

BIATHLON HANDBOOK

Foothills Nordic Ski Club (FNSC)



September 2023

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Introduction

Foothills Nordic Ski Club (FNSC) was incorporated in 1964, and has had a long history of touring, back-country skiing, staging major events, and organizing programs for developing recreational and elite cross-country skiers and biathletes.

FNSC began a biathlon program in 1980 with the purchase of two biathlon rifles. Since then, we have grown to become the largest biathlon club in Canada, with many of our former members having achieved positions on provincial, national, and Olympic teams.

Foothills Nordic offers biathlon, recreational and competitive programs for all levels of abilities and interests, from beginner to elite and master levels, ages ranging from eight years old and up.

While biathletes competing use the skate cross-country skiing technique, training in both the skate and classic ski techniques offers cross-training opportunities and allows athletes to become well-rounded. FNSC provides training opportunities for biathletes and cross-country skiers to train together; providing a broader and valuable perspective on technique and ability through the various coaches who specialize in different areas. It also creates broader social groups and team spirit, important to help keep younger athletes engaged.

Athletes are placed into training groups, based on their abilities, age, interest and training history. Every effort is made to keep our training groups as cohesive and interactive as possible.

For the purposes of this document, information is being provided for youth programs only.

Development Programs

Foothills follows a Biathlon Canada and a Canadian Sport Long-Term Athlete Development protocol. FNCS programs are detailed below, providing you with information on costs, equipment requirements, shooting development, race categories, training times, camps and activities, etc. The progression of FNCS programs are as follows:

Program		Age
Biathlon Bears	(BB)	9-12
Racing Bears / Track Attack	(RR) / (TA)	10-12
Train to Train One Biathlon	(T1B)	12-14
Train to Train Two Biathlon	(T2B)	14-16
Learn to Compete Biathlon	(LCB)	16+

Skiing and shooting skills develop progressively within the program levels. Training requirements increase as a biathlete develops, increasing in frequency and scope (e.g. incorporating strength training in T2).

Athletes are encouraged to attend most training sessions or train independently if sessions are missed. Taking holidays or missing some training sessions to participate in other activities is encouraged (especially at the younger ages). All training sessions will be posted on TeamSnap. In the case of the T2 and the LC programs, additional training sessions may be assigned through the Training Peaks software that the athletes are encouraged to use to monitor and manage their training. Athletes who are unable to attend practice should contact their coach, so that lesson plans can be adjusted accordingly.

While the programs are considered progressive, athletes will be considered for different levels based on their age, abilities (skiing and shooting), social connections and motivation, at the coach's discretion. Many athletes start in cross-country ski programs (Bunnies, Jack Rabbits and/or Track Attack) before moving into biathlon. Athletes entering T1, T2, or LC are expected to have cross-country skiing experience.

Training camps are offered for all levels on a cost recovery basis. Again, the camps are designed to meet the development stage of the biathletes. Camps are optional but are helpful to maintain base fitness during the off-season and intensive skill and endurance development but, as importantly, are a fun way to develop team spirit and camaraderie.

Participation in races is completely optional, although athletes are encouraged to participate in at least one race event per season. Athletes should discuss their race goals with the coach in order to create reasonable expectations of races to attend in the season. Biathletes keen on developing their competitive and skiing skills, can consider competing in cross-country ski events, as well. It is important to note that race categories also follow a progression but don't necessarily align to the training programs. Race categories that align with the training program are noted in the program descriptions below.

Many of the programs incorporate off-season training. Generally, dry-land training will incorporate drills to develop balance & agility, ski fitness, running, ski striding (running with poles), strength training and hiking. As a biathlete progresses to higher levels, dry-land will incorporate roller skiing, and may also include mountain biking, and road cycling. If training in Canmore, shooting skills are also included.

Biathlon Bears (BB)

The Biathlon Bears (BB) is a fun, introductory biathlon program where young athletes learn to cross-country ski in the skate and classic style and how to shoot a camera-based optical shooting Eco-Aims rifle or an air rifle that resembles a .22 long range biathlon rifle. The BB program is currently focused on using the Eco-Aim rifles. It is run at Canmore Park and Confederation Park Golf Course in Calgary.

In the 6-week fall session, held at Canmore Park, biathletes will learn target shooting skills and build endurance and ski-specific fitness through dry-land exercises (drills & games involving running, ski striding, obstacle courses, body-weight exercises, etc.).

The 12-week winter session starts as soon as the trails open at Confederation Park Golf Course, timing of which can vary depending on weather conditions and snow making abilities, usually the beginning of December. Athletes will continue to build on shooting skills and be introduced to skate skiing and classic skiing. Drills and games develop balance, technique and cardiovascular fitness.

Biathletes will be shooting from a prone position (laying on their stomachs with skis on) using a rifle rest on close range targets. While these rifles are safe, kids learn that any rifle must be treated with respect and are taught appropriate safety skills (there is low tolerance for rifles being used inappropriately).

Biathletes will have the opportunity to compete in local club level competitions called Kindercups and, if keen, can participate in some Calforex Cup circuit races that run throughout the province and bring biathletes from all over the province, and often, other provinces. As well, biathletes are encouraged to compete in cross-country events (races and loppets, etc.) to gain racing experience.

Age:	9-12
Prerequisites:	No experience required Bunnies or Jackrabbits cross-country ski programs are helpful
Fee/costs:	Fees include a program fee, Foothills club membership fee and Confederation Park Trail Fee. Biathlon Alberta membership, race fees and camp fees are charged separately, if participating.
Season:	6 Weeks - September – October and/or 12 weeks December – March
Equipment Required:	Camera-based optical Eco-Aim rifle is provided by the club One pair skate skis, boots* & poles One pair classic skis, boots* & poles Grip and glide waxes for all conditions Trail running shoes (Fall Dryland sessions) <i>*One pair of Combi boots (can be used for classic and skate</i>

skiing) are acceptable for this level

Biathlon Competition Categories: Eco-Aims or Air Rifle 1 and 2 (biathlon)
Cross Country Race Categories: Atom (6-8) or Pee Wee (9-12) (cross-country)

Competition Options: **Biathlon**
KinderCups
Calforex Cup Circuit

Cross-Country
Alberta Cup Series
Cookie Race
Loppets

Camps: Lake Louise Family Camp (usually second to last weekend of November). This weekend is an excellent opportunity to get on snow with teammates and coaches. Athletes are put into groups based on their ski ability. There are typically coach lead skis on Friday evening, Saturday and Sunday morning. Staying in Lake Louise is optional and many families drive out for only part of the weekend. If you'd like to ski the whole weekend, details about the option to stay and eat at the Lake Louise Hostel will be available in October. If you'd prefer to stay offsite the Lake Louise Inn is popular.

