



Para-Nordic Skiing TECHNICAL PACKAGE

**2018 Saskatchewan Winter Games
February 18-24, 2018
North Battleford, Saskatchewan**

1.0 SPORT:

- 1.1 Competition Site: Blue Mountain Adventure Park
- 1.2 Competition Dates: February 21-24, 2018
- 1.3 Sanction: Yes SASKI Skiing For Disabled

The 2018 SWG is an opportunity to provide the Para-Nordic participants with the experience of being in a multi sport games atmosphere, with the intent of potentially moving to higher levels of competition (National Competitions, Canada Games etc.) The exposure of these athletes in a multi sport games not only provides them with an incentive to pursue further goals, but provides the public and the able body sport community with an awareness of inclusion of athletes with a disability in a competitive games event.

2.0 PARTICIPANTS:

- 2.1 Number of Competitors: Maximum of 16 province wide participants (either Gender)

The athletes would participant as one team, however they will represent the District they reside in. The athletes would wear the appropriate district walk out uniform and participate in any district related functions. Special transportation arrangements will be made for all participants, coaches, managers and required assistants. We would like to ensure that all eligible athletes in the province have an opportunity to participate in the Games since selection is not by district, the fill policy would not apply.

A Guide pool will be accredited at the 2018 SWG for Para-Nordic competitors with a visual impairment. Each participant requiring the use of a guide will be allowed one guide position who will be accredited as an athlete. If required, guide alternates will be identified by SASKI Skiing for Disabled Committee in cooperation with the Saskatchewan Games Council to fulfill this role based on the required level of experience and athlete's classification.

If the athlete requires a custodian to provide 'medical' care during the games, that custodian will be considered an athlete for accreditation (to gain access to accommodation and site access).

2.2 Coaches and Managers:

1 qualified coach/manager for every 4 athletes.

Note: If there are both male and female competitors then at least one coach/manager is of the opposite gender of the other(s).

In regards to coaches, managers or medical personnel who would accompany the athletes, SGC/SASKI will provide 1 qualified coach per 4 athletes to ensure the safety and well being of the athletes. We will endeavor to provide the coaches/managers by district for future growth. SGC will provide the participants with the walk out uniform from the district they are from. CCS recommends that coaches are trained at the CCI (L2T) level or above.

SGC/SASKI may apply for 1 helper for equipment from the local organizing committee per 8 sit skier athletes.

3.0 Age and CLASSIFICATIONS:

3.1 Year of Birth:

Targeting: Training to Train category: under 25; YOB: 1993 on Feb. 1 2018

In keeping with the objective of targeting athletes within the Training to Train (TTT) level of the LTAD, age exceptions may be provided to Para-Nordic athletes born prior to 1993 whose athlete development level is consistent with TTT. We recognize that an age dependent criterion may not adequately reflect the entry of the athlete into Para-Nordic skiing due to late onset disabilities through injury or medical condition. The Para-Nordic Committee in cooperation with the SGC will consider these special cases up to December 1, 2017.

For Standing skiers (LW2-9 and B1-3), if the numbers do not warrant a medal event (i.e., less than 3), the standing skier will race in the abled bodied event as an abled bodied competitor.

3.2 Classification:

Classification by an IPC Classifier or Canadian Blind Sports Classifier must take place before December 15, 2017. However, we will endeavor to have a classifier at the competition so everyone can compete. Medical Classification will take place the evening of arrival (private room needed) and technical classification will take place during the first day of training. See Para-Nordic section of CCC web site: <http://www.cccski.com/Para-Nordic/About-Para-Nordic/Classification.aspx>

4.0 ELIGIBILITY:

- 4.1 Athletes: Athletes must hold a valid CCS Competitor License and belong to a Cross Country Saskatchewan member ski club. Athletes who have competed in Para-Nordic competitions at the Paralympics, IPC World Championships or IPC World Cup are NOT eligible. Exemptions may be granted.

No athlete can be rendered ineligible within 90 days of the opening of the Games due to performance in a IPC World Cup, IPC World Senior Championship or Paralympic Winter Games (i.e., no athlete will be rendered ineligible for any of the above after November 15, 2017).

- 4.2 Coaches: Minimum CC certified. CCS recommends that coaches be trained at the CCI (L2T) level or above.
- 4.3 Exclusions: None

5.0 PROVINCIAL REGISTRATION:

Registration is with:

Name: Alana Ottenbreit
Address: 1860 Lorne Street
City: Regina, SK
Postal Code: S4P 2L7
Phone (work & cellular): (306) 780-9240
Email: sask.ski@sasktel.net

6.0 PROVINCIAL TECHNICAL LIAISON (same as cross country skiing):

Name: Dan Brisbin
Address: 226 Churchill Drive
City: Saskatoon, SK
Postal Code: S7K 3Y7
Phone (cellular & other): (306) 280-1709
Email: danbrisbin@sasktel.net

7.0 COMPETITION:

- 7.1 Type of Competition: Cross country ski races

Para-Nordic competitions will be run as two categories: sitting (sit-skiing class) and standing (visually impaired and standing classes, a combined category). In the standing category, athlete classified as visually impaired will be compared to standing classified athletes to determine final race results in both male and female events by applying percentage formulas (as per IPC rules) correlating standing skiers' performances with visually impaired skiers' performances using Zone4.ca.

