 as of 30 September
* intermediate under 16 as of 30 September
See attached for roster format.

Fees: \$30.00 per team per race (3 teams = \$90) – paid to Martock
\$5.00 per athlete from the school for the season - paid to Auburn
\$20.00 racer lift tickets
Provincials are covered by the NSSAF fee billed to schools.

Results: Emailed

Gate Judges: Please have at least one representative per school to volunteer with management tasks, such as gate judges, starters, timers etc.

Contact Info: Zeno MacDonald (Citadel High School)
(902-441-8844 (cell)
(902)-494-4444 ext 2831005 (work)
macdonaz@staff.ednet.ns.ca

Dan Ray (Auburn Drive High School)

(902) 932-8872

dray@hrrsb.ca

www.auburnathletics.ca

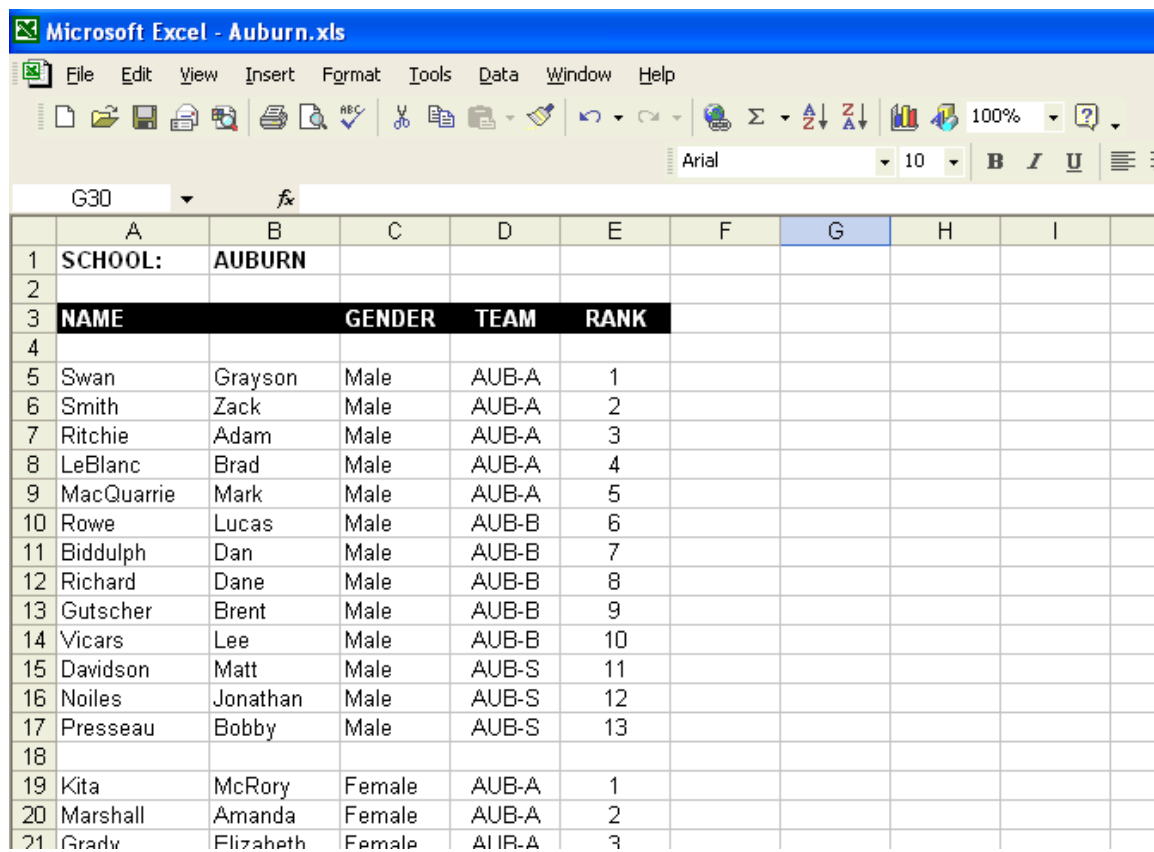
REGISTRATION

Could you please send your rosters in this format if possible.