Weekly Schedule: Two practices per week, schedule as per website.
TeamSnap is used for communication and scheduling

Racing Bears (RB) / Track Attack (TA)

The Racing Bears (RB) is a more intensive introductory program for athletes 10-12 years old. Most athletes come to the program with a basic knowledge of cross-country skiing techniques. Not all will have shooting experience. At this level, it is important to develop strong skiing techniques in both the skate and classic techniques for cross-training and to build well-rounded athletes. As such, part of the Racing Bear program is done in conjunction with the club's equivalent level cross-country skiing program, Track Attack. The athletes are exposed to specialized skiing coaches.

As with the Biathlon Bears program, biathletes will develop shooting skills using Eco-Aim camera based optical rifles, and will shoot from a prone position using a rifle rest on close range targets. Precision shooting drills include aim, trigger pull and breathing. While these rifles are safe, athletes learn that any rifle must be treated with respect and are taught appropriate safety skills (there is low tolerance for rifles being used inappropriately).

Off-season, dry-land training builds general, endurance and ski-specific fitness through drills and games involving running, ski striding, obstacle courses, balance/agility, body-weight exercises, and hiking.

Weekday training is done in Calgary at Confederation Park Golf Course, and occasionally other locations. To give biathletes more experience in shooting and skiing in competitively-used ranges, the athletes may be given an opportunity to train and shoot in Canmore.

Biathletes will have the opportunity to compete in local club level competitions called Kindercups and, if keen, can participate in some Calforex Cup circuit races that run throughout the province and bring biathletes from all over the province, and often, other provinces. To gain additional experience, Track Attack athletes are encouraged to race in cross country events, including the Alberta Cup series of races, Built for Speed series, Alberta Winter Games and/or Alberta Youth Champs, as well as loppets.

Age:	10-12
Prerequisites:	Biathlon Bears or Jackrabbit or cross-country skiing equivalent competency
Fee/costs:	Fees include a program fee, Foothills club membership fee, and Confederation Park Trail Fee. This includes the use of club rifles. Biathlon Alberta membership is charged separately. Race fees and camp fees are charged separately, if participating.
Season:	September – March
Equipment Required:	Camera-based optical Eco-Aim rifle is provided by the club One pair skate skis, boots* & poles One pair classic skis, boots* & poles

Grip and glide waxes for all conditions
Trail running shoes
Ski stride poles (elbow to mid-chest height, not downhill)
Drink belt (optional)
**One pair of Combi boots (can be used for classic and skate skiing) are acceptable for this level*

Race Categories: Eco-Aims or Air Rifle 1 and 2 (biathlon)
Pee Wee (9-12) (cross-country)

Competition Options: **Biathlon**
KinderCups
Calforex Cup Circuit
Cross-Country
Alberta Cup Series
Cookie Race
Loppets

Camps: Lake Louise Family Camp (2nd last weekend of November)
This weekend is an excellent opportunity to get on snow with teammates and coaches. Athletes are put into groups based on their ski ability. There are typically coach lead skis on Friday evening, Saturday and Sunday morning. Staying in Lake Louise is optional and many families drive out for only part of the weekend. If you'd like to ski the whole weekend, details about the option to stay and eat at the Lake Louise Hostel will be available in October. If you'd prefer to stay offsite the Lake Louise Inn is popular.

Weekly Schedule: Track Attack
Tuesday & Thursdays evenings
Saturdays (add-on) mid-mornings
Racing Bears
Wednesdays evenings
**Schedule subject to change*

TeamSnap is used for communication and scheduling

Train to Train One Biathlon (T1B)

Typically, athletes graduate to the T1 Biathlon program from Racing Bears, or an age equivalent cross-country ski program and at the coach's discretion. T1B is a significant step up in the biathlon program. It is at this level that athletes start to use a .22 long range biathlon rifle and live ammunition.

All biathletes must obtain a Firearms License (PAL) and for safety reasons, we encourage parents to do the same. **The minimum age to obtain a PAL is 12. Athletes without a PAL cannot transport a firearm unless accompanied by an adult with a PAL. It is expected that all parents and athletes obtain their PAL as soon as possible to reduce the number of rifles being stored in the team room and that coaches have to transport to practices.**

Initially, biathletes will learn to shoot prone (laying down) using a rifle rest and shooting targets from 50 meters. Once comfortable, they will learn to shoot prone using an arm sling. Shooting training will focus on effective prone positioning, precision shooting skills, and shooting/skiing skills. T1s, as they develop, will be introduced to standing shooting basics. As with all programs, biathletes learn that any rifle must be treated with respect and safety skills are enforced (there is low tolerance for rifles being used inappropriately).

Biathletes will continue to develop and refine classic and skate skiing techniques. Off-season, dry-land training is designed to build endurance and ski-specific fitness through drills, balance/agility, roller skiing (skate), running, ski striding, hiking and body-weight strength training.

Coaches will cover racing rules and the basics of mental race preparation. In a race, at this level, the biathlete's rifle will be placed on a rest by coaches/volunteers when they come into the range to shoot. Athletes will have to load their own clips of bullets into the rifles and prove the rifle safe before leaving the range.

T1 Biathletes are encouraged to compete in Calforex Cup circuit competitions that are located across the province with biathletes from all over the province, and often other provinces. There are also Western Canadian Championships. In order to gain additional racing experience and opportunities, T1 biathletes are encouraged to do cross-country races in both skate and classic techniques in the Alberta Cup series of races, Built for Speed series, Alberta Winter Games and/or Alberta Youth Champs, as well as loppets.

Age:	12-14
Prerequisites:	Racing Bears or Track Attack or cross-country skiing equivalent competency
Fee/costs:	Program fees FNSC Membership Confederation Park Trail Pass Canmore Nordic Centre Trail Pass (yearly or daily) Canmore Nordic Centre Range Pass (yearly or daily) Kananaskis Conservation Pass (required for parking at CNC and often for hiking/skiing locations Possession and Acquisition Firearms Course* and License Race fees (optional) Biathlon Alberta Membership

Camp fees (optional)

**Alberta Biathlon Club will organize a course at a reduced fee. Parents are encouraged to take the course and obtain a license.*

Season:

May– March

Equipment Required:

.22 Long Range Biathlon specific rifle*

Ammunition (~5000 rounds)

Rifle bolt lock (keyless is preferred), carrying case & cleaning kit

Lockable Ammo Can

One pair skate skis, boots & poles

One pair classic skis, boots & poles

Arm Sling (buy from Nordic Marksman)

Waxes - Grip and glide for all conditions

Trail running shoes

Skate Roller skis, poles, tips, boots (old) and helmet

**Club rental available, or equipment can be purchased privately*

Race Categories:

Development One or Two (biathlon)

U14, U16 (cross-country)

Competition Options:

Biathlon

Calforex Cup Circuit

Western Championships

Alberta Winter Games (must qualify)

Cross-Country

Alberta Cup Series

Cookie Race

Alberta Youth Championships

Alberta Winter Games (must qualify)

Loppets

Camps:

Bow Valley Camp (July)

Bow Valley Camp (August)

Lake Louise Family Camp (November)

This weekend is an excellent opportunity to get on snow with teammates and coaches. Athletes are put into groups based on their ski ability. There are typically coach lead skis on Friday evening, Saturday and Sunday morning. Staying in Lake Louise is optional and many families drive out for only part of the weekend. If you'd like to ski the whole weekend, details about the option to stay and eat at the Lake Louise Hostel will be available in October. If you'd prefer to stay offsite the Lake Louise Inn is popular.

