



# Temiskaming Nordic Ski Club

December 16, 2021

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## **2021-22 Board of Directors**

**President** Russell Walker

**Vice-President** Dan McKnight

**Secretary** Bev Foley

**Treasurer** Russell Walker and Bev Foley

**Trails** Barrie Story & Gerry Vachon

**Chalet** Luc Brisson

**Instruction** Bill Gabbani and Isabelle Goulet

**Membership** Joanne Beeson

**Public Relations** Francine Bolduc

**Racing** Anthony Story

**Special Events** Gail Menard

## **President's Message**

Welcome to the 2021/22 season

I am pleased to see quite a few of you already out enjoying the trails. The season promises to be a long one. Over the course of the last number of weeks you have had several questions about this season so let me try to answer some of them.

1) Pisten Bully: We have the main groomer back and it is working well. The groomers have used it and are pleased. The PB had a major overhaul with all pumps replaced, the electrical set back to its original settings and all regular maintenance completed. While expensive, the repairs were more economical for the club than purchasing a new to us groomer. Although the equipment we had did a particularly good job there were issues on steeper slopes and when we received a significant snowfall. I hope the groomer will be able to serve us for many years to come.

2) Chalet: The continuing pandemic and its variants make planning difficult. The chalet will be open for limited hours during the season. The hours will be dependent on the availability of volunteers. You will need to be double vaccinated to access the chalet and although you can bring your own snacks, the kitchen will be off limits to everyone save groomers. Of course, changing regulations may require us to change chalet status. We do not anticipate opening the Chalet until after Christmas. If you want to see the chalet open sooner or longer hours, please consider volunteering. As with last year we strongly recommend you arrive at the club ready to ski.

3) Equipment rentals: The Club will be doing daily equipment rentals. However, these rentals will only be available when the chalet is open, and all rentals must be returned before the chalet closes. There may be no one to help with the selection of equipment rental but we will have a general guide to help with selection. Please have the exact cash amount or cheque ready. As always if I am around please ask for help.

The executive does have some friendly outside social events planned. We will be running our Loppet and Challenge Ski. In addition, the popular track your kilometers will start again in January.

Skiing and snowshoeing are wonderful outdoor activities and Covid safe. Enjoy the season!!

Russel Walker

TNSC President

### **Membership**

Welcome to the 2021/22 winter ski season! Thank you to all of you who have already purchased your ski membership. A reminder for those of you still contemplating a membership, if you plan to ski at least a dozen times, then the membership is your best bet. Snowshoe memberships are **included** in your ski membership, however if you **only**

plan to snowshoe, you can obtain a snowshoe membership on the website. All information can be found on the TNSC website ([www.temiskamingnordic.ca](http://www.temiskamingnordic.ca)) by simply clicking on the correct link. Our website 'caretaker', Peter Landers has made it as easy as possible for you to access information about TNSC. Please reach out if you require clarification.

To buy a **ski day pass**, there are two options: online on the website, or at the chalet. To buy a **snowshoe pass**, you must pay at the chalet. Exact change is needed to pay at the chalet. Information regarding Day pass fees for both ski and snowshoe can be found on the website at

<https://www.temiskamingnordic.ca/recreational-skier-club-events/daily-rates/>

Envelopes to purchase snowshoe and skiing day passes at the chalet are located outside the chalet below the lock box. You can't miss the bright red box that holds them. Please wear the day pass tag found inside the envelope.

Due to COVID restrictions, chalet access is limited, so membership tags will not be issued to seasonal members. You are asked to print the membership tag provided in the email sent when you register online. There should be two tags mentioned: one for Nordic Canada and one for TNSC. Either is acceptable. They are not as showy as our previous tags however there are some ingenious ways to make them durable so that they are visible on your clothing. (The executive will be watching for members with the most creative means to display their tag!)

Back this year, we have equipment rentals for both skis and snowshoes. Please consult the website for chalet hours.

TNSC is open for business!! May you find solace and peace in the beauty, the quiet and the awesomeness that mother nature has to offer. (That is, as long as you aren't breathing too hard!!)

Joanne Beeson

TNSC Membership Director

### **Bunny and JackRabbit Program**

We are excited to be offering an 8 week jackrabbit program this season. Lessons will start Saturday, January 8 1:30-3pm. Lessons will be on Saturdays with the exception of family day weekend when the lesson will

be on Sunday February 20. The last day will be February 26.

