

PARENT HANDBOOK



ALPINE ONTARIO ALPIN



MACKENZIE
Investments



Ski season is back.

Let's get **invested** on and off the hill

A message from Luke Gould, President & CEO of Mackenzie Investments

Ski season is finally here! The temperatures have dipped and the hills are calling. Mackenzie is excited for another great year as we continue our partnership with Alpine Ontario.

By partnering with an incredible organization like Alpine Ontario, we are able to support, nurture and invest in current, as well as up-and-coming athletes as they compete on the local, national and even international stage.

At Mackenzie, we know skiing is an investment. It's an investment of your time, your energy, and your money. And if anyone knows how important it is to make the right investments, it's us. That's why we want to empower residents of Ontario with the support they need to invest in what matters most to them – both on and off the hill.

Thanks to our partnership with Alpine Ontario, we're able to make smart investments, too. An investment to support you – the dedicated parents, coaches, clubs, and athletes – has no

greater return as it allows us to invest directly in the communities where we also live, work, and play.

We can't wait to see you on the slopes and watch all the exciting races and events coming up this season, including the Mackenzie Top Peak competition in which clubs across the country can compete to win funds to support the growth of their communities. We are also giving away several \$500 RESPs to top athletes this season – so start training!

Thanks for all that you do to advance the sport we love and have fun on the hill.

- Luke



TABLE OF CONTENTS

WELCOME TO SKI RACING.....4

WHAT DOES AOA DO?.....	5
DIVISIONS AND SKI CLUBS.....	9
HISTORY OF EXCELLENCE.....	10
CURRENT EXCELLENCE.....	11
ALPINE RACING DISCIPLINES.....	12
ALPINE • PARA • SX PATHWAY.....	13
COACHING PATHWAY.....	14

PROMOTING POSITIVE ATTITUDES & BEHAVIOURS.....15

WHAT WILL MY CHILD GAIN FROM ALPINE RACING?.....	16
HOW DO I BENEFIT?.....	17
WHAT KIDS WANT FROM THEIR PARENTS?.....	17
THINGS TO TALK TO.....	19
YOUR KIDS ABOUT.....	19

LET'S TALK SAFETY.....20

AOA'S COMPLAINTS TRIAGE.....	21
OUR PARTNERSHIP WITH PARACHUTE.....	22

PARACHUTE PDF GUIDE (3).....23

ROWAN'S LAW.....	24
------------------	----

OTHER.....25

HOW DO I STAY INFORMED?.....	26
IMPORTANT DATES.....	27
QUOTES FROM PARENTS.....	28
QUESTIONS.....	29
THANK YOU TO OUR PARTNERS.....	29



WELCOME TO SKI RACING





As a parent, you go to great lengths to safeguard your children and give them **the best opportunities**. You enroll them in sport and activities so they can make friends and learn new skills. You provide equipment and help them organize it to and from the slopes. You **watch them train and race** so you can be there for the **joyous moments**, as well as the **not so joyous ones**.

While the thrill of the performance is exciting and winning results are alluring, the **best reward** is seeing the **improved confidence**, friendships, and overall growth your child gains through meaningful sport experiences.

This handbook is designed to help you ensure a **safe, healthy, and meaningful alpine ski racing experience** for your child that will support their **competitive spirit, foster positive life skills and values**, maximize their personal potential and most importantly

- KEEP IT FUN!

WHAT DOES AOA DO?

Joining a new sport can be **overwhelming**, especially for those who are not already familiar with alpine ski racing.

Thank you for taking the time to learn.

Alpine Ontario Alpin (AOA) is a **not-for-profit provincial sport organization (PSO)** responsible for compliance and regulations in **Alpine ski racing, Para-alpine racing and Ski Cross** racing as stipulated by its governing bodies: Alpine Canada Alpin (ACA) and The Fédération Internationale de Ski (FIS) based in Switzerland.

AOA raises money through **sponsorship, government funding, donations and membership fees**. These monies are used to develop the following:

WHAT DOES AOA DO (CONTINUED)

- **Organize and sanction** the entire Ontario race series and provincial championships (more than 300 races per year) from the U8 level up to **U18/U21/FIS**.
- **Organize skills camps** for racers between the ages of **8 to 15**.
- **Manage the U16 High Performance Program (U16HPP)**
- **Manage the Ontario Ski Team (OST), the Ontario Development Ski Team (ODST) and the regional Southern Ontario Division Ski Team (SODST).**
- **Hosts coach education** courses, seminars and on-hill learning.
- **Oversees the organization and facilitation of coach education** (entry level and development level coaches' courses) and Officials courses as provided by Alpine Canada Alpin.
- Strives to keep race **environments safe** through policies and procedures, **rules and regulations** as stipulated by our governing bodies of Alpine Canada Alpin and FIS.
- Provide, **administrate and pay** for General Liability Insurance for all our members and affiliated clubs through Gallagher.
- **Provide sport communications** using promotional videos, newsletters and several websites. Implement **provincial fundraisers** that bring in over **\$100K** into the Alpine Ontario Ski Racing structure.
- Visit our **website** to learn more: <https://alpineontario.ca/>





ALPINE ONTARIO ALPIN

WHO WE ARE

ALPINE ONTARIO ALPIN (AOA) provides leadership and support for the advancement of alpine, para alpine and ski cross racing in the province of Ontario by providing exceptional and sustainable programs and services from entry level to high performance. In collaboration with the 40 race clubs and their 30,000 members, partners and stakeholders, we support over 5,000 active racers, 3,000 coaches and thousands of officials and volunteers throughout the province.

AOA is a proud member of Alpine Canada Alpin (ACA) and recognized by the Canadian Snowsports Association, Ontario Winter Games, Canada Winter Games and the Government of Ontario under the umbrella of the Ministry of Heritage, Sport, Tourism and Culture Industries.

The AOA offices are based in Collingwood with five full-time office staff dedicated to administration, communications, athlete development, coach education, sport safety and event management as well as a staff of highly qualified coaches operating the Ontario Ski Team. The organization is governed



AOA MISSION

LEAD, SUPPORT, AND PROMOTE THE JOYS OF SKI RACING WHILE DELIVERING A TRUSTED PATHWAY TO PODIUMS, COMMUNITY, COMPETITIONS, AND CAREERS

ORGANIZATION RESPONSIBILITIES & MEMBER BENEFITS:

ADMINISTRATION

Health + Safety Policy

- Concussion protocol
- Codes of Conduct
- Safe Sport

Government Relations

- Ministry of Heritage, Sport, Tourism & Culture Industries
- Sport Hosting - NORAM's, Nat'l Champs

Alpine Canada Relations

- Governance
- Insurance Coverage
- National Calendar

AOA Member Services

- Registration
- Insurance: Liability + SAIP
- Club Relations
-
-

Provincial & Divisional Initiatives

- Board of Directors Governance
- Regional Programming Oversight
- Integration of Services

Revenue Initiatives

- Government Funding
- Sponsorship + Fundraising
- Merchandise Sales

Marketing Initiatives

- Sponsorship Activation
- Marketing
- Member Communications

ATHLETICS

Athletic Programming

- Long-term Athlete Development (LTAD)
- Provincial Calendar of Events
- OCup Provincial Race Series & Training Opportunities
- U8 to U21 Race Series, including U12, U14 & U16
- Committees
- Divisional Teams
- High Performance Programming, including U16, U18/U21 & OST

EVENTS

Event Management

- NorAm Bidding + Delivery
- World Cup Ski Cross
- National Championships
- Grant Writing

EDUCATION

Coaching

- Course Delivery
- Annual Licensing Credits
- Webinars, Conferences
- Mentorship Opportunities
- Course Delivery
- Annual Licensing Credits
- Webinars, Conferences
- Mentorship Opportunities

SAFE SPORT

Keeping Athletes Safe

- Concussion Awareness
- Rowan's Law
- Responsible Coaching
- Abuse, Bullying + Harassment

WHY AM I BEING ASKED TO JOIN ALPINE ONTARIO?