Weekly Schedule:

Athletes are encouraged to attend 2-3 sessions / week.

Schedule as per website and Teamsnap

Train to Train Two Biathlon (T2B)

T2 Biathlon is for biathletes graduating from T1B. Biathletes at this level are becoming more focused on personal goals, racing and their athletic career. Team training is always a mainstay of Foothills programs. Coaches for this level will also work with biathletes to develop an entry-level individualized program and will support the biathlete through an app called Training Peaks. Biathletes will practice up to 400 hours of ski specific training consisting of group practices as well as additional independent workouts.

Off-season, dry-land training is designed to build endurance and ski-specific fitness through drills, balance/agility, roller skiing (skate and classic), running, ski striding, hiking, cycling and weekly strength training with a strength coach.

Shooting training will focus on individual needs: refining prone position and accuracy, learning/improving standing shooting, advanced precision skills, high intensity combination shooting skills and race specific tactics. Biathletes will be introduced to skiing with their rifles (using harnesses) within the range and proper range and rifle carrying procedures.

In a competition, at this level, biathletes will pick up their rifles at the entrance of the range and will have to drop the rifle off onto racks as they depart the range. Volunteers run rifles back to the entrance of the range while the athletes ski loops. Biathletes do not carry their rifles outside of the range. Race support is provided at Calforex Cups, local North American Cups and Cross Country ski races.

Age:	14-16
Prerequisites:	T1B Possession and Acquisition Firearms License
Season:	May – March
Fee/costs:	Program fees FNCS Membership Canmore Nordic Centre Trail Pass (yearly or daily) Canmore Nordic Centre Range Pass (yearly) Kananaskis Conservation Pass (required for parking at CNC and often for hiking/skiing locations) Race fees (optional) Biathlon Alberta Membership Camp fees (optional)

Equipment Required:	.22 Long Range Biathlon specific rifle Ammunition (~6000 rounds) Rifle bolt lock, carrying case and cleaning kit Lockable Ammo Can One pair skate skis, boots & poles One pair classic skis, boots & poles Arm Sling & Harness Waxes - Grip and glide for all conditions Trail running shoes Skate & Classic Roller skis, boots, poles, tips & helmet Watch with heart-rate monitor (useful but optional)	
Competition Categories:	Senior Boys/Girls U16, U18	(biathlon) (cross-country)
Competition Options:	Biathlon Calforex Cup Circuit Western Championships National Championships North American Cups Cross-Country Alberta Cup Cookie Race Loppets	
Camps:	Summer Volume Camp #1 Haig Glacier Summer Volume Camp #2 Lake Louise Family Camp	(July) (Pending) (August) (November)
	This weekend is an excellent opportunity to get on snow with teammates and coaches. Athletes are put into groups based on their ski ability. There are typically coach lead skis on Friday evening, Saturday and Sunday morning. Staying in Lake Louise is optional and many families drive out for only part of the weekend. If you'd like to ski the whole weekend, details about the option to stay and eat at the Lake Louise Hostel will be available in October. If you'd prefer to stay offsite the Lake Louise Inn is popular	
Weekly Schedule:	Athletes are encouraged to attend 4 sessions / week Schedule as per website and TeamSnap is used	

Learn to Compete Biathlon (LCB)

LC Biathlon is the final development level within the Foothills program. It is designed for biathletes ambitious about training and competing. Many athletes from LCB go on to the Biathlon Alberta Training Centre (BATC). The aim of the program is to allow each individual biathlete to reach his or her maximum potential with the expectation that many of the athletes will qualify for provincial and national teams.

Individuals should be prepared to train 450+ hours including independent workouts. Off-season, dry-land training is designed to build endurance and ski-specific fitness through drills, balance/agility, roller skiing (skate and classic), running, ski striding, hiking, cycling and weekly strength training with a strength coach.

Winter training focuses on maintenance of aerobic capacity, further development of skiing speed, ski specific strength, and refinement of technique in both classic and skate skiing modes.

As biathletes at this level train and compete carrying their rifles, training will include effective techniques for carrying and efficient transitions. Shooting development will focus on: precision shooting skills, advanced wind orientation, high intensity shooting, race tactics and optimizing speed/accuracy ratios.

Race support is provided at Calforex Cups, local North American Cups and Cross Country ski races.

Shooting training will focus on individual needs: refining prone position and accuracy, learning/improving standing shooting, advanced precision skills, high intensity combination shooting skills and race specific tactics. Biathletes will be introduced to skiing with their rifles (using harnesses) within the range and proper range and rifle carrying procedures.

In a competition, at this level, biathletes can pick up their rifles at the entrance of the range and will have to drop the rifle off onto racks as they depart the range or carry their rifle throughout the race. For those not carrying their rifles, volunteers run rifles back to the entrance of the range while the athletes ski loops.

Age:	16+
Prerequisites:	T2B Possession and Acquisition Firearms License
Season:	May – March
Fee/costs:	Program fees FNSC Membership Canmore Nordic Centre Trail Pass (yearly or daily) Canmore Nordic Centre Range Pass (yearly or daily) Kananaskis Conservation Pass (required for parking at CNC and often for hiking/skiing locations) Race fees (optional) Biathlon Alberta Membership (if racing) Camp fees (optional)

Equipment Required:

.22 Long Range Biathlon specific rifle
Ammunition (~7000 rounds)
Rifle bolt lock, carrying case and cleaning kit
Lockable Ammo Can
At least one pair skate skis, boots & poles (having a set of training and racing skis is recommended)
One pair classic skis, boots & poles
Arm Sling & Harness
Waxes - Grip and glide for all conditions
Trail running shoes
Skate and Classic Roller skis, poles, tips, boots, and helmet
Watch with heart-rate monitor

Race Categories:

Senior Boys/Girls or (biathlon)
Youth Men/Women (biathlon)
U18. U20 (cross-country)

Competition Options:

Biathlon

Calforex Cup Circuit
Western Championships
National Championships
North American Cups

Cross-Country

Alberta Cups
Western Championships
National Championships
Canada Winter Games
North American Cups
Cookie Race
Loppets

Camps:

Summer Volume Camp #1 (July)
Haig Glacier (Pending)
Summer Volume Camp #2 (August)
Lake Louise Family Camp (November)

Weekly Schedule:

Athletes are encouraged to attend 4-5 sessions / week
Schedule as per website
TeamSnap is used for communication and scheduling

Firearms Licence, Transportation, Safety

Firearm/rifle safety is the highest priority during any FNSC biathlon training session or competition, and by all biathlon associations. **There is zero tolerance for misuse, unsuitable storage or supervision of an athlete's rifle**, which could result in a suspension of shooting privileges or expulsion from the club and competition.

