

Castlegar Nordic Ski Club 2020 Fall Newsletter



Castlegar Nordic Ski Club

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www.castlegarnordic.ca

President's Message

As of this writing, snow has started to arrive on the ski trails, earlier than usual, which we hope is a sign of a great ski season to come! The trails are all in excellent shape, as a result of the machine work and brushing completed this summer and fall. Likewise, the Viking Centre and the shelters are all cleaned and fully stocked with firewood. A big thank-you to our club members and executive volunteers for all their efforts! Also, our appreciation to Columbia Basin Trust, BC Timber Sales, Atco Wood Products, and Rec. Sites & Trails BC, for their support and cooperation this past year.

How fortunate is it, that in this pandemic, cross country skiing is still a sport all skiers and families can enjoy without having to worry about contact, as long as we follow the controls put forward by the Health Authorities. We space apart from others and ski in the outdoors at an affordable cost. How great is that!!

The Castlegar Nordic Ski Club has developed a plan to safely use the trails and to sparingly use all our facilities. This plan is to reduce risks and to return to having a safe and fun sport.

As you may have heard, I have advised our Club Executive of my intent to resign as President of the CNSC, effective at the end of this ski season. I hope that my 28 years with the CNSC executive will serve a testament to my dedication to cross country skiing. Dave Fitchett, our dedicated and long serving Director and Trails Manager, has also given notice of his intent to resign at the end of this season. Adding up our combined ages, over 150 years, we met and agreed that it is time to get younger members on the executive. Both Dave and I have committed to continue to assist the Club in any way possible in the future, like with new projects, repairs, welding, Loppet, etc.

Any member who wishes to put their name forward for the Executive will find the present group brings excellence to all our activities and programs.

See you on the trails; ski safely and have fun!!

Winston Fayant, Club President

Registrar's Report

Our membership numbers stabilized last season (2019-20) at 580, about where we were at the end of the previous season. Thanks to all those who chose to renew, and welcome to our new members. It is interesting to note that 60% of members were over 50, and overall a slight bias of women to men: 52%/48%. Thanks also to our local partners who collect registrations and distribute badges: Mallard's Source for Sports in Castlegar, Gerick Cycle in Trail and Powderhound in Rosland. We are always looking to improve the registration process – all suggestions are appreciated.

On-line registration is at: <https://zone4.ca/register.asp?id=24621>

Thanks to all our members for your support, and to all the volunteers for their special efforts. Have a great ski season!

Greg Richards, Registrar

2020 Annual General Meeting



The Castlegar Nordic Ski Club 2020 Annual General Meeting will take place:

Thursday, November 12th, 2020

Kinnaird Hall

2320 – Columbia Avenue, Castlegar

Start Time: **7:00 p.m.**

Please pre-register with your name(s) & phone number by email to: castlegarnordicski@gmail.com

The Club Executive has made a decision to proceed with a physically distanced Annual General Meeting. To help ensure the safety of all meeting attendees the following measures will be in place:

- Meeting pre-registration is requested to reduce the number of sign-in's at the meeting and to assist with a seating plan.
- Face coverings will be required when entering and exiting the meeting hall.
- Seating will be widely spaced and pre-assigned for individuals and couples/social groups. Attendees will be asked to remain seated during the meeting as much as possible.
- A "speakers' spot" will be designated for attendee's questions and motions.

Agenda: In addition to the regular AGM standing agenda items (Budget, Registrations, Trails & Infrastructure, Grooming, etc.) topics will include:

- Election of Club Executive Table Officers & Directors
- Proposed Amendments to the Club's Constitution & Bylaws
- Changes to Club Operations resulting from COVID-19
- Increase to Adult Day-Use Fee
- Questions and Answers – Topics from the Floor

A **Door Prize** of one Adult Membership will be awarded at the meeting.

We hope to see you there!