In the sitting category, results will be determined by applying percentage formulas (as per IPC rules) specific to the athletes' disability classes using Zone4.ca. In that respect, race courses used for Para-Nordic events will be designed (slopes, turns, etc.) to be fair for all Para-Nordic athletes within each of the two categories.

7.2 Events:

Race 1: Interval start classic race (Standing ~5km, Sit ~2.5 km)

Race 2: Free technique sprint qualification and heats (Sit ~250m [no tracks except for start], Standing ~500m)

Race 3: Relay race: 2-person relay team and 1 will be sitting and the other either sitting or standing of either gender. Each leg is 250 m long.

Note: distances and race formats are subject to revision after inspection of the venue and discussions with the local organizing committee.

7.3 Playoff Format:

Interval start distance race and relay race are single competitions that don't need a subsequent playoff. Sprints begin with an interval start competition (prologue) to rank competitors for heat selections (based on time). Heats use hunting start rules based upon the prologue race. Heats consist of 4 to 5 competitors with the fastest 2 or 3 from each heat advancing to semifinals then the fastest 2 or 3 from each semifinal advancing to the finals.

7.4 Seeding: Random draw

8.0 RESULTS:

8.0 Results Program

8.1 Results Format

8.2 Sport Scoring

Order of finish from fastest to slowest in mass start races using the Cross Country Canada rules (ICR-CCR). Fastest time to slowest time as recorded by CCC approved software and timing equipment in interval start races using the classification system.

9.0 TIE BREAKING PROCEDURE:

Highly unlikely with electronic timing to ~0.2 second accuracy but if a tie does occur it will be resolved as per the current edition of CCC rules. Video may be used to confirm competitor ranking in mass start format races (including sprints and relays).

10.0 SPORT PROTEST PROCEDURE:

The procedure for fairly handling protests will follow that described in the current edition of the Cross Country Canada rules (ICR-CCR) valid at the time the 2018 Sask Winter Games competitions are held.

11.0 EQUIPMENT:

Track-setting equipment consisting of snow machine and drags; electronic timing equipment (Summit timers, start wand, plungers, stadium clock); team/wax trailers or tents and warm-up building; race office and officials room; timing and results room or shack with view of start and finish, electronic power, heat and preferably internet; equipment storage (skis, poles) for athletes; computer and printer (with extra toner cartridges).

12.0 SPORT JURY:

As per Cross Country Canada rules (ICR-CCR) valid at the time the 2018 Sask Winter Games competitions are held. A Jury consisting of the Provincial Technical Liaison person and two other major officials will be established to rule on rule infractions and protests.

13.0 OFFICIALS REQUIRED:

We will use the same tracks and official as cross country skiing. The competition will be on the same day as the abled bodied cross country competition. The CCC and CCS official training already includes para-nordic event training.

13.1 Major Officials:

- Technical Delegate (PTL)
- Assistant Technical Delegate preferable (as a developmental opportunity)
- Chief of Competition
- Race Secretary
- Chief of Course
- Chief of Stadium
- Chief of Start, Timing and Results
- Chief of Controllers

13.2 Minor Officials:

- Course groomers - 2
- Stadium set-up/take down crew – 4 (can do other functions during race)
- Race office (start lists, bib distribution, results posting, temperature checks) –3
- Controllers and course marshals – 4
- Starter – 1
- Assistant starters – 2
- Start bib poster – 1

Clothing stewards -2
 Finish referee – 1
 Finish electronic timing – 6 (2 x plunger, poster, caller)
 Finish line manual timing – 3 (timer, caller, poster)
 Finish line camera operator – 1
 Finish line stewards - 2
 Runner – 1
 Results operators -2
 Announcer – 1
 Forerunners – 4 (nice to have, could be coaches)
 Helpers for sit ski equipment moving 1 per 8 sit skiers.

14.0 MEDICAL SERVICES:

Use Canadian Ski Patrol with medical officer in stadium during all competitions and official training times. Snowmobile, toboggan and driver must be available during all competitions and official training times. Vehicle suitable for transporting injured skiers to hospital must be available near the stadium during all competitions and official training times. An emergency plan must be developed and must be known by all major officials. This plan must include emergency phone numbers (e.g. 911) and the capability of connecting to them by cell phone and/or landline from the stadium or race office. Medical staff, course controllers and the Jury must be able to communicate by radio.

15.0 MEDALS:

| Event | Gold | Silver | Bronze |
|----------------|-------------|---------------|---------------|
| Interval Start | 4 | 4 | 4 |
| Sprint | 4 | 4 | 4 |
| Relay | 1 | 1 | 1 |
| | | | |
| | | | |
| Total | 9 | 9 | 9 |

*For an athlete with a visual impairment medals, a medal is also to be awarded to that athletes' Guide

Medals will be presented in each category; however, district points would not be awarded.

16.0 DISTRICT TEAMS SELECTION CRITERIA:

Since athletes will be selected province-wide and not by District, selection races will be set by Cross Country Saskatchewan and SASKI Skiing for Disabled likely at the abled bodied District selection races.

17.0 PROVINCIAL SPORT CONTACT

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18.0 THIS IS TO CERTIFY THAT THIS TECHNICAL PACKAGE, IN ITS ENTIRETY, WAS APPROVED BY OUR BOARD OF DIRECTORS.

(Please indicate in the space provided, the date of the meeting and when it was approved. This package must be signed by your President before returning it to the Saskatchewan Games Council.)

MEETING DATE: October 10, 2016

PRESIDENT'S SIGNATURE: _____

Name: Pat Prokopchuk
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