Coaches are vigilant in teaching athletes how to properly handle their rifles on the range and the rules of rifle handling in a competition. Improper handling of a rifle in a competition could result in disqualification, (e.g. touching a harness before delivering a rifle to a rifle rack).

FNSC requires that biathletes and at least one of their parents take the Canadian Firearms Safety Course when an athlete starts using .22 caliber rifles. Biathletes should obtain a Minor's Firearms License, and parents should obtain a Possession and Acquisition License (PAL). A PAL is required for transporting rifles, storing them at your house, purchasing ammunition, and, perhaps, purchasing your own rifle. Biathletes without a firearms license and whose parent does not possess a PAL will not be allowed to participate in shooting practices, except at the discretion of the coach.

Possession and Acquisition Licence (PAL)

A minor shall not be in possession of a firearm without the consent, approval and direction of the minor's parent or guardian. **When in possession of a firearm, a minor must carry his/her Minors Firearms Licence with attached conditions (see below).**

All applicants, minors (12-18) and adults, must pass a written and practical Canadian Firearms Safety Course exam. After submitting an application, a Firearms officer will interview the applicant and, if a minor, the parent/guardian, before the licence is issued. It often takes several months for the application to be processed and, as such, families should take the Firearms Safety Course and apply as soon as possible. Alberta Biathlon Club, a club designed to support biathlon activities in Alberta, hosts a certified Canadian Firearms Safety Course each season for members, at a reduced rate.

A Minors' Licence enables a young person, with the consent, approval and direction of a parent/guardian, to borrow and/or possess a non-restricted rifle for approved purposes such as target shooting. **A parent/guardian must sign Part II (Conditions and Consent form) that accompanies the plastic minors card.** By doing so, that parent/guardian is giving consent to the minor and is responsible for the minor's actions. A minor may not be in possession of a firearm without a licence nor can he/she discharge a firearm without direct supervision of an adult licence holder. As well, a minor shall not act in a supervisory role, lend a firearm to another individual or purchase ammunition for any unlicensed individual.

Once a person turns 18, they are no longer eligible for a minor's licence and must re-apply for a PAL. A PAL licence must be kept current for as long as one is in possession of firearms in Canada.

All licence holders must understand that misuse could result in having a licence revoked or have a misdemeanor on one's record, which could have far reaching consequences.

Storage of Your Rifle

It is important to store, transport and display firearms safely to prevent accidents and deter loss or theft. All rifles not in use, must have a bolt or trigger lock.

For the purposes of biathlon, where athletes are traveling and carrying their rifle, the following is recommended:

1. The rifle
 - a. Unload the rifle, remove all ammunition from the clips and prove the rifle safe
 - b. Attach a secure locking device, such as a trigger lock or a cable lock, or remove the bolt so the rifle cannot be fired; or
 - c. When not in use, lock the rifle in a cabinet, container or room that is difficult to break into.
2. Ammunition
 - a. Store separately from the rifle or lock it up
 - b. It can be stored in the same **locked** container as the rifle, such as a cabinet or room, but not in a soft case
3. Leaving a rifle in an unattended vehicle
 - a. Lock your rifle and place in a lockable compartment such as a trunk, roofbox or hardcase
 - b. If the above is not possible, put the rifle **OUT OF SIGHT**
 - c. Lock your vehicle

Rifles can not be stored in the wax room at any time. Proper arrangements must be made to store rifles while ski training (ie. Locked out-of-sight in a locked vehicle). It is not the coaches responsibility to store or supervise rifles while athletes are skiing.

Transportation of a Firearm

By Automobile

According to the RCMP Firearms Program, a minor with a licence may transport a firearm in an automobile without an adult licence holder.

Great care and common sense is needed when transporting a firearm in an automobile. In order to deter loss or theft, a firearm should be locked and stored out of sight in a vehicle. Ammunition should be locked and stored separately. It must be understood that a firearm in the care of a licence holder and the signing guardian, is responsible for that firearm, even if the firearm is stolen. Improper storage could result in an infraction and potential loss of one's licence.

Air Transport

The rules for traveling by air with a biathlon rifle can vary from airline to airline and border to border. Therefore, it is important to check well before traveling. Generally, biathletes can travel with a rifle as long as he/she is a member of an accredited sporting association and are traveling as a group to participate at a sporting event. If a minor biathlete needs to travel on their own, authorization must be obtained in order for the minor to travel with a firearm.

Shooting, Rifle Care, Supplies

Shooting Development

Shooting skills develop within the program levels. Biathletes usually start learning to shoot with air rifles with air pellets, or camera-based rifles, before moving on to .22 long range rifles with live ammunition. Every biathlete that is using a .22 is required to obtain a Possession and Acquisition Licence (PAL), through the RCMP Canadian Firearms Program (see above).

Biathletes start by using their rifles in the range area only. They will begin getting familiar with rifle skills laying prone with a rifle rest. Then they will remove the rest and use an arm sling. Once they have mastered using an arm sling, the biathlete will then be introduced to standing shooting within the range. Eventually, they will learn to ski with their rifle within the range and, lastly, ski the courses carrying their rifle on their backs.

Throughout the process, coaches will guide the biathletes in proper rifle handling protocol and the rules in race situations for each of the levels. At all times, biathletes must follow strict safety protocols whether on the range, skiing, parking lot, storage, etc., as per the Firearms Safety Program. There is **zero tolerance** for misusing the rifles.

Practice, practice, practice!

Every .22 rifle performs uniquely. Biathletes develop a “relationship” with their gun over the season, becoming familiar with its intricacies. Working with the coaches to evaluate target results will help to determine how an athlete is using the rifle (e.g. perhaps an athlete is pulling the trigger slightly to the left when shooting, causing him to shoot left of the target.)

As such, it is important for a biathlete to spend time with their gun before competition season, during training sessions and through dry firing at home (shooting without bullets!) using paper targets. Dry-firing is an excellent way for athletes to practice sight picture, natural alignment drills, trigger pull drills, holding drills, and rifle handling drills. Regular dry-firing will allow the athlete to get the most out of their time on a live range.

Rented Rifles

Rented club rifles are the responsibility of the biathlete and their family for the season. It is impractical for the coach to transport and store a large number of rifles on a near daily basis, and so it is standard for parents to obtain a PAL in order to take their club rifle home.

FNSC charges a small fee to cover the cost of wear and tear, and to allow for the eventual replacement of club rifles. A damage deposit may also be collected. Rifles are to be returned to FNSC at the end of the season in the same condition as they were assigned, cleaned and maintained. All stickers and markings should be removed from the stock, and metal portions should be cleaned. Any costs incurred as a result of damage deemed more than regular wear and tear, as well as to replace any lost parts, will be charged to the athlete on a cost recovery basis. The rifles and their parts are very expensive, so we encourage care in use and storage of the equipment.