Similar to sports like Hockey, Soccer and Baseball, Alpine Ontario plays an important role in the sport system by developing the sport of ski racing across Ontario and encouraging participation in recreational and competitive programs. Alpine Ontario provides a competitive pathway for athlete development; selecting provincial teams; recruiting and training coaches, officials and volunteers; conducting provincial championships; and ensuring they operate within their National Sport Organization (NSO) rules.

Your athlete membership fees make this possible!

HOW DOES THIS BENEFIT MY RACER?

Keeps your child safe by:

- Providing safety standards for training and racing environments. Providing policy for concussion awareness and injury prevention. Providing Safe Sport programs to keep your child safe from abuse, harassment and bullying.
- Provides Coaches with the tools to inspire your child to excel. Provides Liability Insurance in the unfortunate case of an incident. Provides Liability Insurance for Coaches and Officials
- Provides your child the opportunity to have fun, challenge themselves, to pursue ski racing to the highest level and become tomorrow's leaders and skiers for life!

WHERE AOA GETS ITS FUNDING



35% of AOA Revenue from Membership Fees



6% from Government of Ontario's Amateur Sports Fund



42% from Team Fees, Alpine Ontario Events, Camps and Coach Education Courses



17% from sponsorship and fundraising

WHERE AOA ALLOCATES ITS FUNDS



66% towards Athletic Development - 40% of which is spent on Coach Education, Skills Camps and Events 26% is spent on the Ontario Ski Team



11% supports Alpine Canada



18% towards Admin expenses: salaries, rent and office related costs



5% towards Liability & Directors Operators insurance



DIVISIONS AND SKI CLUBS

AOA is made up of **four divisions, 36 ski clubs** and has over **5,000 registered members** which represent approximately 30,000 extended families including parents, coaches, volunteers, officials, and corporate partners.

The four AOA divisions are:

National Capital Division (NCD)

Northern Ontario Division (NOD)

Lake Superior Division Alpine (LSDA)

Southern Ontario Division (SOD)

SKI CLUBS – NOD

- Adanac Ski Club
- Elliot Lake Ski Racers
- Elite Alpine Ski Cross North Bay
- Antoine Ski Racers Inc
- Searchmont Ski Runners
- Timmins Ski Racers

SKI CLUBS – NCD

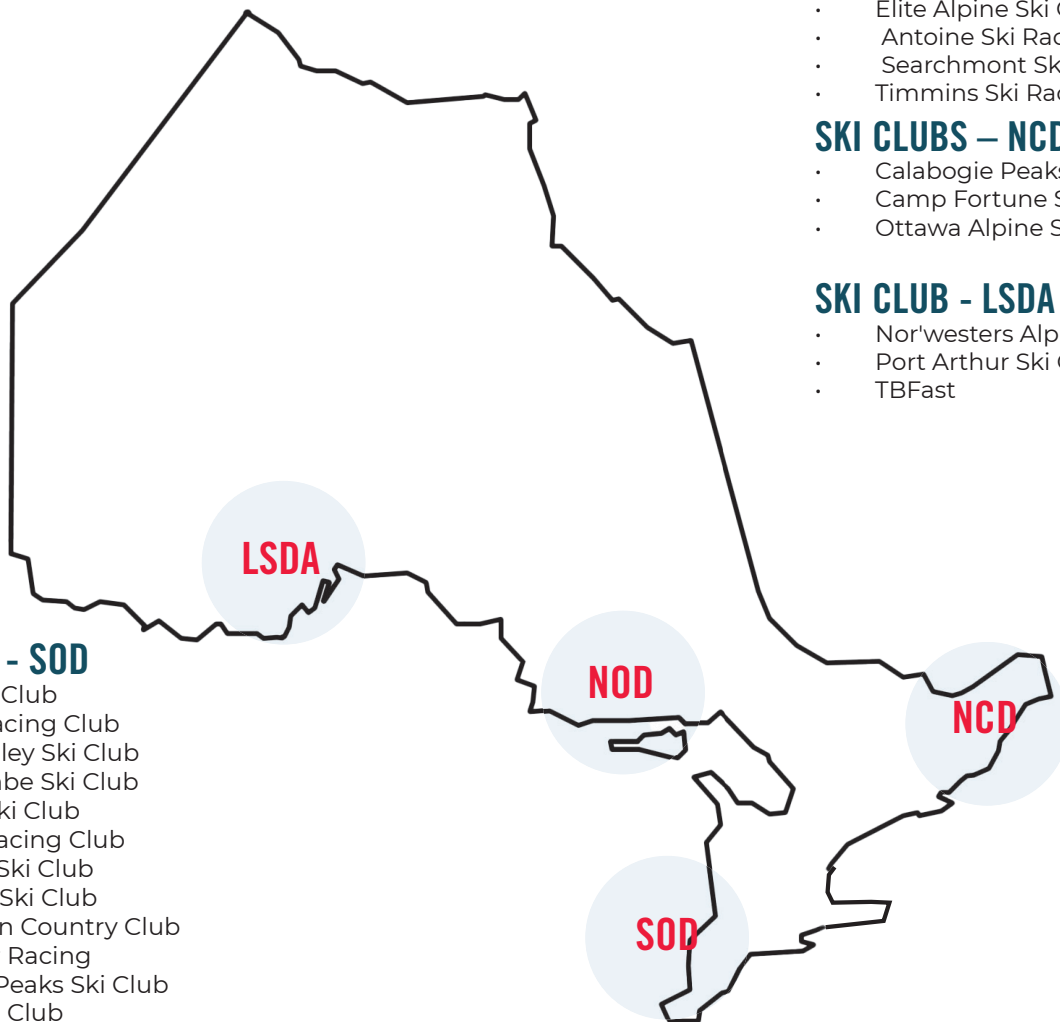
- Calabogie Peaks
- Camp Fortune Ski Club
- Ottawa Alpine Ski Sports

SKI CLUB - LSDA

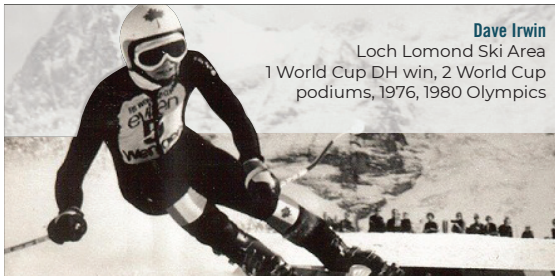
- Nor'westers Alpine Ski Club
- Port Arthur Ski Club
- TBFast