COVID-19 Preparedness and Safety Plan

Good News! BC's "Return to Sport" under the Phase 3 reopening plan allows for the use of our Viking Centre and shelters. Well known guidelines on how we act in enclosed public spaces will apply. This simply means that there is a maximum capacity of 17 in the Viking Centre and users must physically distance. We have divided the building into 4 quadrants that includes a volunteer/fees/service area, 3 skier use areas and a marked passage from the front entry to the back exit. The 3 skier use areas are clearly marked and will have a limit of 6 in each of the front zones and 4 in the rear zone. Each area will be limited to a family or "bubble group". The stove will be available to all. Masks (or winter face coverings) will be required until you are in your exclusive area. An option to sign-in on the outside 'porch' will be available for skiers who are already registered members. It's a simple plan to keep us all organized!



The 4 ski trail shelters will have a posted maximum capacity of 11 skiers at one time and masks must be worn, except when eating. After warming up, it would be best to get back on the trail to allow new arrivals to cycle through the shelter. Placement of alternative outdoor seating is presently being worked on.

Informative reminder signs will be placed at the Viking Centre and at each shelter.

We know Nordic skiers are a courteous bunch. Thank you for making this work for all of us!

Jonathon Underwood, Director

COVID-19 User Agreement

In order to use the ski trails, facilities and any activities provided by the Castlegar Nordic Ski Club at the Paulson Cross Country Ski Trails, individuals must agree to the following rules:

- Complete the *COVID Self-Assessment* on a daily basis (see below).
- If you are sick or experiencing cold, flu or COVID-19-like symptoms, stay home or return home and self isolate.
- Follow the occupancy, traffic flow and distancing rules posted at facilities.
- Wear a mask in any indoor spaces where physical distancing cannot be maintained.
- Bring your own water bottle, mask, hand sanitizer and/or wipes.
- Follow the rules and requirements of the *Castlegar Nordic Ski Club Return to Sport COVID-19 Safety Plan* (see below).

Visit the [Club website](#) for more information or click on the links below to read the Club's full *COVID-19 Safety Plan* or to access the provincial *COVID-19 Self Assessment Tool*:

[Castlegar Nordic Ski Club Return to Sport COVID-19 Safety Plan](#)

[BC COVID-19 Self-Assessment Tool](#)

Trails and Infrastructure Report

Financial support from Columbia Basin Trust and BC Timber Sales (BCTS), along with club contributions, have allowed the club to rehabilitate and upgrade some ski trail sections and to upgrade the south approach to the Mid Loop bridge. The small log bridge has been removed and drainage has been improved. Other wet areas throughout the west and south sections of the trail system have been improved with the installation of culverts and ditching.



Rock Loading



Armouring at Mid-Loop Bridge



Widening Huckleberry/ R. Paulson Junction



Pine Trail Upgrade & Drainage Control

The Sentinel Unit Crew from the BC Wildfire Service was on site this year and used the area for training the crew in the use of chain saws. This resulted in a number of snags being felled throughout the trail system and cut for firewood, which is a great benefit to the club.

BC Timber Sales has been harvesting timber in the southwest area of the ski trails this summer. One area where skiers will see a change due to harvesting operations is on Seal Creek Road between Pine and Old Growth trails, where there is now an opening adjacent to some sections of the trail.

Atco Wood Products has been operating in the vicinity of the junction of Gloryview and Norwegian trails. This has resulted in the upgrading of roads to access timber and resulted in the removal of brush on these roads. This will benefit the club as a lot of time has been spent cutting brush with brush saws in this area over a number of years.

Thanks to all the volunteers who helped out this fall with the brushing of west Norwegian, sections of Old Growth and Snowberry trails, cleaning cabins and hauling firewood.



Norwegian Upgrade

Dave Fitchett, Director / Trails Manager

Fee Collections and Cabin Wardens

Castlegar Nordic Ski Club is a non-profit organization that relies on volunteers to provide an exceptional ski experience to our membership and guests. Volunteer fee collection is critical in meeting our costs and keeping our membership fees low. As we did last year, to ensure we have coverage during peak times at both trailhead entrances, the volunteer shifts will be 10am to 2pm. If a member or guest volunteers for 4 days or more, they will receive a free ski pass for the following ski season.



