

# Qu'Appelle Valley Nordic (QVN) Saskatchewan Wildlife Federation Cup #A' and #B' January 15 and 16, 2022

Welcome to the Qu'Appelle Valley Nordic (QVN) located just outside of Lumsden. We are pleased to host an in-person "learn to compete" event after many months impacted by COVID, snow (lack of), or cold temperatures. It will be an opportunity for officials, volunteers, coaches and the athletes to enjoy a race as a first or a first in a while for many. Biathlon Saskatchewan will have an opportunity to trial the use of electronic chip timing for use at future SWF Cup races too.

Please note that the plan is to limit the clubhouse to race organizers and officials only to follow the recent guidance by the provincial Chief Medical Officer to not gather indoors. Please come prepared to be outside or use your own vehicles for warming up or changing. There is a single outdoor porta-potty available.

This event is being held concurrent with the Calforex #4 in Camrose and CCS Sask Cup Race #5 on the 16<sup>th</sup> in Humboldt. We encourage everyone to attend the event best for them.

**Please Note:** As per the Biathlon Saskatchewan Event Protocols, all persons attending the race as a spectator, official, volunteer or athlete that are eligible (12+) must be fully vaccinated (14 days from second dose) by the start of the event or provide a negative COVID test less than 48 hours prior to the event. **Please read the competition COVID protocol section carefully to ensure a safe and trouble free event.**

## Competition COVID Protocol

### Participant Criteria:

To participate in this event, all participants (coaches, athletes, officials, volunteers and spectators) must register on Zone4. Vaccination or COVID test results will be verified of every person entering the QVN parking area. Persons unable to comply will be turned away.

### Registration Acknowledgment:

I acknowledge the following: If I am vaccine eligible, I will be fully vaccinated (14 days after 2nd dose) or will provide a negative PCR test no older than 48 hours prior to the first zero session for my event. I agree to voluntarily present my QR code, provincial vaccination card or negative PCR test result from a Ministry of Health approved COVID-19 testing service provider prior to the event start. I will provide this information on each day of the race weekend acknowledging that Biathlon Saskatchewan and Qu'Appelle Valley Nordic Ski Club are not retaining any personal information. If I am unable to provide this information, I will be unable to attend or participate.

- OR -

If my child is not yet vaccine eligible (for anyone under 12 years old) they will not have to show proof of a negative test, however, the child should always wear a mask unless skiing or on the shooting mat and maintain a physical distance of 2 m.

The proof of a negative test result may be either a PCR or rapid antigen test. The test must be performed by a Ministry of Health-approved COVID-19 testing service provider for a fee.

An appointed volunteer will be stationed to verify proof of vaccination or negative test of all persons entering the QVN parking lot. The information will only be viewed by the volunteer, it will not be recorded in any fashion. **The gates to the QVN parking lot will be closed 15 minutes prior to the race time (end of zero). No late persons will be allowed in.**

#### **Daily Health Checks:**

A pre-screening assessment for COVID-19 will not be required. However, all athletes, coaches, volunteers, and spectators who participate in or attend the SWF Cup Race are expected to self-monitor for signs of illness. **It is recommended that you take an at home rapid test prior to attending the race even if fully vaccinated.** These test results do not need to be reported.

**DON'T COME TO THE RACE if you experience signs of illness** or are required to self isolate or quarantine by provincial rules. While your illness may not be COVID-19 related, we do not want to pass along an illness that will impact others' missing practices or other activities as they need to test and isolate (even with mild symptoms).

#### **Masking:**

Masks **MUST** be always worn indoors. Biathlon Saskatchewan COVID event protocols require the use of masks for ALL participants at ALL times, unless the athlete or coach is on course skiing or at their lane during zero or the participant is able to maintain 2 m physical distance from others. A buff **CANNOT** be used as a non-medical mask. Masks must cover both the mouth, nose, and chin. It is recommended to bring multiple masks as breathing and cold can freeze them.

#### **Hygiene:**

Wash your hands with soap and water prior to leaving your home before coming to QVN. Sanitize hands upon arrival. It is recommended to carry hand sanitizer with your person or in your vehicle (you can sanitize and dry hands while still in the warmth of your vehicle). Practice good hygiene etiquette of sneezing/coughing into your sleeve. Sanitize your hands after any contact with your nose, mouth, etc. Sanitize your hands when entering the clubhouse. QVN will supply hand sanitizer at the event. Wash stations with soap and water are not available at QVN. Bibs will be laundered between races.

#### **Clubhouse:**

Persons entering the clubhouse should sanitize hands and are required to wear a mask. Please note that the plan is to limit the clubhouse to race organizers and officials only to follow the recent guidance by the provincial Chief Medical Officer to not gather indoors. Please come prepared to be outside or use your own vehicles for warming up or changing.

#### **Awards:**

There will be no award or medal ceremony nor a prize table. Chocolate for clean shooting will be available. Race results will be made available on site and later online (possibly available immediately through Zone4 with timing chip results). Medals may be made available to club coaches once results are made final.

### **General:**

Due to the small community that is Biathlon in Saskatchewan, QVN will not be providing specific spectator or athlete only areas.