SKI CLUBS - SOD

- Alpine Ski Club
- Batawa Racing Club
- Beaver Valley Ski Club
- Brimacombe Ski Club
- Caledon Ski Club
- Catalyst Racing Club
- Chicopee Ski Club
- Craigleith Ski Club
- Devil's Glen Country Club
- Fenninger Racing
- Georgian Peaks Ski Club
- Glacier Ski Club
- The Heights Ski & Country Club
- Jozo Weider Racing Club
- London Ski Club
- Mansfield Ski Club
- Milton Heights Racing Club
- Muskoka Ski Club
- National Ski Academy
- North York Alpine Race Club
- Osler Bluff Ski Club
- Snow Valley Ski Club
- Toronto Ski Club



HISTORY OF EXCELLENCE



Dave Irwin
Loch Lomond Ski Area
1 World Cup DH win, 2 World Cup podiums, 1976, 1980 Olympics



Kathy Kreiner
Timmins Ski Racers
1 World Cup GS win
7 World Cup podiums
1972, 1976 & 1980 Olympics



Steve Podborski
Craigleith Ski Club
1st (and only) NA World Cup season title in DH, 8 World Cup DH wins, 20 World Cup podiums, 1980 Olympics



Todd Brooker
Toronto Ski Club
3 World Cup DH wins, 7 World Cup podiums, 1984 Olympic



Lauri Graham
Osler Bluff Ski Club
Six World Cup victories, 1980, 1994 & 1988 Olympics



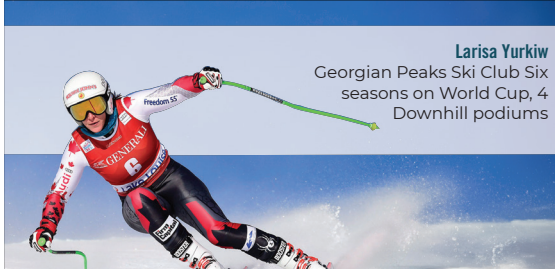
Brian Stemmler
Georgian Peaks Ski Club Three World Cup podiums, 1988, 1992, 1994 & 1998 Olympics



Kate Pace Lindsay
North Bay Ski Club Six World Cup medals, 1994 & 1998 Olympics



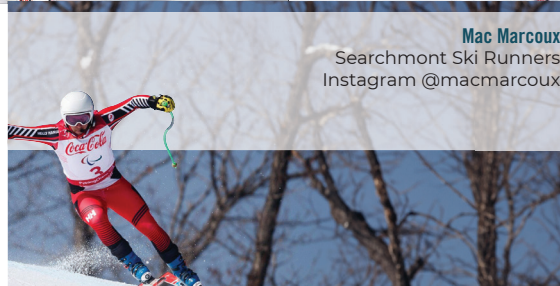
Kelly VanderBeek
Chicopee Ski Club
Two world cup podiums, 2002 & 2006 Olympics



Larisa Yurkiw
Georgian Peaks Ski Club Six seasons on World Cup, 4 Downhill podiums



Erin Mielzinsky
Georgian Peaks Ski Club
1 World Cup SL win, 2 World Cup podiums, 2010, 2014, 2018 & 2022

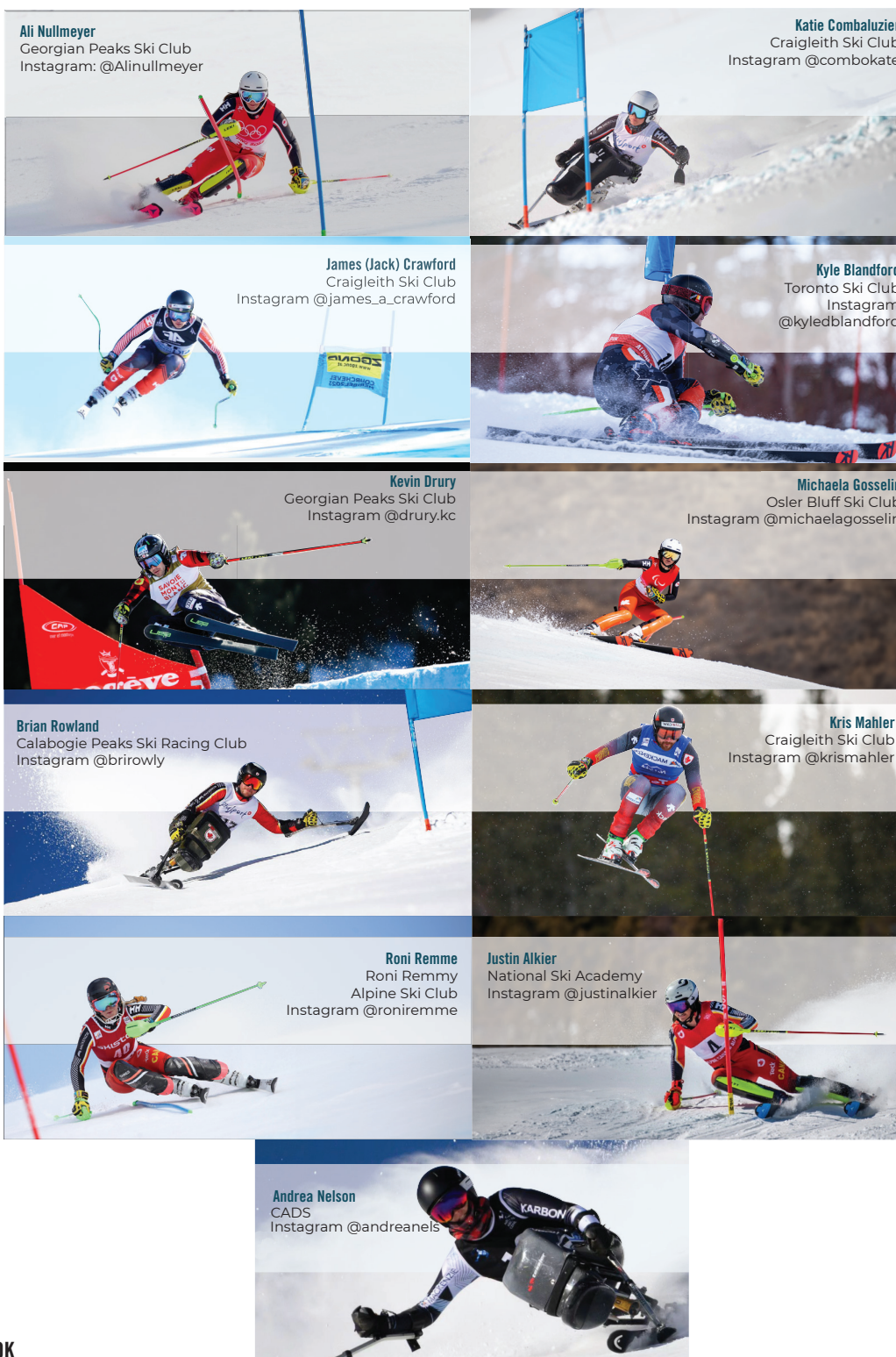


Mac Marcoux
Searchmont Ski Runners
Instagram @macmarcoux

CURRENT EXCELLENCE

There are many **incredible Ontario athletes** on the world stage.
We are proud to celebrate them.