Teams need to be a minimum of 4 and max of 5 racers.

Spares can be sent and do not need to be part of a team.

*** Please include division (senior boys, intermediate girls etc) ***



	A	B	C	D	E	F	G	H	I
1	SCHOOL:	AUBURN							
2									
3	NAME		GENDER	TEAM	RANK				
4									
5	Swan	Grayson	Male	AUB-A	1				
6	Smith	Zack	Male	AUB-A	2				
7	Ritchie	Adam	Male	AUB-A	3				
8	LeBlanc	Brad	Male	AUB-A	4				
9	MacQuarrie	Mark	Male	AUB-A	5				
10	Rowe	Lucas	Male	AUB-B	6				
11	Biddulph	Dan	Male	AUB-B	7				
12	Richard	Dane	Male	AUB-B	8				
13	Gutscher	Brent	Male	AUB-B	9				
14	Vicars	Lee	Male	AUB-B	10				
15	Davidson	Matt	Male	AUB-S	11				
16	Noiles	Jonathan	Male	AUB-S	12				
17	Presseau	Bobby	Male	AUB-S	13				
18									
19	Kita	McRory	Female	AUB-A	1				
20	Marshall	Amanda	Female	AUB-A	2				
21	Grady	Elizabeth	Female	AUB-A	3				

**Nova Scotia Department of Education
Physical Education and Safety Guidelines
for Skiing (Alpine)/ Snowboarding Grades 4-12 only**

Equipment

- A first aid kit and phone must be readily accessible. (See Generic Issues.)
- All bindings must be in working order and set to the proper tension.
- All bindings must meet with current approved guidelines.
- When renting equipment, boards, skis, and poles of the proper length must be selected for each student. The edges and bases must be in good repair.
- Boots and bindings must be thoroughly compatible.
- If equipment is borrowed, bindings must be inspected and adjusted by a knowledgeable equipment technician on site.
- Helmets must be worn at all times.
- An emergency action plan must be established.

Clothing/ Footwear

- No long scarves.
- Long hair must be tied back or tucked in.
- Clothing must be adequate for winter out-of-doors activity.

Facilities

- Only commercially operated ski facilities with suitable teaching areas (gentle slopes) must be used. The area must be patrolled by members of a recognized ski patrol.
- Define the skiing area to the students so they are aware of the boundaries for the activity.

Special Rules/ Instructions

- Students must be taught the importance of skiing/snowboarding in control at all times. Students must not be doing hot-dogging or jumping activities.
- Students must be thoroughly familiar with alpine safety rules (including lift procedures) and the role of the ski patrol.
- Prior to the activity, discuss proper clothing and how to recognize and treat frostbite and hypothermia.
- Parents must be informed by letter of their child's involvement in skiing and be made aware of the importance of suitable clothing and equipment.
- Parents must be informed of the importance of sun protection (See Appendix A).
- The teacher must be aware of the students with a history of medical ailments (eg. asthma, seizures, heart conditions, severe allergies).
- All students must be tested and grouped appropriately as determined by a qualified ski instructor. Those identified by the instructor as needing instruction must participate in a lesson.
- Students must ski in areas identified as appropriate by the qualified ski instructor and must be supervised in those areas. The qualified ski instructor also identifies which ski trails students may not ski on.

Supervision

- In-the-area-supervision
- Duties of the supervisors must be clearly outlined including circulating to all hills that students are using for skiing and snowboarding.
- A vehicle must be accessible for emergency purposes.
- Designate a supervisor (e.g., teacher or parent) to transport an injured student to hospital. This parent must not be in charge of the trip.
- Supervisor: student ratio, 1:8 (1:15 for Sr High)