An attendance log of all participants (including spectators, officials, volunteers, coaches and athletes) shall be kept for the purpose of notifying participants of any necessary communications should QVN or Biathlon Saskatchewan be made aware of a positive COVID case following the race. Biathlon Saskatchewan requests participants who test positive for COVID to immediately notify QVN and Biathlon Saskatchewan, including positive COVID-19 results up to 14 days after the event.

Please share these competition protocols with any persons you invite or expect to attend the SWF Cup Race at QVN.

## **Competition Information**

### **Memberships:**

All athletes, coaches and officials shall have a Biathlon Canada.

### **Race Fees:**

Single day race - \$20.00

Full weekend race - \$30.00

There is no fee for coaches, officials, volunteers or spectators but registration is still mandatory.

### **Registrations:**

Please register on Zone4.ca by Friday January 14<sup>th</sup>, 2022 at noon. Online registrations are active and can be found searching Zone4.ca or through this link - <https://zone4.ca/register.asp?id=28016>.

Registration is required of all participants including spectators, officials, volunteers and coaches. **Late registrations or on-site registrations will not be accepted.**

### **Cancelation Policy:**

If the event is canceled prior to the weekend of the races due to weather or COVID health orders require cancelation, a full refund less the online service charge will be provided. With restricted use of the clubhouse for athlete warming, the races may be canceled or delayed if the temperature is below -15 C or feels like -25 C with wind. A race committee will have the ability to modify the race format, start time or race distances before or on the day of the race.

### **Race Course:**

A trail map is available on the QVN website ([www.qvn.ca](http://www.qvn.ca)).

Clubhouse (C) – 350 m

Orange (O) – 800 m

Yellow (Y) – 1.12 km

Blue (B) – 1.85 km

Red (R) – 2.45 km

**Race formats:**

A multiple wave simultaneous start race format will be used on both Saturday and Sunday. Multiple waves will be used to reduce competitors at the start. The Saturday race will be a shorter sprint format and the Sunday race will be a longer mass start format.

Class	Age	Sprint	Loop Sequence	Mass Start	Loop Sequence
Air Rifle 1	8 +	1.95 km PPP	O-O-C	2.75 km PPP	O-O-O-C
Air Rifle 2	8 +	2.4 km PP	O-O-O	3.84 km PPP	Y-Y-O-O
Juvenile Boys / Girls	11 and 12	3.36 km PP	Y-Y-Y	4.48 km PPP	Y-Y-Y-Y
Junior Boys / Girls	13 and 14	4.17 km PP	B-Y-Y	5.6 km PPPP	Y-Y-Y-Y-Y
Senior Boys / Girls	15 and 16	4.89 km PS	B-B-Y	7.06 km PPSS	B-B-Y-Y-Y
Youth Men / Women	17 and 18	5.55 km PS	B-B-B	7.06 km PPSS	B-B-Y-Y-Y
Junior Men / Women	19 and 20	6.15 km PS	R-B-B	7.79 km PPSS	B-B-B-Y-Y
Open Men / Women	21 +	6.15 km PS	R-B-B	7.79 km PPSS	B-B-B-Y-Y
Masters Men / Women	30 +	5.55 km PS	B-B-B	7.06 km PPSS	B-B-Y-Y-Y
Sport Men / Women	17 +	4.17 km PS	B-Y-Y	5.6 km PPSS	Y-Y-Y-Y-Y

**Notes:**

- All ages stated are as of December 31, 2021.
- Air rifle categories may be determined by the athlete or coach as developmental levels. Air Rifle 1 will shoot on larger targets while air rifle 2 shoot on smaller targets.
- Sport Men / Women and Senior Boys / Girls categories will follow the range carry procedure picking up their rifle from a rifle rack at the entrance to the range, skiing to their shooting mat, and dropping off the rifle on a rifle rack at the exit of the range.
- Youth, Junior, Open and Masters Men / Women will carry their rifle while skiing on course. Masters Men / Women may optionally follow the range carry procedure.
- All Junior Boys / Girls race times will be combined for results. Those athletes using a rest should indicate it on the registration and will have a 2:00 min time added to their results for comparison with those athletes shooting without a rest to recognize current skill level development and added challenge of shooting without a rest. If there are enough competitors in both categories, the organizing committee may create two separate race categories.
- Penalty loops for misses will be skied. Large penalty loops for the Youth Men / Women to Open Men / Women categories and small penalty loops for all other categories.

**Race Schedule:**

The schedule is subject to change due to weather conditions and the number of competitors. The organizing committee reserves the right to change the event schedule as needed. If advance notices are possible, a communication will be sent to all registrants via email.

Saturday, January 15, 2022 ** Multiple Wave Sprint **	1:00 pm	Race Event Open Bib Pick-Up Vaccination / Test Verifications
	1:30 pm – 2:15 pm	Zero
	2:30 pm	Wave 1 (all Boys / Girls categories)
	2:45 pm	Wave 2 (all Air Rifle categories)
	3:00 pm	Wave 3 (all Men / Women categories)
		Awards will be announced once the results become final
Sunday, January 16, 2022 ** Multiple Wave Mass Start **	9:30 am	Race Event Open Bib Pick-Up
	10:00 am – 10:45 am	Zero
	11:00 am	Wave 1 (Senior Boys / Girls and Sport categories)
	11:15 am	Wave 1 (all Air Rifle, Juvenile and Junior Boys / Girls categories)
	11:30 am	Wave 3 (all Men / Women categories)
		Awards will be announced once the results become final