Follow along on their journeys and let's encourage and support them as they fly the Ontario flag at skiing's highest level of competition!



ALPINE RACING DISCIPLINES

Did you know that 55 million people worldwide enjoy the sport of Alpine skiing?! In Ontario, alpine racing includes three distinct streams:

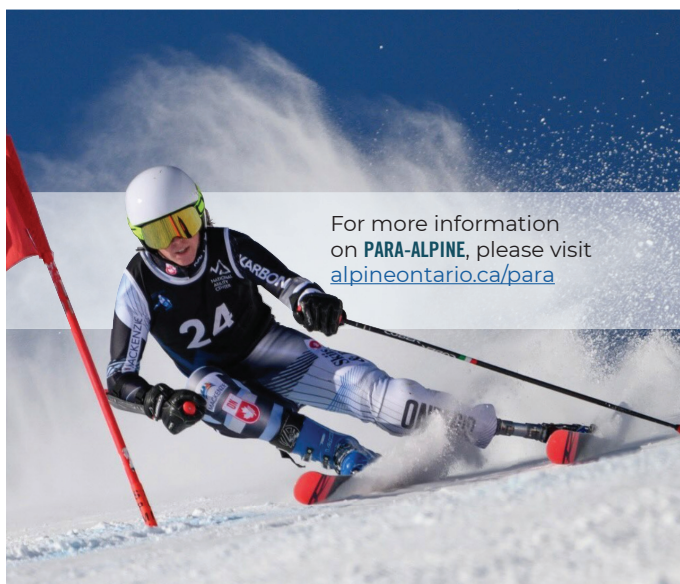
- **Traditional Alpine Ski Racing (able-bodied)**
- **Para-Alpine Ski Racing**
- **Ski Cross Racing (SX)**

ALPINE follows the defined sport rules as outlined by FIS. FIS oversees the FIS World Cup, the World Championships, and the Winter Olympics. Alpine competitive skiing is comprised of parallel slalom, slalom, giant slalom, super giant slalom, combined, and downhill. At most of the AOA ski clubs, racing is introduced at the U8 or U10 level once skiers have a strong foundation either from free-skiing or from ski school programs.

PARA-ALPINE skiing competition is open to athletes in Ontario with physical disabilities such as amputation, blindness/visual impairment, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke. Para-alpine athletes compete in the following disciplines: sit-ski, standing, blind/visually

impaired in the following events downhill (DH), super-combined (SC), super giant slalom (SG), giant slalom (GS), slalom (SL), dual and team.

SKI CROSS (SX) is a discipline of ACA nationally and FIS freestyle, internationally. Despite being a timed racing event, it is often considered part of freestyle skiing because it incorporates terrain features traditionally found in freestyle. Ski cross courses have both naturally occurring terrain, and artificial features including, big-air jumps and high-banked turns. What sets ski cross apart from other alpine skiing disciplines is that there's more than one skier racing down the course. Any intentional contact with other competitors leads to disqualification.