Purchasing a Rifle

Eventually, a biathlete and their family may decide to purchase their own rifle. Used rifles can be purchased for approximately \$4000 - \$5000, and new rifles are worth approximately \$5000 or up. Please discuss

rifle-purchasing decisions with your coach, so the appropriate sized rifle at the right price can be found. Note that there is limited production of biathlon rifles. As such, resale value remains high.

Rifle Maintenance

Biathletes will be taught how to clean and maintain their rifle, and this should be done on a regular basis. It is important to ensure the best, safest and most reliable performance of the rifle. As with any equipment, proper maintenance is elemental to good performance.

Every biathlete should purchase a rifle cleaning kit.

To protect the rifle, a biathlete should purchase a soft or hard case.

Ammunition

Biathletes are responsible for purchasing their own ammunition. The club may make bulk purchases for club members. If purchasing your own ammunition, it must be .22 caliber long rifle, **standard** velocity (not high velocity), with lead bullets. Common brands are Lapua Super Club, Remington, Federal, Winchester, or CCI. Some athletes will purchase Polar ammunition for competition. This ammunition performs better in cold weather, but is much more expensive and not recommended for training purposes.

Biathletes should purchase a lockable ammo can. Live ammunition should NEVER be stored with a rifle.

Zeroing a Rifle

At every training session, coaches will work with the biathletes to “zero” their rifle. Sights can move, climate changes (temperature and wind), a biathlete’s activity level can greatly impact the shooting accuracy. Therefore, it is extremely important that a biathlete participate in “zeroing” sessions, both in training and at races.

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A biathlon rifle is made up of a barrel, stock, butt plate and sight.

Competition And Race Formats

Competing is a fun way to measure a biathlete's development and achievements. FNOSC encourages biathletes to participate, but it is not required. Competing offers good opportunities to build experience, race-specific skills and team spirit.

All biathlon competitions are done using the skate skiing technique. Every race will begin and end with skiing a loop, with more loops skied in between shooting sessions. The number of shooting sessions and the ski loop distances will vary depending on the race format and category. The number of shooting sessions, shooting positions (prone, standing, using a rest, etc.), carrying a rifle (or not, early in the progression) and ski distances increase in difficulty with a biathlete's development.

Typically, in a single shooting session, biathletes will attempt to shoot five targets with a single clip of five bullets or Eco-Aims rifle. The number of shooting sessions they do will depend on the race format and the race category.

A biathlete is penalized if they miss a target. Depending on the format, the penalty may be for the biathlete to ski a penalty loop for every missed shot, or to receive a time penalty at the end of the race.

There are a variety of race formats (see below). Note that for air rifle, Eco-Aims, and .22 Development levels, all shooting is done prone. Air Rifle, Eco-Aims, and Development One categories will also be using rifle rests.

Racing Opportunities

A list of FNSC supported events will usually be sent to all program members in November. These races will have FNSC coaches present for race support. Logistics (schedule, waxing, locations) will also be communicated to all Foothills biathletes prior to the race.

All biathletes will be expected to have their race skis waxed and ready for races based on their coach's recommendations (waxing requirements will vary depending on conditions).

Kindercups

These are usually informal evening or Saturday competitions sponsored by Alberta Biathlon Club as a way to introduce new biathletes to competition. There are several throughout the season. The goal is to have fun! Prizes and medals are a thrill for young biathletes.

Calforex Cups

Biathlon Alberta is very fortunate to have Calforex sponsor a series of regional competitions every season to give biathletes opportunities to gain experience and develop competition-specific skills, and to provide good level competition. The "Calforex Cup" series is held throughout Alberta - Canmore, Camrose, Edmonton, Hinton, and/or Grand Prairie.

Biathletes wishing to qualify for the Alberta Team need to compete in these regional races in order to qualify.

Biathletes participating in Calforex races are ranked and points are earned. At the end of the season, those with the most points in their category will win the prestigious Calforex Cup.

Western Canadian Championships

WCC is another opportunity for racing. Competing at this race sometimes requires travel outside of the province. Foothills will typically provide support to biathletes wishing to compete at these races.

Canadian Championships

This national event is regularly attended by T2 and LC FNSC athletes. Most logistics of this trip are handled by Foothills coaches. Biathletes stay as a team with coaches and parent chaperones. It is usually held over a one week period in March.

Alberta Winter Games / Canada

Special events such as Alberta Winter Games and Canada Winter Games are options for more competition. Alberta Games is aimed at development aged biathletes. Canada Games is for the top 4 Youth/Junior (17-20) biathletes in each province. Both of these events are logistically handled by Biathlon Alberta and the events organizing committee.

Competition Weekend Formats

All races require biathletes to register prior to the event, with registration typically closing the Monday before. Most competition events are held over a weekend. They typically consist of two (or sometimes more) events. A typical weekend will generally follow the format below but coaches will communicate exact locations and times prior to each event.

Friday

- 2-4 pm Training (at race venue)
Biathletes will have an opportunity to practice shooting on the range and ski the course. This is optional but beneficial to those who have not competed at the venue. As well, it is a good opportunity to assess the conditions, hazards and intricacies of the venue. Coaches will typically ski the course with the biathletes providing advice on tactics.
- 8:00 pm The start list is usually released at this time, after a coaches meeting.
It is important for biathletes to note these times. Late biathletes are not accommodated.

Saturday

- 10-10:30 Team meeting, usually held in a wax room or venue lodge
Coaches will review the course, rules, start times, zeroing times, etc.
Race bibs will be handed out.
- 11:00 Warm Up and Zeroing
All biathletes will need to work with the coaches to zero their rifle sights. Missing a zeroing will likely result in poor shooting during the race, so it is very important athletes are there and on time.
Biathletes will ski the course and follow warm-up drills set out by the coaches.
- 11:30 Equipment Check
All biathletes are required to have their equipment checked before a race and at the end. Stickers will be placed on rifles, both skis and on the biathletes tights. In high level competitions, biathletes must prove that they finished with the rifle they started with and at least one ski.
- 12-2:00 pm Competition
Each biathlete will be given a start time. It is critical that you are in the start area at least 20 minutes before a race. During that time, biathletes make their final preparations and receive their timing chips. They must also line up and be ready for the start.
- 3:00 pm Award
Medals are usually presented ~an hour after the last biathlete finishes each day.
All biathletes and coaches are encouraged to show team spirit by staying and supporting one another.

Sunday

The format for Sunday is the same as Saturday but usually will start an hour earlier to allow families time to commute home.