To ensure the safety of Fee Collectors, with the current COVID-19 situation, traffic flow, a barrier and physical distancing have been implemented at Viking Centre. At the Glenmerry Trailhead, physical distancing will include use of the collector's hut service window. All volunteers will be provided with personal masks and sanitizing supplies and will be trained on the position duties, including COVID-19 safety measures, before their shift.

Our cabins are also a key part of the excellent skiing experience provided to our membership and guests. Many volunteer hours are given to prepare the cabins for the upcoming season. Thank you to those who came out this year and in the past. To ensure our cabins and outhouses are maintained throughout the season, we are continuing our cabin warden program. This involves keeping the cabin and outhouse clean and well stocked throughout the season. For the most part, it is a once-a-week process. Wardens can be individuals, family groups, friend groups etc. A kit is provided, and it is a fairly simple process. Personal masks, gloves, and sanitizing supplies will be provided. At this time, three of our shelters (Glenmerry, Nordic and Snowberry) have been "adopted" and we are looking for wardens for the remaining two structures - Viking Centre and Ben Shaw Shelter.

If you are interested in volunteering for one or more days of fee collecting or for all or part of the season as a cabin warden, please contact Chris and Kathy Sykes at 250-365-5776. Please leave a message with your return number if we are not home.

Kathy Sykes, Director

2020/2021 Membership and Day-Use Fees

Reminder: The deadline for early bird reduced membership rates is October 31st this year!

Our Club depends on fees to cover trail grooming and track-setting costs and to support the maintenance of our incredible trail network and user facilities. 70-80% of the Club's annual revenue from fees is spent on trail grooming and equipment costs. Membership fees remain unchanged from last year.

Please visit our website *Membership* page at www.castlegarnordic.ca/content/membership for information on ways to register. The recommended method for membership registration is through the Zone4 website at: <https://zone4.ca/register.asp?id=24621>

The 2020/2021 Annual Membership Fees are as follows:

Annual Membership Fees		
Membership Type	Regular Fee	Until Oct. 31st, 2020
Adult	\$75	\$70
Family ¹	\$145	\$135
Junior (7 to 18 yrs.)	\$30	\$25
Student ²	\$50	\$45
Child (6 yrs. & under)	Free	Free
Senior (80 yrs. & over)	Free	Free

¹ 'Family' is defined as 1 or 2 adults and their children, less than 19 years of age, living at home or enrolled in full-time academic studies.

² 'Student' is defined as 19 years of age or older and enrolled in full-time academic studies.

For information, the following Day-Use Fees will be in place for 2020/2021 and are payable by non-Club members at either trailhead:

Day-Use Fees (Non-Club Members)	
Category	Fee
Adult	\$15
Family	\$20
Junior (7 to 16 yrs.) or Student	\$5
Child (6 yrs. & under)	Free
Senior (80 yrs. & over)	Free

Members of the Blackjack Ski Club and the Nelson Nordic Ski Club receive a \$5 discount on the above Adult day-use fee.

Youth Skier Development Program

Good news!! The Monashee Adventurers Youth Ski Program will run again this year with returning coaches from last year, Rolf and Simon, and me, Bronwen, who last taught the program a few years ago.

Registration information, session details and forms will be posted shortly to our website and the Zone4 site.

New this year are the youth program COVID protocols. We are working on the final details and will send these out with your confirmed registration. One of the big changes will be limited access to the warming hut for gear storage and parents waiting, so families will need to be prepared before arriving! To ensure COVID protocols are followed successfully we may have to limit the total number of youth to around 25-30 so its important to get your registrations completed early. If you want to volunteer with us to become a community coach, please email us ASAP as training is scheduled for late November.



Session Costs:

- \$45 for 45 minute Ermine level lessons (independent 4 and 5 year old's, unless you stay to help out).
- \$60 for 90 minute Lynx, Fox, or Wolf level lessons (6-10 year old's – levels may be grouped if volunteer coaches are limited).