For more information on **PARA-ALPINE**, please visit alpineontario.ca/para

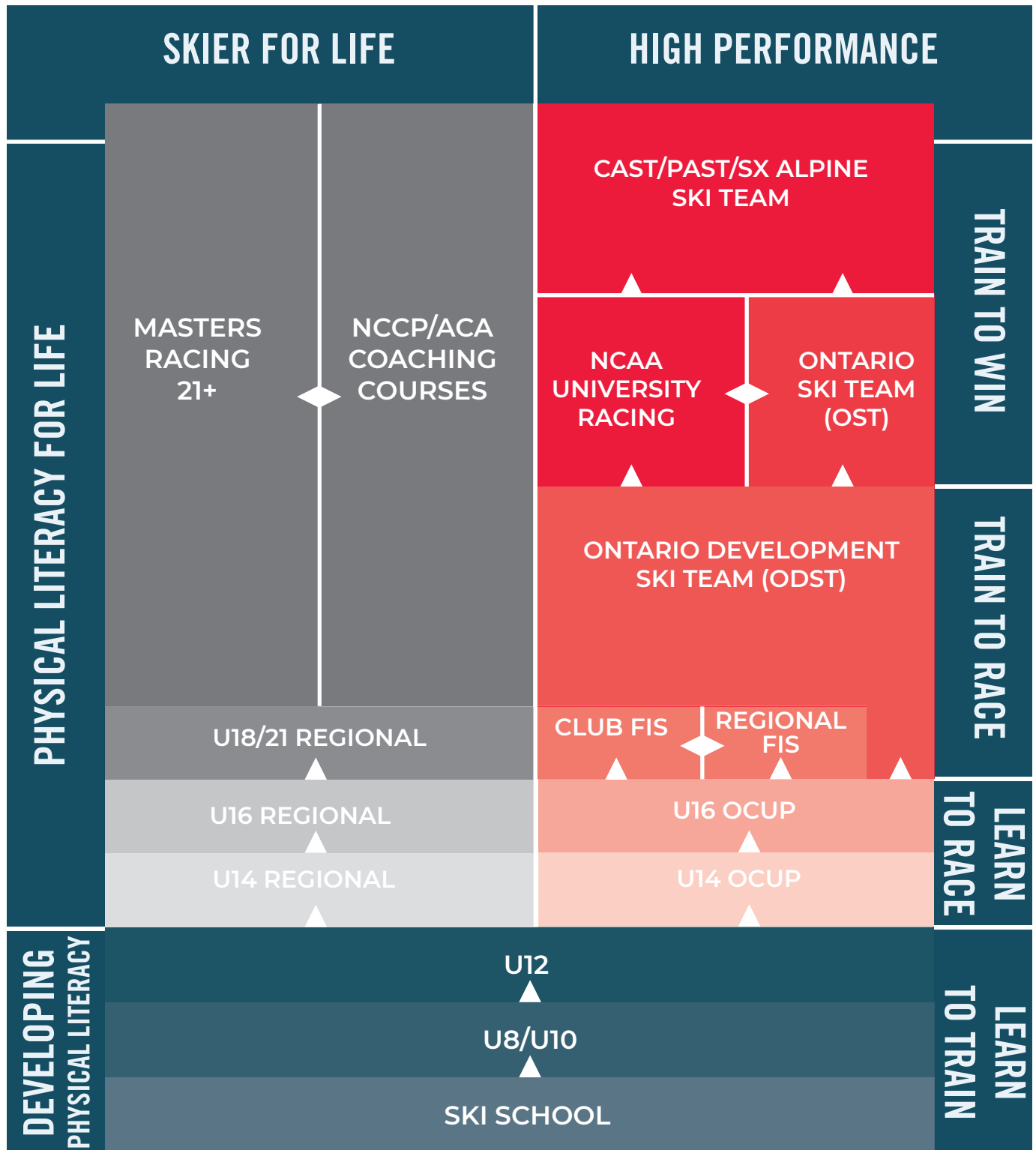


For more information on **ALPINE**, please visit alpineontario.ca/alpine

For more information on **SKI-CROSS**, please visit alpineontario.ca/skicross

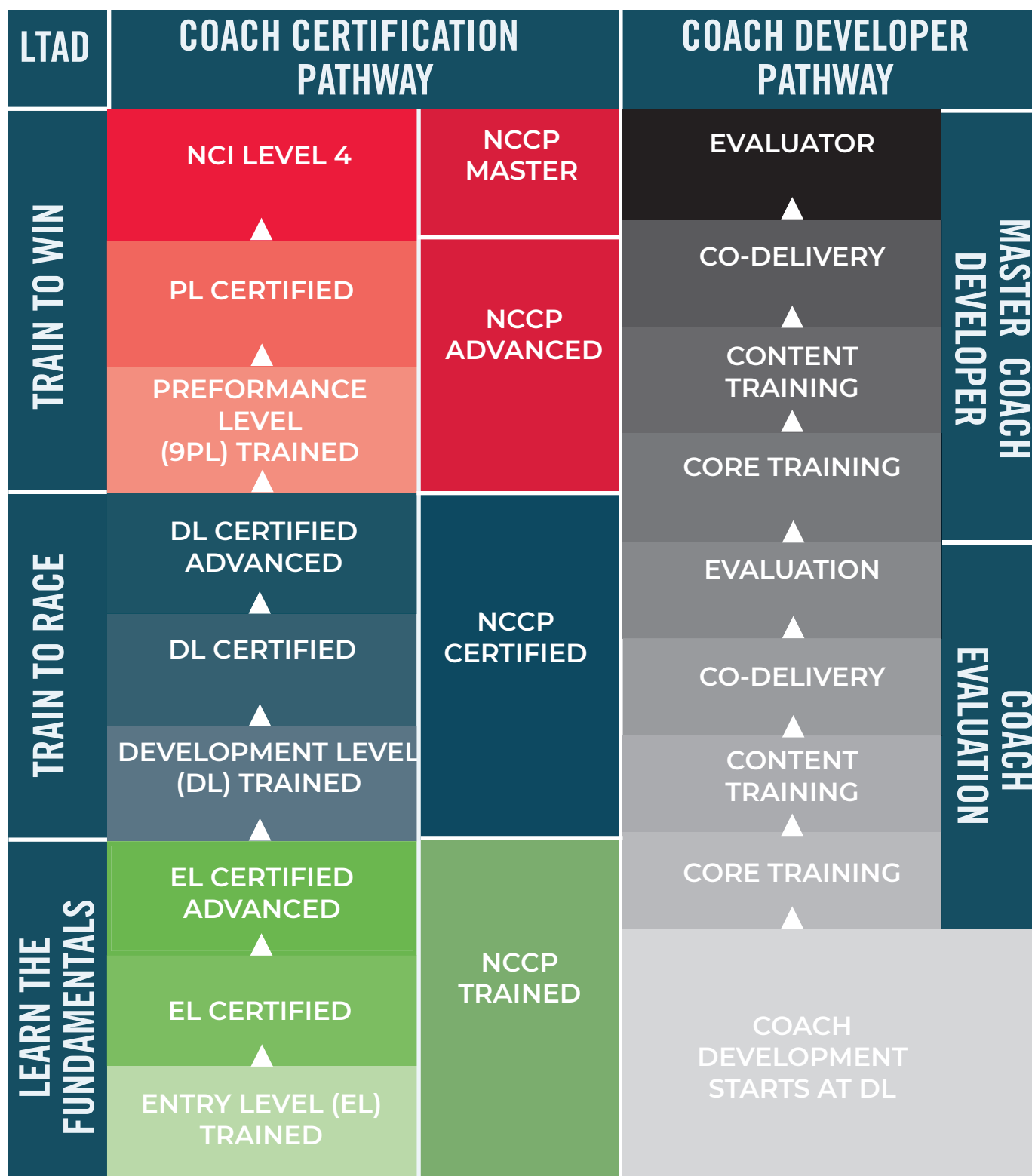


ALPINE PARA SX PATHWAY





COACHING PATHWAY



PROMOTING POSITIVE ATTITUDES & BEHAVIOURS



Aside from getting outside and exercising, parents love alpine ski racing as it teaches kids teamwork, social skills, responsibility, respect, leadership, and the joy of winning and losing.

The following pages will give you strategies to support your child, their coaches, the officials and yourself in order to build and reinforce positive attitudes and behaviours on the slopes this winter. At AOA, we believe alpine racing is a great tool for developing confident, courageous, resilient and caring people.

WHAT WILL MY CHILD GAIN FROM ALPINE RACING?

PHYSICAL BENEFITS

- Improve the ABCs - agility, balance and coordination - develop fitness, strength and flexibility.
- Improve general health and weight management.
- Establish healthy behaviours that they will carry throughout their lives - sport and non-sport related.
- Develop **FUN**damental movement skills

PERSONAL BENEFITS

- Have fun!! – this should be #1!!!
- Improve self-esteem and confidence.
- Learn how to make friends with diverse backgrounds and skill levels.
- Improve ability to concentrate, facilitating better performance at school.
- Learn self-discipline, motivation, cooperation, commitment and personal responsibility.

- Learn how to deal with pressure and stress.
- Encourage healthy behaviours (i.e. better eating habits, better sleeping habits, less likely to smoke or use drugs).

SOCIAL BENEFITS

Development of leadership, co-operation, communication and interpersonal skills.

- Create long-lasting friendships; spending time with friends makes children feel valued and increases their happiness.
- Increase self-confidence by taking charge on the ski hill.
- Taking an interest in accepting responsibility.
- Learn how to accept defeat and win graciously.
- Determine how to take risks - and develop social/group responsibility and accountability.
- Promote sportsmanship.



HOW DO I BENEFIT?

The alpine racing journey can be tremendously beneficial for parents including benefits such as: forming new friendships, a closer relationship with your kids and the joy of watching them grow by learning and failing.

PARENTS ALSO BENEFIT FROM SPORT!

- You get to play a bigger role in your child's life by sharing more of their experiences.
- You can appreciate that your child is having fun, making friends, being active and healthy.
- You know where your children are- they are being supervised and having fun.
- You may be motivated to engage in a more active lifestyle and become an official or a coach, which leads to professional development and life long learning.

By getting involved you can also help your child with the inevitable challenges, such as, pressure, insecurity, uncertainty and even fear. This can be a very real aspect of the alpine racing experience and a very authentic part of the journey. How you- as a parent- navigate these challenges will help define the kind of alpine experience your child will have.

PARENTS WHO VOLUNTEER HAVE MORE FUN!

When you volunteer, you often get the best place to watch a race! Get started by taking your Level I Officials Course! Ask your club or visit alpineontario.ca to sign up."

WHAT KIDS WANT FROM THEIR PARENTS

- To **support** and **encourage** them.
- To let them know they are **proud of them**.
- To **watch** them play.
- To **praise** them for their **efforts**.
- To understand their sport and show an interest in being **involved**.
- To have **realistic expectations** of their capabilities.

WHY KIDS SKI RACE?

- To have **FUN**.
- To learn, be challenged and improve.
- To be with their friends.



WHY KIDS SKI RACE?

To have **FUN**. To learn, be challenged and improve.
To be with their **FRIENDS**.