Race Categories

The follow are IBU Race categories that most FNCS biathletes participate in:

Air Rifle/Eco-Aims One U15	Girls/Boys Air Rifles/Eco-Aims Shooting prone using a rifle rest Large targets from 10 meters Volunteers/Coaches will place rifles on rest in front of a lane
Air Rifle/Eco-Aims Two U15	Girls/Boys Air Rifles/Eco-Aims Shooting prone using a rifle rest and aiming at Small targets from 10 meters Volunteers/Coaches will place rifles on rest in front of a lane
Development One U17	Girls/Boys .22 long range biathlon rifles Shooting prone using a rifle rest Small targets from 50 meters Volunteers/Coaches will place rifles on rest in front of a lane
Development Two U17	Girls/Boys Biathletes will be using .22 long range biathlon rifles Shooting prone using an arm sling (no rest) Small targets from 50 meters Volunteers/Coaches will place rifles on the mat in front of a lane
Senior U17	Girls/Boys Biathletes will be using .22 long range biathlon rifles Shooting prone and standing Targets - 50 meters Biathletes do NOT ski with rifles outside of the range Rifles are carried into the range from a rack at the entrance of the range and Rifles are then left on a rack at the exit of the range, before the penalty loop Volunteers/Coaches will carry rifles from the exit rack back to the start rack
Youth U19	Men/Women Biathletes will be using .22 long range biathlon rifles Shooting prone and standing Targets - 50 meters Biathletes ski with rifles in and out of the range
Junior U21	Men/Women Biathletes will be using .22 long range biathlon rifles Shooting prone and standing

Targets - 50 meters
Biathletes ski with rifles in and out of the range

Race Formats

There are six different formats to biathlon races. At the discretion of the race officials, formats may be modified to accommodate special conditions (e.g. No snow at the 2016 Alberta Winter Games!).

Sprint Format

All biathletes have individual starts. Sprints consist of skiing three laps and two shooting stages, one prone and one standing (all prone for Air Rifle and Development categories). One penalty loop (~150m) is skied for each miss immediately after the shooting stage.

Pursuit Format

The start list for a pursuit race is determined by the results of the sprint race or current provincial standings. The winner of a sprint starts the pursuit first, second place starts second, etc. Pursuits consist of skiing five laps and four shooting stages, two prone and two standing. One penalty loop is skied for each miss immediately after the shooting stage. Air Rifle and Development categories only shoot three stages and only prone.

Individual Format

All biathletes have individual starts. Individual races consist of skiing five loops and four shooting stages; prone, standing, prone, standing. No penalty loops are skied, instead, one minute is added to the finish time for each miss. Air Rifle and Development categories shoot four stages and only prone.

Mass Start Format

All biathletes start together and ski five laps and have four shooting stages, two prone and two standing. One penalty loop is skied for each miss immediately after the shooting stage. Air Rifle and Development categories only shoot three stages and only prone.

Relay Format

The relay format is skied by teams. Each member essentially skis a sprint race before tagging their team member. They ski three laps and shoot two stages and ski penalty laps for the misses. However, in a relay, biathletes have the opportunity to use three spare rounds for each shooting stage to try and hit all five targets.

Gear

Biathlon is a very equipment-intensive sport. As such, the Club offers rifles for rental. As an athlete develops and training becomes more intensive, they may wish to invest in their own gear. Coaches can provide recommendations for the purchase of rifle cleaning equipment, and can provide guidance on the purchase of large ticket items such as roller skis or a road bike.

Athletes are expected to purchase their own ski gear, and may eventually use multiple pairs of skis. There are a few stores in Calgary to purchase ski equipment from, including Lifesport and the Norseman, or TrailSports in Canmore. Some stores will offer small discounts if you tell the clerk you are a FNCS member. Used equipment is often a good option. FNCS holds a ski swap every fall and the details are communicated by the club administrator. Lifesport and Canmore Nordic Ski Club also offer used gear swaps each fall. The Foothills Nordic Facebook page is another good place to look for used gear.

Clothing

Foothills-branded clothing is not required, but athletes love to look like they are on the same team. The club puts together a clothing order each fall. Buying used team clothing is a good option. The FNCS Facebook page is a good place to look for used clothing.

Wax support

Skis should be regularly glide waxed. Both athletes and their parents are encouraged to learn this process, as they will be expected to wax their skis before every race.. Classic skis should be waxed with kick wax prior to practice. Coaches will provide guidance on which wax to use. The coaches will provide opportunities to learn to apply glide and kick wax. Typically cross country ski coaches will apply kick wax for the athletes for Alberta Cup races.

Camps

Several opportunities for participation in camps exist. Foothills typically organizes several camps throughout the summer and winter, and organizations such as the Alberta Biathlon Club and Biathlon Alberta also organize several more camps throughout the season. Participation in camps is strongly encouraged for all athletes at Foothills. Recommended camps are outlined within the Program Descriptions.

Training camps will typically have a focus (such as volume, distance or technique) that is congruent with the yearly training plan. They provide high-quality training opportunities as well as being great team-building opportunities.

Summer Volume Camps **July & August**
T2B & LCB

T1 Summer Bow Valley Camps **July & August**
T1B

Lake Louise Early Snow Camp **November**
RB/TA, T1B, T2B, LCB

Alberta Biathlon Club (ABC) Summer Camp **July and/or August**
Ages 12-17, one year experience

Coaches / Coaching

Some of our coaches have been “brought-up” in our community coaching development program, a program that allows young athletes to become certified coaches. Athletes can become paid coaches within the club, while they work towards their own athletic goals. There are many coaching opportunities within cross-country and biathlon so that athletes can coach around training times. Foothills sponsored coaching courses are offered in late October.

FNCS is home to a highly qualified coaching staff consisting of full-time, professional coaches as well as volunteer parent leaders and part-time coaches. Many of our coaches are or have been accomplished elite Nordic athletes and we are privileged to have their expertise.

Tyson Smith is the Head Biathlon Coach and Katie McMahon is the Club’s Head Cross-Country Coach. Together, they provide one of the top Nordic programs in the country.

Foothills Lead coaches are trained in the National Coaching Certification Program in Competition Development following the Nordiq Canada and Biathlon Canada Long Term Athlete Development Model (LTADM).

http://221patriot.com/wp-content/uploads/2017/07/Long-term_Athlete_Development_Parents_Guide.pdf

Tyson Smith (NCCP# 5640983)
Head Biathlon Coach

Tyson has been skiing, racing, and coaching with Foothills Nordic for as long as he can remember. He competed in his first cross country ski race at the age of five years old, and his first biathlon race at the age of 8. Since then Tyson worked his way up through the Foothills programs, representing the club for numerous years on cross country and biathlon provincial/national teams. Now coaching for FNESC, Tyson works hard to provide biathlon programs where both recreational and highly competitive biathletes of all ages can thrive.

COACHING EXPERIENCE

- Head Biathlon Coach, Foothills Nordic Ski Club (Current)
- Team Alberta Head Male Coach 2019 Canada Winter Games
- Team Alberta Head Male Coach at 2015 Canada Winter Games
- Team Alberta National Championships coach from 2013-2019
- Head Coach at 2015 Biathlon Alberta South Korean Biathlon Exchange
- Team Canada Coach at 2018 World Junior Championships
- Head Ski Mountaineering Coach at 2020 Youth Olympic Games

SKIING EXPERIENCE

- First year nordic ski racing: 1992
- First year biathlon racing: 1995
- Canadian National Team biathlete 2005-2012
- Team Alberta biathlete 2000-2012
- First year coaching: 2012

RECOGNITION

- 2016 Biathlon Canada Coach of the Year

CERTIFICATIONS

- [NCCP](#) Certified Competition Development Coach
- NCCP Certified Competition Introduction Coach
- NCCP Certified Gold Coach
- NCCP Learning Facilitator and Coach Evaluator Trained
- NCCP #: [5640983](#)
- 80 hour Wilderness First Aid
- Outdoor Council of Canada Field Leader



Katie McMahon
Head Cross Country Coach

Originally from Chelsea Québec, Katie is making her way back out West to join the excellent coaching team at Foothills Nordic.

