

NCD BoD Meeting Draft Minutes

7:30 pm, December 21, 2020

Ottawa

Attending remotely via Teams: Steve Morris, Geoff Tomlinson, Steve Daniels, Heather Pickersgill, Frederic Forge (Skinouk), Pierre Millette (Skinouk/ENGNE) Sheila Kealey (U Ottawa Nordic), Drew Lampman (Tay Valley), Heather McCulligh (Kanata Nordic), Rene Sauve (Summerstown Coyote Nordic), Christa Ramonet (Ottawa Racers), Anneke Winegarden (Carleton U, 2x4), Annik Wills (Nakkertok North), Kevin McDonald (Deep River XC)

Regrets: Craig Storey, Rob McClure

1- Financial update

The treasurer was unable to participate in the meeting thus no update possible.

2- NCD race series update including virtual events update

Given the pandemic situation, XCSO has published a series of virtual events last week, to be performed individually. This includes the XCSO Covid Cup, which is a series of events with set distances and formats, to be completed in athletes' communities on the same weekends. There are limited technical requirements for a club to host a COVID Cup:

- Timing and results are managed locally by each host in an easy and comfortable manner
- Emphasis is on the process of preparing for and executing a race weekend with your team.
- Clubs can host a Zoom dinner with their team
- Clubs can opt to do one or two races on the weekend
- Clubs can opt to join another club in organizing a COVID Cup - dual 'meets'
- Number of participants is submitted to Cross Country Ski Ontario.
- Sharing of photos, results on social media tagging @xcskiontario and using the hashtag #covidcup

This XCSO covid cup includes the following events:

January 16/17- sprint (free) and distance short (classic)

January 30/31- sprint (classic) and distance long (free)

February 13/14 - distance short (Free) and mid distance short (classic)

March 6/7- Sprint relay (free) and Distance relay (classic and free)

Another virtual challenge being proposed by XCSO is a KM challenge, similar to the current Nakkerboard challenge and Strava Segment Challenge

<https://xcskiontario.ca/events/racing-schedule/>

With the Ontario government's announcement of the Province wide shutdown, from December 26, 2020 until January 23, 2021 in our region, there was a discussion about how the lockdown will affect the proposed XCSO events. Given the announcement was only made hours ago, there is uncertainty about the events and how they can be done within the guidelines and rules set forth in the lockdown document. Direction will be required from XCSO as well as local public health authorities to determine how best to proceed. At the time of our meeting, XCSO had not yet provided a response to the announcement.

Nakkertok has created a Nakkertok Virtual Race calendar, with the following guidelines:

- The events, distance and technique are subject to change due to weather and COVID
- There will be registration and a small fee for events
- There will be virtual timing, category results and overall results for the Nakkercup series
- If restrictions allow, we will turn virtual events into in-person timed events where possible
- Honest athlete protocol in effect for all events

There was discussion further about how to respond to the latest Ontario announcement in particular with the crossing of the provincial boundary and what this means for the NCD region. There is uncertainty if clubs can collaborate on virtual events or if they need to be single club virtual events only. It was mentioned that Ottawa Public Health would likely provide guidance on crossing the provincial border for recreational purposes in the next few days. Heather M. mentioned that Kanata Nordic only sells day passes on weekdays but does have some limited training times for Ontario athletes who are not Kanata Nordic members at \$5 per athlete.

It was felt that the NCD cannot make a recommendation regarding the border crossing and that each club will need to determine own policies, once we have further guidance from our local PHUs.

Action: Steve Daniels will add the XCSO virtual events listing to the NCD racing page on the website.

3- High Performance update

All Ontario and Quebec provincial and all national events have been cancelled.

4- Logistics of running U12 and younger age group programs while adhering to COVID-19 restrictions

Kanata Nordic and Summerstown Coyote Nordic report that they plan to run their LTS programs. The Ontario province wide shutdown document does allow for outdoor organized

public events and social gatherings up to groups of 10. Summerstown Nordic has been in touch with Eastern Ontario Health Unit for confirmation that they can proceed as planned.

Craig Storey emailed his concerns about the Quebec "8 athletes plus one coach" policy which is now in place in Quebec from December 17- January 11, with respect to Nordiq Canada policy of two coaches being present at all times. As well, Nakkertok had planned to have a parent accompany each bunnyrabbit skier so that the coach would not have to come closer than 2m of participants. This will be difficult with the 8/1 ratio. As well, there is the same uncertainty due to crossing of the interprovincial boundary for Ottawa residents to participate in LTS programs in Quebec.

Annik reports that for Nakkertok North, all participants are Quebec residents and given their low numbers, they can manage with each bunny rabbit being accompanied by a parent.

There was discussion again about receiving further guidance over the next few weeks from local PHUs, as well as SFQ and XCSO.

Action: NCD members can forward information and guidance they receive from their club boards, local PHUs or Provincial Sport Organizations to Steve Morris or Heather Pickersgill, who will collate the information and disseminate it to the NCD membership.

5- Other business

Anneke Winegarden received notification from Carleton University that all Ravens athletics programs are being shut down for the foreseeable future. Sheila Kealey has not received a similar directive from Ottawa University at this time.

Next meeting: Monday January 18, 2021 at 7:30 pm

Meeting adjourned 8:25 pm