WHAT KIDS DON'T WANT FROM THEIR PARENTS

- To yell at them during or after the race, or on the car ride home.
- Swearing or disturbing at the races (including coming inside the start or finish huts).
- Abusing the officials, coach or other spectators. Being pushy and/or critical. Misplaced enthusiasm.
- Using guilt on your child.

ON THE CAR RIDE HOME...

- Point out something good that your child did and good behaviour they exhibited in training or in the race. Avoid criticizing or correcting mistakes.

Ask questions like:

- Did you have fun?
- Did you give it your best effort?
- What did you learn from the training or race?
- What was your best moment and how did it make you feel?

YOUR ROLE AS A PARENT

- Encouraging your child's participation - don't force it.
- Praising their efforts.
- Being proud of them.
- Children love to have adults at their races. If you can't be there, let them know why.
- Talking to your child about what they want from racing.
- Ensuring the first question you ask is **NOT** "did you win?" Instead ask, "did you have fun?".
- Volunteering to help with the program, team, races.

- Getting to know the coach and his/her coaching philosophy – be sure to ask if they don't tell you!
- Offering children support in different ways: Free ski with them if you can.
- Organize equipment with them and support the time it takes to tune skis as they get older.
- Encouraging your child to ski in their free time away from their ski clubs, or try a family ski vacation.
- Not using guilt on your child to make them "perform better" i.e. do not use guilt as a 'motivator' for your child.
- Not living your athletic dreams through your child.
- Not losing perspective - not every child will be an Olympian nor will talent necessarily mean they love what they are doing.
- Watch your child closely to gauge what makes them happiest.

Remember it is more important to be a good person than to be a good athlete!

70%

of kids **QUIT SPORT** by the age of 13 because they stop having fun! The most common reason why-

PARENTAL BEHAVIOUR
Source: Respect in Sport for Parents



5 THINGS TO TALK TO YOUR KIDS ABOUT

1. Motivate Them to Try New Things

Talk to your kids about the **BENEFITS** of ski racing, as well as, other sports. Help them see that playing a new sport can make them **STRONGER** and **BETTER**. Discuss how the skills they learn through sports can help them reach their **GOALS** in the future. Discuss with your child why they may be **AFRAID** to try a specific sport or activity.

2. Encourage Persistence

Remind them about the **COMMITMENT** they made to their sport, their coaches and their ski team. Discuss how **PERSISTENCE** leads to success. Discuss examples of **FAMOUS** athletes who have struggled or experienced failure.

3. Reframe Losing

Emphasize personal **MASTERY** and **IMPROVEMENT**. Teach your child to focus on the **POSITIVE** and celebrate improvement and progress. Help them **REFLECT** on what they/

their team could do better next time.

Point out how famous athletes **RESPOND** to losses. Help your child embrace the **FUN** of sports.

4. Reframe Winning

Emphasize their **EFFORT**, **FOCUS** and **DISCIPLINE**. Help them understand The connection between winning and their **ACTIONS**. If your child wins without effort, ensure that they always display good **SPORTSMANSHIP** to the losing team teach them to handle constructive criticism.

5. Teach Kids About Constructive Criticism

Teach your child to view criticism as a piece of **ADVICE**. Give your child the opportunity to **SELF ASSESS** by asking “Did that go how you expected it to go?” **REMEMBER**: Do not give constructive criticism to your child in front of others. Speak **THOUGHTFULLY** and **GENTLY**.



LET'S TALK SAFETY



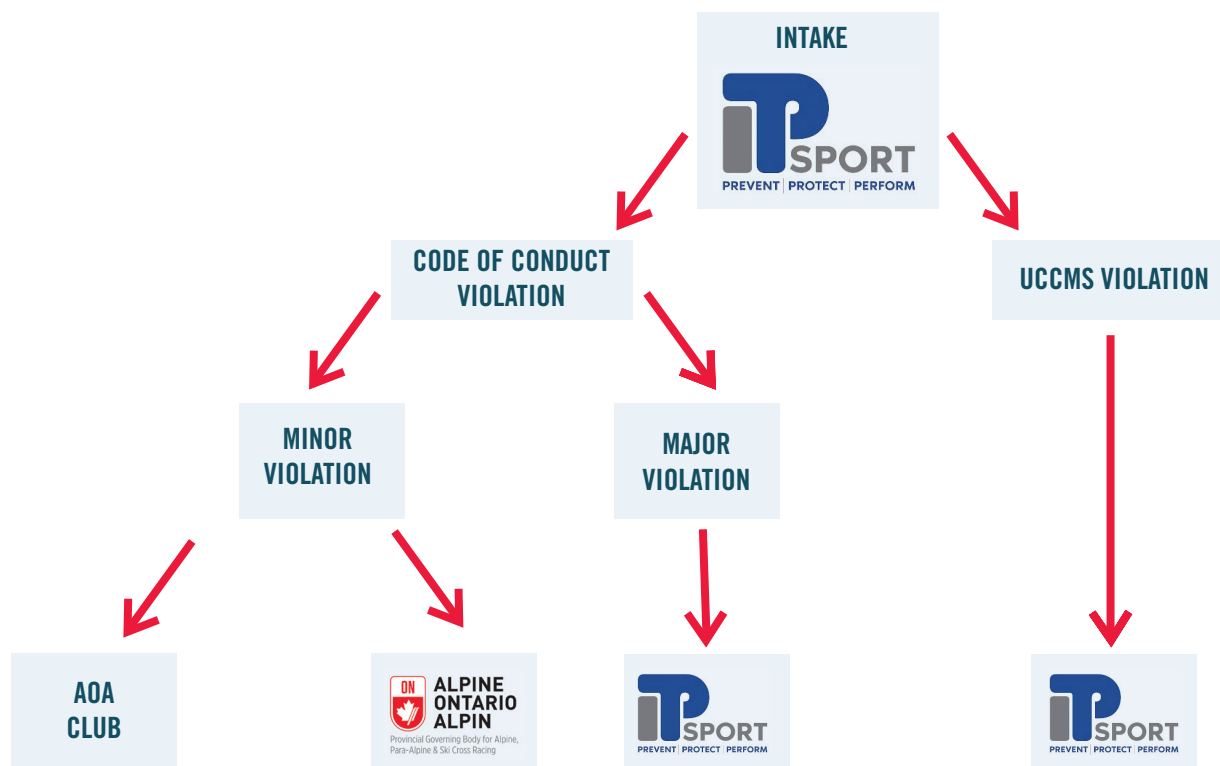
AOA is committed to its Core Values which include “Excellence, Passion, Competition, Fun, Sportsmanship, Fair Play and Safety.”

Safety in particular is paramount to many of the AOA policies and procedures. AOA will continue to work closely with its governing body Alpine Canada to ensure athletes, coaches, officials and volunteers in our programs are safe.

Please visit our website for all details <https://www.alpineontario.ca/safesport/>

AOA'S COMPLAINTS TRIAGE

All complaints should be directed to AOA's independent Third Party provider.



When respondent is club member, and clubs has adequate discipline and complaint policy to manage.

PARTNERSHIP WITH PARACHUTE

Alpine Ontario and Alpine Canada are guided by the Canadian organization PARACHUTE. Parachute is a national Canadian charity founded in 2012, which promotes researched, evidence-based and expert-advised resources and tools that can help to prevent serious harm or death from preventable injuries. Parachute, led by President and CEO Steve Podborski, “wants Canadians, from coast to coast in this great nation, to safely work, play, and enjoy their families and friends to the fullest throughout a long and healthy life.