From being pulled along in a pulk by her parents through the Gatineau Park, to racing around on the NCD circuit, NorAms and Nationals; the Canadian ski community has played a huge part in Katie's upbringing.

After completing her two degrees in Human Kinetics at the University of Ottawa, including a Master's in Sport Psychology, Katie accidentally fell into coaching and has never looked back. What began as a way to give back to her community developed into a career. Working for six years as the assistant race team coach at Chelsea Nordiq, Katie's passion for developing personal excellence and life skills in youth became apparent. Juggling her love for youth development with a passion for high performance, Katie has soaked up all the knowledge she could from experiences such as a European B-Tour, World Junior Championships, Youth Olympics and the World Cup and now passes that down to the young Canadian athletes in the club system.

This past year, Katie navigated an ever changing "Covid year" as Team Ontario's Head Coach, helping provincial team athletes navigate the adversity of a pandemic.

Katie joins Foothills April 1st, 2021 to develop the annual plans. Her plans are to move back out West in April ready for in-person training (hopefully), starting in May.

Communication

Foothills maintains a website and uses it to communicate upcoming events, program information, and general club information.

The primary form of communication within teams is TeamSnap. Team Snap is used to record all events and details, such as training, competitions, camps, and social events. Parents or athletes record athlete availability and COVID-19 assessments.

Coaches also use Training Peaks to support individual training programs.

If you have any questions, it is encouraged that you email or telephone your coach directly.

Volunteering and Parent Support

Foothills Nordic Ski Club is a not-for-profit organization. Although FNSC has paid coaches and a part-time administrator, volunteers run the Club, organize and lead our programs, coach, and organize and run races and other Club events. Foothills Nordic is able to run high quality programs for a reasonable cost due to the volunteer support from our families. Based on the Club's volunteer bond, ALL parents will be required to volunteer throughout the season. The number of hours is based on the level of biathlon your athlete is enrolled in. Numerous volunteer opportunities will be available and sign-up lists with details on volunteer jobs will be shared with parents. Typically there are club level opportunities available and biathlon competitions always require a large number of volunteers both at the club and organizing venue levels.

There are many ways to participate. Whatever your area of expertise or interest, there are volunteer opportunities! Volunteering is a great way to connect with other Foothills members and to learn more about cross-country skiing and biathlon, whether it be waxing techniques to running rifles to being on the board.

Foothills Nordic Ski Club Board

Foothills Nordic has developed into one of the largest Nordic Clubs in the country and is renowned and respected around the world. The Foothills Board oversees the running of the club as a whole. It employs the coaches, oversees the programs, works with Nordiq Canada, Nordiq Alberta, Biathlon Canada, Biathlon Alberta, City of Calgary and other organizations to advocate on behalf of the Club's interests in the community. Detailed descriptions of the various position can be found on the FNSC website but the volunteer board positions include:

- President
- Vice President
- Treasurer
- Secretary
- Communications Director
- Cross-country Program Director
- Biathlon Program Director
- Events Director
- Fundraising Director
- Volunteer Director
- Cross-country Member at Large
- Biathlon Member at Large
- Past President
- Alberta World Cup Society Representatives

Range Safety Officer

All biathlon practices and races require a volunteer Range Safety Officer (RSO). The RSO is responsible for:

1. Opening and closing the range
2. Enforcing all rules and guidelines
3. Being always present when the range is in operation

4. Collecting and properly disposing of all misfired live rounds or unused ammunition
5. Ensuring rifle bolts are open as per regulation
6. Sweeping firing line for shell casings, cleaning snow off mats, grooming firing line as needed

During biathlon competitions, the Chief of Range, or their designate, is the Range Safety Officer. To become an RSO, you must complete a one-day training course, be at least 18, and have a valid Possession and Acquisition License (PAL).

Other Volunteer Opportunities

Volunteers are also needed throughout the season to help organize and/or support camps and special activities, such as:

- Snow Farming at Confederation Park
- Time trials
- Camps
- Christmas Party
- Year End &/or Welcome Back Barbeque
- Team Building Programs
- Parent Information Sessions
- Fundraising
- Ski at School
- Race Host
- Cookie Race
- Coaching

Biathlon Competition Support

Biathlon is a very complicated sport and, as such, there is a high volunteer requirement for a race to run. Generally, it works out that the ratio for volunteers to biathletes at a race is 1:1. As such, we ask that at least one parent be available to volunteer at every race your athlete participates in. No job is particularly difficult and every job is a great way to learn about the sport ... and it is just fun being out with the kids and in the middle of the excitement. There are two levels of support. Most volunteers start off as "race day volunteers" with the Club and with experience start to get more involved in technical and organizational aspects of the race.

The Host Club

Whether Foothills hosts a race or another club within the province, all clubs work together to ensure a race can run. Some clubs are very small and without support races may not be able to run. Usually before a race the host club will put out a call or "signup" to all clubs to help.

Some of the "host jobs" are noted below.

- Chief of Competition
 - Technical Delegate (IBU trained)
- Chief of Range
 - Chief of Air Rifles (Optional)
 - Range Supervisor
 - Range Recorders

- Sticker Runner
- RSOs
- Chief of Course
 - Course control/supervisors
- Chief of Timing/Results
 - Start Marshal
 - Start Caller
 - Starter
 - Timers
 - Start line
 - Finish line
 - Finish line bolt check
 - Finish bib and chip collector
 - Penalty Lap recorders
 - Timing Chips
- Chief of Stadium
 - Stadium setup
 - Course Marking
 - Signage
 - Security
- Race Secretary
 - Race Office
 - Sticker Board
- Equipment Check Crew
- Food Coordinator
- Announcing
 - Callers
- First Aid
- Food & Post-race nutrition

Foothills Club Volunteers

In order to properly support the athletes in a race, coaches will post a sign-up for help. Some of the jobs include:

- Wax support
- Rifle running
- Loading air rifle clips

There are umbrella organizations that volunteers can also get involved in. It is important that Foothills has representation at these levels to ensure Foothills' needs are being represented and for the overall benefit of the sport locally, nationally and internationally.

- ABC
- Biathlon Alberta
- Biathlon Canada

Sportsmanship

It is hoped that all athletes and members of FNSC are proud of being associated with and involved in the Club. When athletes wear FNSC colours, it is hoped that the Club is well respected through good sportsmanship and representation of its members.

We expect all members to follow the Code of Conduct.