Rentals will be arranged later in December or early January and will be for the Saturday lessons only. Registration for Jackrabbit programs is located on the TNSC website under ski membership.

The chalet will be available for limited access (bathrooms and warm up) and no snack due to Covid restrictions.

### **Special Events**

We have our schedule of events prepared for this season. Make sure you mark your calendars, so you don't miss out!

We are pleased to announce that we will be holding our Open House and used Ski Equipment Sale from 10 AM to 1 PM on Saturday December 18th. If you have any gently used gear (boots, poles or skis) you would like to include in the sale, please drop them off at the chalet between 9 and 10 AM on December 18th. Purchases can be made by cash or cheque only. Keep in mind that TNSC keeps a 20% commission from all sales which goes toward running the club.

In addition, TNSC Swag will be available for purchase.

Masks are required as well as proof of vaccination. Members of the Executive will be on hand to answer any questions you might have.

### **TNSC 2021-22 Events Calendar**

**Saturday December 18** – Used Ski Equipment Sale (10:00 – 1:00)

**Saturday January 1** – Day 1 of XCO Kilometre Challenge 2021-22

**Saturday January 8** – 1<sup>st</sup> Day of Jackrabbit

**Sunday January 9** - "A New Year, A New Sport" – Free Instructional Introduction from 2:00 – 4:00 PM Equipment Rentals fees will apply

**Saturday February 12** – Potluck Brunch (TBD)

**Monday February 21** – Family Day

**Sunday February 27** – Poker Ski/Snowshoe

**Monday March 14 – Friday March 18** – **March Break** with special rates for Students

**Saturday March 19** – TNSC Loppet

**Saturday March 26** - Challenge Ski Day (Can be completed anytime between Sunday March 20 & Saturday March 26 if not available on the actual day)

**Saturday April 9** – Chalet Closes for the season

Gail Menard

TNSC Special Events Director

### **Chalet Hours - Subject to change with updated Health Unit Recommendations**

**Chalet Opening Hours, December 27<sup>th</sup> to January 2<sup>nd</sup>**

**Monday, December 27<sup>th</sup>: 11:00 a.m. to 1:00 p.m.**

**Tuesday, December 28<sup>th</sup>: 2:00 p.m. to 4:00 p.m.**

**Wednesday, December 29<sup>th</sup>: 11:00 a.m. to 3:00 p.m.**

**Thursday, December 30<sup>th</sup>: 2:00 p.m. to 6:00 p.m.**

**Friday, December 31<sup>st</sup>: Closed**

**Saturday, January 1<sup>st</sup>: 1:00 p.m. to 5:00 p.m.**

**Sunday, January 2<sup>nd</sup>: 11:00 a.m. to 3:00 p.m.**

### **Trail Safety and Etiquette**

We remind members that trails are groomed by volunteers. Here are some guidelines and things to consider to help everyone stay safe and have a good time:

- Skating over classic tracks ruins the experience for classic skiers.
- If you do fall, please repair fall marks as best you can
- If you need to stop along a trail, step aside so you don't block the trail.
- Don't stop at the bottom of a hill where other skiers might have trouble avoiding you.
- Do a shoulder check before stepping out of the classic track or moving laterally across the trail so you don't interfere with a skier approaching from behind.
- Because skiers on the downhills have less control, they are generally considered to have the right of way over skiers climbing.
- NO snowmobiles; snowshoes; pets or walking on the ski trails. If you must walk, remove your skis and walk to the far right or left of the trail

- It used to be that faster skiers approaching from behind could call out, "Track!" and slower skiers would step out of the tracks to allow the faster skier to pass. This convention is falling out of favour. Most expert skiers are happy to step out of the track to pass - they are the better skiers, after all.
- Be considerate, use common sense and try to think ahead to potential problems.

### **Trail Conditions**

Follow us on Twitter for the latest trail grooming updates. [TNSC Trail Conditions on Twitter](#)  
Updates are also available on our website <https://www.temiskamingnordic.ca/> on the right hand side of the page under trail conditions.