Parachute’s Mission Statement

Creating a safer Canada by preventing serious and fatal injuries through evidence-based solutions that advocate and educate.

The following pages contain information to help coaches recognize a concussion, information on ‘return to sport’ post-concussion and information on the ConcussionEd Mobile APP. Please also visit AOA Resources/Policies for the most up-to-date Concussion protocols.



What is a concussion?

A concussion is a brain injury that cannot be seen on routine X-rays, CT scans, or MRIs. It affects the way a child may think and remember things, and can cause a variety of symptoms.

What are the signs and symptoms of a concussion?

Your child does not need to be knocked out (lose consciousness) to have had a concussion. Your child might experience one or more of the following. When watching for signs or symptoms of a potential concussion, consider how your child typically feels and behaves.

Cognitive (thinking)	Physical	Emotional/ behavioural
<ul style="list-style-type: none"> • Does not know time, date, place, details about a recent activity • Difficulty remembering things that happened before and after the injury • Difficulty concentrating • Not thinking clearly • Feeling like “in a fog” 	<ul style="list-style-type: none"> • Headache or head pressure • Dizziness • Stomachache, nausea, vomiting • Blank or vacant stare • Blurred or fuzzy vision • Sensitive to light or sound • Sees stars, flashing lights • Ringing in the ears • Problems with balance or co-ordination • Feels tired or no energy • “Don’t feel right” 	<ul style="list-style-type: none"> • Nervousness or anxiety • Strange or inappropriate emotions (i.e., laughing, crying, getting mad easily) • Slow to answer questions or follow directions • Easily distracted • Not participating well • Changes in sleep patterns (sleeping more or less than usual)

It is more difficult for infants, toddlers and preschoolers to communicate how they are feeling. If you have a young child, you might notice any of the following: crying more than usual; unsteady walking; lack of interest in favourite toys; changes in nursing, eating or sleeping patterns; or loss of new skills, such as toilet training.

Get medical help immediately if your child has any “red flag” symptoms such as neck pain, repeated vomiting, growing confusion, seizures, and weakness or tingling in their arms or legs. These may be signs of a more serious injury.



What causes a concussion?

Any blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head, may cause a concussion (e.g., a ball to the head, colliding with another person).

What should I do if I suspect my child has a concussion?

In all suspected cases of concussion, your child should stop the activity right away. Continuing increases their risk of more severe, longer-lasting concussion symptoms, as well as increases their risk of other injury.

The Concussion Recognition Tool 6 (CRT6) can be used by anyone to help recognize the signs and symptoms of a possible concussion.

Your child should not be left alone and should be seen by a doctor as soon as possible.

If your child loses consciousness, call an ambulance to take them to the hospital right away. Do not move your child or remove any equipment such as a helmet.

Your child should not return to play the same day.

How long before my child gets better?

The signs and symptoms of a concussion often last for up to four weeks but may last longer. In some cases, children may take many weeks or months to heal. If your child has had a concussion before, they may take longer to heal.

If your child's symptoms are not improving or last longer than four weeks, they should be referred to a licensed healthcare professional who is an expert in the management of concussion.

How is concussion treated?

For the first 24 to 48 hours after the injury, your child can do activities of daily living, such as moving around the home, bathing, light walking and social

interactions at home. For the first 48 hours, they should spend less time with screens, such as phones, TVs and computers. Then, school and sport activities can be introduced and increased gradually.

As your child is returning to activities, their symptoms may feel a little worse. This is common and OK as long as it is mild and brief. "Brief" means their symptoms should settle back down within an hour. If activities make their symptoms worsen more than this, they should take a break and adapt activities.

Recovering from concussion is a process that takes patience. If your child goes back to activities before they are ready, it is likely to make their symptoms worse, and their recovery might take longer.

When should my child go to the doctor?

Anyone with a possible head injury should be seen by a doctor as soon as possible. If your child is diagnosed with a concussion, the doctor should schedule a follow-up visit within the next one to two weeks.

Take your child back to the doctor immediately if, after being told they have a concussion, they have worsening symptoms, such as:

- being more confused
- headache that is getting worse
- vomiting more than twice
- not waking up
- having any trouble walking
- having a seizure
- strange behaviour

When can my child return to school?

A child with a concussion may miss one or more days of school. Generally, more than one week of complete absence from the school environment is not recommended. Medical clearance is not required to return to school.

Your child may find it hard to concentrate in class, get a worse headache or feel sick to their

stomach. They may need to begin with partial days at school and may need accommodations to help them tolerate their workload and the school environment. Examples include access to breaks, extra time to complete work, permission to wear sunglasses in class or a quiet place to eat lunch.

Each concussion is unique, so your child may progress at a different rate than others. They should not be rushed through their return to activities. At the same time, if your child can tolerate being at school, they should not be restricted from attending.

The Return-to-School Strategy provides information on the stages of returning to the classroom. **Return to school should be completed before your child seeks medical clearance for full return to unrestricted sport activities.**

When can my child return to sport and physical activity?

Return to sport and physical activity must follow a step-wise approach.

In this approach:

- Each stage is at least 24 hours.
- Your child moves on to the next stage when they can tolerate activities.
- If any of your child's symptoms worsen more than mildly and briefly, they should stop and try again the next day at the same step.

Step 1: Activities of daily living and relative rest (first 24 to 48 hours). Your child can start with daily living activities such as moving around the house, light walking and social interactions (e.g., talking with friends or family). Minimize screen time.

Step 2: Light to moderate effort aerobic exercise

2A: Start with light aerobic exercise such as walking or stationary cycling at a slow to medium pace. May begin light resistance training that does not result in more than mild and brief worsening of symptoms.

2B: Gradually increase the intensity of aerobic exercise to moderate effort, such as stationary cycling or walking at a brisk pace. Moderate effort means the activity may cause faster breathing and heart rate, but not enough to prevent you from being able to talk comfortably.

Step 3: Individual sport-specific activities, without risk of inadvertent head impact. Add sport-specific activities, such as running, skating or throwing drills, that can be done individually (away from other participants) in a low-risk environment. Activities should be supervised by a coach, trainer, teacher or parent/caregiver. Continue progressing at this step until symptom-free, even when exercising.

Medical clearance is required before step 4.

Step 4: Training drills and activities with no contact (e.g., no checking, no heading the ball). Progress to usual intensity exercise and add in more challenging drills such as passing drills. Participate in multi-athlete training (if applicable) and non-contact practices.

Step 5: Return to non-competitive activities, full-contact practice and physical education activities. Progress to typical physical activities, except for competitive gameplay. Restore confidence and skills.

Step 6: Return to sport and physical activity without restriction.

Your child should not return to activities with risk of contact until cleared by a doctor!

Returning too soon before full recovery from concussion puts your child at higher risk of sustaining another concussion, with symptoms that may be more severe and last longer.