As well, it serves the athlete and the Club well when members make efforts to:

- Thank volunteers – without them, events would not happen
- Thank coaches after practices and races
- Shake the hands and make eye contact with those presenting medals
- Supporting all athletes at the finish line
- Cheers for teammates when not racing
- Cheer on other athletes and complement them on their successes
- Acknowledging other athletes on the podium by shaking hands and/or inviting them to the “top”

As a representative of our Club, Province and Country, athletes must dress appropriately during competitions, on and off course.

When on the podium, an athlete should be wearing something that acknowledges your team (eg. A jacket or race shirt, warm-up pants or tights, toque, etc.)

Code of Conduct

During registration, every athlete (or a parent, on behalf of the athlete) agrees to follow the Foothills Nordic Ski Club Code of Conduct. The Code of Conduct is presented below, with some key sections highlighted.

All Members participating in a FNESC practice or event will strive at all times to be a positive addition to the group:

- By treating other athletes, parents, Members and coaches with respect ^{[[L]]}_{SEP}
- By following instructions presented by the coach or leader
- By respecting differences in gender, age, race, religious affiliation, sexual orientation or personal tastes of all Members of the group and refraining from commenting on these differences in a negative light, or in any way harassing Members of the group
- By including all Members of the group equitably and ensuring that one person is not excluded, teased, or otherwise singled out from the group
- By finding opportunities to support other Members, extend kindness and by being helpful and courteous

Failure to adhere to this Code of Conduct will result in:

1. A spoken notification from the coach: The coach or leader will verbally express their discontent with the observed behavior if Members are violating the above guidelines or are exhibiting behaviors that are interpreted as bullying. A written record of the reprimand will be made.
2. Failure to address necessary behavioral changes will result in a minimum five-practice suspension.
3. Following a suspension, if the Member continues to violate the above guidelines, the Member can be asked to leave the program and/or Club, with no refund provided.

Members are also bound by the Cross-Country Canada and Biathlon Canada Code of Conduct. From these Codes of Conduct, it is important to note that the policies apply to individuals relating to conduct that may arise during the course of activities and events, including but not limited to competitions, practices, training camps, travel, and any meetings.

The policies apply to conduct that may occur outside of events when such conduct is detrimental to the image and reputation of Foothills.

All individuals have a responsibility to:

- Focus comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees and members;
- Consistently demonstrating the spirit of sportsmanship, sports leadership and ethical conduct;
- Respect the property of others and not willfully cause damage;
- Participate and appear on time in all competitions, practices, training sessions, events, activities or projects;
- Demonstrate personal integrity and respect by maintaining high standards of behavior, politeness and sportsmanship at all times;
- Keep all team areas, neat, clean and orderly. For shared sleeping areas, respect your roommate and their wishes for a neat, clean and orderly space;
- Behaving in a respectful manner towards all. Inappropriate language will not be tolerated as it may expose the athlete to further public scrutiny. Athletes may be subject to disciplinary action

- depending on the severity of the situation;
- Damage of reputation of the sport and/or of the individual is unacceptable;
- During a training camp, Biathletes will refrain from inappropriate behavior, which includes:
 - curfew violations
 - Unsportsmanlike conduct^[SEP]
 - Public misconduct^[SEP]
 - Non-consensual sexual activity with another teammate
 - Tampering with the equipment of other athletes^[SEP]
 - Quitting or purposefully disqualifying oneself from a race

Code of Conduct

All athletes will be asked to commit to a Code of Conduct at the beginning of the season. This is intended to encourage positive participation, respect of coaches and teammates, preparedness and overall well-being. In brief athletes should expect to:

- Participate fully in training sessions, to the best of their ability. If athletes are injured or unwell, they should communicate ahead of time with their coach to support their rehabilitation.
- Participate positively in the training session by being polite to, and supportive of, their teammates. Bullying, teasing, or derogatory behavior is not acceptable at FNCS practices. The coaches have the ability to suspend athletes from training sessions as per the code of conduct.
- Come to practice prepared with water/sports drink, healthy snacks (if appropriate), a range of proper clothing layers, gloves, toques, sunglasses, or sunscreen (weather dependent).
- Maintain all equipment in proper functioning order. For example, roller ski pole tips may need to be sharpened, skis should be frequently hot-waxed, and rifles should be cleaned after every 200-500 rounds.
- Obtain the necessary passes in order to use training facilities (this means Confederation Park ski trails, Canmore Nordic Centre ski trails, Canmore Nordic Centre range, and possibly the Bob Niven Training Centre).

Glossary of Biathlon Terms

Arm sling: A holder or belt used to help stabilize the rifle and the biathlete's arm while firing. It is used only when shooting in the prone position.

Clicks: Slight adjustments made to a rifle's sights to compensate for wind and sun conditions, made by moving the rear apertures of the rifle sight in different directions. The amount of change is measured by the number of "clicks" the device makes as it turns.

Clip: Another term for a rifle's magazine, which holds five .22-calibre rifle cartridges. Up to four clips can be stored in the rifle stock as the biathlete skis. At the range, clips are taken from the stock and inserted into the rifle as needed.

Declared rounds: In relay events, biathletes carry eight bullets in each rifle clip. When entering the range, the biathlete deposits the extra three rounds in a cup at his/her shooting point before beginning to shoot. If more rounds are needed to hit the five targets, the three extra "declared rounds" may then be hand-loaded one at a time and used.

Firing Lane: The area between the firing line and the target (approximately 50 metres) in which the athlete stops for the shooting portions of the race. Each shooting range has many firing lanes.

Harness: Shoulder straps used to carry the biathlete's rifle while she or he is skiing.

Penalty Loop: A 150m oval track which biathletes must ski if they miss a target at the rifle range. One loop is skied for every target missed, and each loop can take 20 to 30 seconds, depending on the athlete. In the individual events, athletes are not subject to the penalty loop but are instead face a one-minute penalty for each missed target.

Prone: A shooting position in which the biathlete lies on his or her stomach.

Prone Targets: Targets measuring 4.5 centimetres in diameter. The biathlete shoots at the prone target from the prone position.

Range Procedure: Term used to describe everything a biathlete does on the firing range with the exception of shooting; this includes placing ski poles to one side, lying down or assuming a stance, readying the rifle, etc. During training, biathletes try to make their range procedure as quick and as automatic as possible in order to be able to concentrate on shooting.

Range time: The time it takes an athlete to enter the firing range, un-sling the rifle, shoot five rounds,

re-sling the rifle and exit the range.

Rifle: A single-loading .22-calibre rifle with non-optical sights is the official rifle for international biathlon competition.

Shoot clean: To hit all five targets during one shooting stage.

Shooting mat: Mat made of a non-slip material on which biathletes stand or lie while shooting.

Standing Targets: Targets measuring 11.5cm in diameter at which a biathlete shoots while in a standing position

Zero: A practice performed before competition to ready the rifle for the race. Athletes shoot at paper targets to align the rifle's sights in order to accommodate for wind and sun conditions.