### **Emergency Plan**

Please note that the ski trails are not patrolled. We recommend that you review the Emergency Plan posted outside the chalet. In addition, we recommend that you ski in pairs and to carry a cell phone with you in the event of an emergency. As trail conditions vary, we caution you to ski at your own risk.

### **Instruction**

Individual ski lessons for classic and skating technique will be available for those wishing to improve technique. The club also will be offering group instruction, for those who prefer working with a group. Lessons will not only include ski technique but will also include balance exercise; strength exercise; and stretching. The cost for a lesson is \$20. **New** members also get ONE free lesson and ONE free equipment rental, if and when rentals become possible again. The contact person for individual and group lessons is Bill Gabbani. You can reach him at 705 679 2118 or by email [bill\\_gabb@hotmail.ca](mailto:bill_gabb@hotmail.ca)

### **Covid Protocols**

With the exception of a few events such as the ski swap on December 18<sup>th</sup>, the chalet will remain closed until December 27<sup>th</sup>. To access the chalet, proof of vaccination must be shown at the front door.

**Equipment rentals will not be staffed.**

**Please review the following Safety Plan for details on Covid Protocols.**

## Temiskaming Nordic Safety Plan, 18 December 2021

This Version 1 plan is in effect from 18 Dec. 2021 until further notice.

### Trail Access / Parking Lot

Anyone visiting the ski club to ski or snowshoe without entering the chalet shall self screen for Covid symptoms and recent exposure.

Don't come to ski or snowshoe if you are sick or have been recently exposed to someone else who has tested positive for Covid-19.

### Out-house

Hand sanitizer will be available at the out-house; use it prior to entering and again when exiting.

Volunteers will be maintaining the out-house. Keep it clean and tidy.

### Chalet Open on a Limited Basis

For the 2021-22 season, the Temiskaming Nordic chalet will be open on a reduced and trial basis:

- Chalet opening hours will be posted outside the chalet and on the club website.
- Please keep in mind that it is club volunteers who have made any opening of the chalet possible – your patience is appreciated and expected.
- Harassment of club volunteers will not be tolerated.
- If you are double-vaccinated and would like to volunteer at the chalet to help with Covid screening, etc., please contact [temiskamingnordicskiclub@gmail.com](mailto:temiskamingnordicskiclub@gmail.com) or speak to a ski club board member.

### Chalet Safety Plan

To enter the chalet you will be required to:

- show proof of full vaccination against COVID-19 (all those aged 12 & up); o show personal identification (e.g., driver's license or similar with date of birth); o complete active screening (and sign-off);
- wear a mask;
- sanitize your hands; and
- maintain a physical distance of 2 metres.

Attendance lists will be kept for a minimum of one month for purposes of contact tracing. Youth under the age of 12 who are not vaccinated will be permitted to enter the chalet as necessary. Mandatory masking as with all other users. Physical distancing of 2 metres must be maintained in the chalet when youth under the age of 12 are present. Parents and guardians are required to ensure this distancing is maintained.

Eating snacks in the chalet is allowed but physical distancing of 2 metres must be maintained unless you are eating with those you live with.

The ski club kitchen (including microwave) will not be available for public use. If possible, be prepared to ski by dressing appropriately at home.

Minimize any time in change rooms. The downstairs change rooms will be limited to a single occupant at one time, with the exception of parent/guardian and a child/children. Waxing benches can be used in the basement by one person at a time per bench. Turn on the fans using the switch close to the change rooms for increased ventilation.

### **Capacity Limit and Group Size**

Maximum chalet capacity of 20 people. This represents approximately 25% of the normal capacity.

To minimize congestion inside the front door of the chalet, a maximum of 6 skiers will be permitted to enter the chalet at once to complete screening. Additional skiers will wait outside until the first six have completed their screening.

Any group of 10 or more skiers or snowshoers wanting to enter the chalet must contact the ski club at least 4 days in advance following the procedure described at:

<https://www.temiskamingnordic.ca/groups/>

### **Cleaning & Disinfection**

All three chalet washrooms will be available for use, as well as the out-house, and will be cleaned regularly.

### **Chalet Hours - Subject to change with new Health Unit Recommendations**

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Thanks for taking the time to review our newsletter. We look forward to seeing you on the trails and we wish you a great ski season.

Francine Bolduc  
Public Relations Director