



## 2015/16 Can Freestyle Program Operating Agreement

Welcome to CFSA's Can Freestyle Programs, where young skiers 6 and up are taught Freestyle skills in fun and safe progressions.

To deliver a Can Freestyle program, your club or ski school must meet the following criteria:

1. The host club must be a currently sanctioned CFSA member club, and additionally have registered on-line for Can Freestyle program materials through [freestyleski.com](http://freestyleski.com).
2. The club must have read and confirmed their Can Freestyle Operating Agreement commitment in their club sanction or in an addition to sanction sent to [info@freestyleski.com](mailto:info@freestyleski.com) before materials will be delivered.
3. All affiliated athletes must purchase a current minimum CFSA Can Free 1&2 membership license before the start of the program; coaches must have a CFSA Coach license. This is a requirement of CFSA general liability insurance.
4. A Jumps and Bumps or Freestylerz coach is required to complete the CFSA/NCCP Club Coach prior to the program start.
5. A Freestylerz coach should as a minimum additionally have completed the CFSA/NCCP TSM2(Moguls), and Park and Halfpipe Supercoach modules before the program begins. TSM1(Freeskiing) is highly recommended for all coaches to develop good turning skills - check your PSO coach course calendar for schedule.

If you have any questions please contact: [info@freestyleski.com](mailto:info@freestyleski.com)

Or contact your Freestyle Skiing Provincial Sport Organization (PSO). PSO and Club contacts are listed in the Club Finder at [freestyleski.com](http://freestyleski.com).

### Commitment of Clubs Participating In CFSA 's Can Freestyle Programs

To ensure the success of your Can Freestyle program each season, your club requires the following steps to be taken:

- 1. Assign a Can Freestyle Coordinator:** This person needs to be reliable and committed to completing the following steps 2-6 (usually the Head Coach or a volunteer).



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## **2. Meet the Basic Program Requirements:**

- Plan at least 15 hours of instruction on snow, for the basic Jumps & Bumps program and a minimum of 20 hours for Freestylerz. Sessions may take place on a weekly basis or may be compressed into a block of time (one week period such as Christmas holiday or March break).
- Use the appropriate learning materials to teach each Can Freestyle program at the appropriate LTAD stages – Visit Can Freestyle Programs at [freestyleski.com](http://freestyleski.com) for program descriptions and to view program materials, and Long Term Athlete Development educational materials that you can share with your club.
- Ensure that during the competitions/special events for Jumps and Bumps – ‘FUNdamentals’ athletes the emphasis should be placed on participation and having fun rather than on winning. Guidelines for events can be found in the Can Free Competitions guide
- Ensure at the ‘Learn to Train’ Freestylerz level the focus is on fun and skill development, and competitions are only to enhance learning and showcase personal skill development.
- Following the last session, a closing celebration and Can Free award presentation should be organized where all participants are included; skiers, volunteers and partners/sponsors to help build morale and the community of freestyle skiers at your ski resort – people want to feel like they are apart of a community.

## **3. Plan Your Season:**

Things to consider are:

- ✓ How will you register everyone?
- ✓ How will share the program objectives with parent’s athletes and coaches?
- ✓ How will you break athletes into groups on a weekly/seasonal basis?
- ✓ When you will have access to terrain to learn and practice skills?
- ✓ How and when will your coaches do athlete skills assessments?
- ✓ How will you communicate events, program changes etc.?
- ✓ When and how will you hold a special event and/or recruitment clinics?
- ✓ How will your coaches receive training, evaluation, and on-going professional development sessions. (These should be included in their job expectations.)
- ✓ When and how will you create report cards, and an end of year wrap up to celebrate

accomplishments?

✓How will you recognize the efforts of all coaches and athletes and volunteers?

✓How will you involve your host resort/club staff in a positive way?

**4. Make Sure Risk Management Strategy Is In Place:** Communicate with your club, local Ski Patrol and resort on all risk management and accident reporting procedures. Make sure your coaches are well trained in your Emergency Action Plan and to follow the “duty of care” requirements for young children. Be familiar with the CSA Risk Management Guide.

[http://www.freestyleski.com//pdfs10/Ski\\_Club\\_Risk\\_Mangt\\_Manual\\_Oct\\_2008.pdf](http://www.freestyleski.com//pdfs10/Ski_Club_Risk_Mangt_Manual_Oct_2008.pdf) 5.

**5. Order Your Can Free Materials Online** – Ideally Prior to Nov. 1<sup>st</sup> including Jumps and Bumps Passports/Stickers, and Freestylerz Goal Books at:  
<http://freestyleski.com/club/freestylerz/canfreestyle-registration/>

**6. Submit A Program Report:** This evaluation will help you improve the Can Freestyle programs in your club, and help CFSA to support these programs across Canada.

**NOTE:** Jumps and Bumps and Freestylerz has been developed to provide some flexibility with scheduling and required skill completion, for example if your club does not have a Halfpipe coaches can use a Quarterpipe to develop the basics, and omit the tests that require a full Halfpipe.

## CFSA’s Safety Priority

CFSA has an excellent safety record in a high-risk sport. This is maintained through good training of coaches and officials, and by following techniques and standards of the CFSA.

CFSA clubs are required to meet CFSA standards, or sanctioning can be revoked. Helmets are required and mouth guards are recommended by CFSA.

If your club is planning to participate in Big Mountain Freeski events please view this link  
<http://freestyleski.com/wp-content/uploads/2012/09/CFSA-Big-Mountain-Guidelines-Final-Nov12.pdf>



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