



Big Mountain Freeski Guidelines (November, 27th, 2012)

The following guidelines are prepared for use by Freestyle Canada member freestyle ski coaches and clubs that are considering entering Freestyle Canada member athletes into Big Mountain Freeski competitions. The guidelines recommend ways in which a coach can exercise an appropriate duty of care while coaching and supervising athletes when they compete in Big Mountain Freeski competitions.

The document is not intended as a guideline for Freestyle Canada sanctioned clubs to host and operate Big Mountain Freeski competitions. Freestyle Canada will not provide a sanction to operate this type of competition.

Introduction

Big Mountain Freeski events are organized and operated by 3rd parties not affiliated with Freestyle Canada. Freestyle Canada will permit and provide liability and accident insurance to Freestyle Canada members to participate in the events so long as the athletes are:

1. Members in good standing with Freestyle Canada.
2. Members of a Freestyle Canada sanctioned club.
3. Supervised by a recognized Freestyle Canada member coach.
4. Participating with the permission of their Freestyle Canada sanctioned club as part of the Freestyle Canada sanctioned club's program.
5. Participating in Big Mountain Freeski events that are within the ski area's official boundaries.

To participate in a Big Mountain Freeski event, the Freestyle Canada sanctioned club must submit an activity sanction for this event as part of the Club's annual training and competitive activities.

The Course and Terrain

Big Mountain Freeski competitions are held within the ski area's official boundaries with the following features:

1. Steep terrain
2. Terrain could have moguls, hard packed snow, crusty snow or powder.
3. Natural jumps utilizing snow cornices, rocks, rolling terrain, etc.

Organizers will outline boundaries designated by age groups based on feature size, slope and technical difficulty of in-run and outrun. For example age group 7-12 will only have features in course with a clear unobstructed in-run and outrun. Organizers will also clearly outline the finish line and finish area.



Coaching Guidelines

Coaches working with athletes in big mountain freeski environments must be a minimum status of Freestyle Canada Club Coach Trained.

Coaches Duties and Responsibilities

Coaches must exercise an appropriate duty of care when supervising athletes in Big Mountain Freeski events and are responsible for supervising the athlete at all times during training and competition. Freeski events involve applying a wide range of freestyle skiing technical skills on a broad range of mountain terrain, including steep, in-bound chutes and runs, jumping off natural obstacles and skiing in gladed areas. Weather can be unpredictable in an alpine mountain environment and coaches must be aware and understand the impact of changing environmental conditions. It is the coach's responsibility to monitor the terrain and weather and assess if it is safe for the athlete to participate and suitable for the athlete's level of ability, stopping training if the weather becomes too unstable and conditions make skiing dangerous.

Coach's must:

1. Inspect the competition course:
 - a. Are the course boundaries appropriately marked and identified?
 - b. Are the features appropriate marked and identified?
 - c. Are there any hazards on the course that must be avoided and / or marked (e.g. changes in condition, visibility, snow, exposed rocks, trees, ice chunks etc.)?
 - d. Are there adequate medical rescue services (e.g. ski patrol) on site with the appropriate equipment (e.g. toboggan and backboard) with easy, quick access to the course?
 - e. Is the finish line clearly marked?
2. Determine what is the best and safest line for the athlete to ski for the purpose of the competition considering the athlete's level of skill.
 - a. The athlete must exhibit the skill level to ski the chosen terrain and line in a controlled manner.
 - b. The athlete and the coach should inspect the terrain and line together, ski sections of the terrain and line before attempting to ski the line from top to bottom.
3. Monitor the weather conditions and determine if the conditions are safe for the athlete to participate in the competition.
4. Ensure the athletes and coaches abide by the rules and regulations of the organizers.

When athletes are training, coaches should:

1. Not allow athletes to jump off / from natural features unless a coach is present.
2. Control the use of any feature by the athletes.



Coaches should ask about the organizer's emergency medical action plan and where the patrollers are located. Patrollers should be, at a minimum located at the top of the course with the appropriate equipment and with easy and quick access to the competition area. It is very important ski patrol can respond quickly to any accident that is mid-course and accessing an accident from above the location is easier than having to access from below.

Special Considerations:

1. Inverted aerials are not permitted in Big Mountain Freeski training and competition.
2. All athletes must wear helmets in training and competition.
3. Functioning ski brakes must be present on all skis.
4. Properly fitted mouth guards and back protection are strongly encouraged.

Suggestions for teaching athletes how to ski big mountain freeski terrain:

1. Learn and perform good technical skiing skills in in-run, execution and outrun of jumps in mogul course and appropriate features on mountain freeski training.
2. Mileage on the mogul course, flat skiing, terrain park and inbounds freeskiing terrain. Through technical training the athlete achieves a high standard of form and technical ability.
3. Athletes must demonstrate competence to an appropriate level and consistency to choose lines of increasing risk.

For further information, please contact the Freestyle Canada at info@freestylecanada.ski .