Additional resources

Scan the QR code or visit parachute.ca/concussion



ROWAN'S LAW

ROWAN STRINGER'S STORY

Rowan's Law was named for Rowan Stringer, a high school rugby player from Ottawa, who died in the spring of 2013 from a condition known as second impact syndrome (swelling of the brain caused by a subsequent injury that occurred before a previous injury healed). Rowan is believed to have experienced three concussions over six days while playing rugby. She had a concussion but didn't know her brain needed time to heal. Neither did her parents, teachers or coaches. Ontario is a national leader in concussion management and prevention. Rowan's Law (Concussion Safety), 2018 makes it mandatory for sports organizations to:

- Ensure that athletes **UNDER 26 YEARS OF AGE,*** parents of athletes **UNDER 18, COACH,** team trainers and officials confirm every year that they have reviewed Ontario's **CONCUSSION AWARENESS RESOURCES**
- Establish a Concussion Code of Conduct that sets out rules of behaviour to **SUPPORT CONCUSSION PREVENTION**
- Establish a **REMOVAL**-from-Sport and **RETURN**-to-Sport protocol



Rowan's Law and Rowan's Law Day were established to honour her memory and bring awareness to concussions and concussion safety.

Special Rule: A sport organization that is a university, college of applied arts and technology or other post-secondary institution must not register any athlete regardless of age unless the same requirements are met.

The new rules requiring the review of Concussion Awareness Resources and Concussion Codes of Conduct came into effect on July 1, 2019. The rules for removal-from-sport and return-to-sport protocols came into effect on January 1, 2022.

As of July 1st, 2019 all AOA members cannot complete their registration process without reviewing the AOA Concussion Protocol.

AOA is committed to following Rowan's Law. Visit <https://www.alpineontario.ca/safesport/>

OTHER



HOW DO I STAY INFORMED?

This handbook is just a starting point to a sport that is both complex and ever-evolving. We suggest parents become familiar with the following communication tools:

1 – THE AOA WEBSITE – www.alpineontario.ca

- Find program details under "ATHLETE"
- Find events listed on the "CALENDAR"

2- RACELINE

is the official AOA e-newsletter sent out year round. It includes need-to-know information plus additional tips on how to be a great SPORT PARENT. The learning in sport never stops so please continue to stay engaged to help your children succeed on and off snow! Subscribe at alpineontario.ca

3- SOCIAL MEDIA

We love our social media at AOA! Find us, like us, share us and comment!

 [@alpineontario](https://www.instagram.com/alpineontario)

 [@alpineontario](https://twitter.com/alpineontario)

 [Facebook.com/alpineontarioalpin](https://www.facebook.com/alpineontarioalpin)

 <https://www.linkedin.com/company/alpine-ontario-alpin/>

4 – ASK FOR HELP!

Please call or email us

 705-444-5111

 memberservices@alpineontario.ca



IMPORTANT DATES



FALL

Fall testing is mandatory if your child wishes to race in **the U14/U16 OCUP** series. Please ask your coaches for more information. **RACE SCHEDULES** are finalized and posted on each Division website. Ontario Ski Team (OST) and Ont. Para Alpine Ski Team (**OPAST**) official team announcement.

EARLY WINTER

Many clubs hold **pre-season camps** - typically in Quebec, Alberta or B.C. Check with your local club for details about Fall camps. Racing begins! Race programs typically start across Ontario by the end of December. AOA 2024-25 High-Performance Program criteria/details (**U16HPP, SODST, ODST, OST, Para**) released.



FEBRUARY

AOA Ontario Ski Racing Awards (OSRA) nomination process opens

MARCH

OCUP Finals U16 Mar 7-11 Searchmont
Finals U14 Mar 12-16 Calabogie
U16 Eastern Regional Finals Mar 20-24 Georgian Peaks and Osler Bluff
U14 CANAMS TBA
World Cup Ski Cross Mar 12-15 Craigleith
AOA SX Provincials Mar 21-23 TBA



APRIL

U14 & U16 Whistler Cup April 9-11
Spring Fitness Testing (check with your Division/Club).
Invitational Ontario Ski Team and Ontario Development Ski Team spring on-snow training camp
U16 High Performance Program application opens.

MAY

Spring Fitness Testing (check with your Division/Club).
Ontario Ski Team & Ontario Development Ski Team selections, dryland program starts CSIO.
JUNE/JULY/AUGUST/SEPT Ontario Ski Team will be on snow 2-3 times during these months.
U16HPP, program starts with dryland plan followed by two summer/fall ski camps.
Visit www.alpineontario.ca/calendar for AOA events and summer camp opportunities.



JUNE/JULY/AUGUST

Ontario Ski Team will be on snow **3-4 times** during these months.
U16HPP, SODST on snow, summer ski camps.
www.alpineontario.ca/calendar for full summer camp listings.

QUOTES FROM PARENTS

Hard work

"The time management skills that kids develop and use in order to maintain an academic average is a very valuable tool. Linking hard work with training and skill set development again is a transferable skill. 99% of the work is outside the 'race'."

Be patient...

Size does matter in the developing U14 and U16 ages. Smaller athletes tend to not succeed in competition as much but have some great skills that they do not get rewarded with. Stay patient as your time will come. Eventually all kids grow and mature and the athletes that have fought through the hard times often come out on top of the early developers. Most challenging part is reminding children to stick with the process.

Knowing what to say...

"I find it really hard to know the right thing to say/do when things are not going well - too often athletes' self-esteem and confidence is directly related to their outcomes and when things don't go well - it's hard."

It's a community...

"An amazing community of coaches, mentors & friends and a determination and work ethic that they will take forward with them in everything that they do."

It's a journey...

"I didn't realize my daughter felt that as parents, we were only happy when she won or got hardware. Of course we were happy for her achievements but now we are more cognizant of the progressions she makes as she moves along on in her OCUP career. It's important to recognize 'improvement' over 'podiums'."

Letting go...

This is not really specific to ski racing, though the sport offers parents some great opportunities to learn how. It starts with letting them learn to wax their own skis (even though it involves hot sharp things and makes the worst mess), take responsibility for their gear (and learn to problem solve when they forget their shin guards at home). Stand back and outside of the finish when they race- if they have a good run, wait for them to come to you to say congrats. If they have a bad run- let them work it out with the support of their coach and their fellow racers. Stay quiet in the car after the race and let them initiate the conversation about the day. Don't take any of it personally (even though you are the #1 sponsor, have stood in sub-zero temperatures for hours and have driven through a snowstorm to get there). It's hard, but it's where they grow from sport and learn the most about themselves- which is the whole point. //

Keep busy...

"It's important to keep other things in their life that make them happy and maintain balance."

Friends...

"Ski racing is a great camaraderie for both the kids up in the starting pen and the parents at the bottom - each group sharing the ups and downs together."

Memories and friendships will last a lifetime...

The smiles both on and off of the hill are priceless. The networking of us all on race day as we are sitting in different cities across Ontario, and sometimes the country, on live timing is amazing." "Friends from all across the escarpment and provinces. Competitive with each other on the race hill but then linked arms and hugs afterwards! //

QUESTIONS

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Interim Athletics & High Performance Programs Manager

Contact for High Performance plan and/or staff. Oversees OST, SOD Ski Team, U19/U16 HPP and Para-Alpine development

Competition & Programs Manager

Contact for coordination, logistics and programming for AOA programs and competitions.

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Contact for coach education courses and initiatives.

THANK YOU TO OUR PARTNERS



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