- Additionally, a \$20 season pass is mandatory unless you are part of a family season pass. Please pin your pass badges to your jackets.

Session Times:

- **1:30 to 3:00 p.m.** on **Saturday afternoons**, January 2nd to March 6th, for 10 sessions.

There will also be an outdoor waxing clinic in town held before the start of lessons. Most kids are happy to start on fishscale skis that don't require waxing for conditions, but just a base wax for the season. There are no ski swaps with our club this year but try Boomtown Sports in Nelson.

We are also developing a Cougar level 2-3 day skate skiing beginner camp (2 hours per day) during Christmas break, starting Dec 28th. Please email us if you are interested as we may have room for limited youth between 9 and 12 years. The fee for this camp will be \$50. The club has limited youth skate gear for rent (\$25 for the camp).

If you have any questions about the program, please email Bronwen at cncskilessons@gmail.com

Bronwen Lewis, Skier Development Program Coordinator

Social Media

The Castlegar Nordic Ski Club is on Social Media! You can find us and Like us on Facebook and on Instagram. We also want to see you in action at the hill! Tag us in your skiing adventure pictures #CaslegarNordicSkiClub or #CastlegarNordic



<https://www.instagram.com/castlegarnordicskiclub/>

<https://www.facebook.com/pages/category/Sports---Recreation/Castlegar-Nordic-Ski-Club-340823180074856/>

Edith Falkenberg, Director

Reminder: Free Ski Trails App for your Smart Phone!

By downloading the free *Avenza Maps* application and the georeferenced Paulson Ski Trails map to your smart phone, you can track your location at any time while out on the trails! This app does not require cellular service or internet access to function.



The [Avenza Maps](#) app is available for both [iPhone](#) and [Android](#) phones and uses your phone's built-in GPS to precisely track your location with a moving dot in real time! The app also provides a number of other features including the ability to zoom in or out on the map, drop and label placemarks, attach photos, and record your track, distance and speed information. For more information on installing the app and downloading our trails map, visit the Club's website *Trails& Maps* page at:

<https://www.castlegarnordic.ca/trails-and-maps>



Thank You to all our 2020 Partners, Sponsors and Supporters!

A big thank you to all our local sponsors & supporters for their continued commitment to our Club!

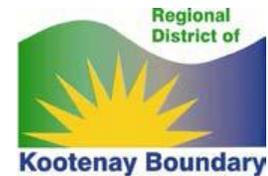
- Atco Wood Products Ltd.
- BC Timber Sales
- Castlegar Cardlock Co-Op
- Columbia Basin Trust
- Custom Dozing Ltd.
- Destination Castlegar
- Genex Marketing
- Gerick Sports, Trail
- Helm Consulting
- Kootenay Dirty Diggers
- Mallard's Source for Sports, Castlegar
- Ministry of Forests, Lands, Natural Resource Operations and Rural Development
- Mitchell's Supply Ltd.
- Playmor Power Products Ltd.
- Powderhound, Rossland
- Recreation Sites and Trails BC
- Regional District of Central Kootenay
- Regional District of Kootenay Boundary
- Rocky Mountain Agencies (ESSO)
- Safeway, Castlegar
- Tim Hortons, Castlegar
- Yellowhead Road & Bridge Ltd (YRB)

Columbia Basin **trust**



BCTS
BC Timber Sales
Kootenay Business Area

Recreation Sites
and Trails **BC**



Club Contact Information:

Executive Officers:

Winston Fayant, President	250-365-3527
Jim Guido, Vice-President and Acting Treasurer	250-365-7231
Greg Richards, Registrar	250-304-1829
Al Skakun, Secretary/Director	250-608-3015

Executive Directors:

Dave Fitchett	Edith Falkenberg
Kathy Sykes	Jon Underwood

Skier Development Coordinators & Coaches:

Bronwen Lewis, Rolf Hartman, Simon Cretien

Historian: Conrad Brattebo

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