



FAQ: 2017 Annual Summer Ice Camp PSC Fort St John, BC

Question: What is the minimum age for participation?

*** Answer:** Participants must be a minimum age of 6 years old on June 30, 2017. In addition the participant must be able to skate.

Skaters will be divided into groups based on age and/or ability. At the discretion of the coaches some further group adjustments may take place during the Camp.

Question: Is there an early bird registration date and fee?

*** Answer:** The early bird deadline is July 31, 2017. The early bird registration fee is \$220.00 for the full day camp. After July 31, 2017 the registration fee will increase to \$260.00.

Question: Will there be half-day sessions available? Is there a reduced rate for this?

*** Answer:** Realizing that younger skaters may not have the stamina for full day sessions, skaters between the ages of 6 and 8 years as of June 30, 2017 can sign up for only morning session.

The rate for this age group will be \$110.00 before July 31, 2017 and \$140 afterwards.

Skaters 9 years of age and older (as of Jun 30, 2017) are required to pay the full fee for full day sessions.

Any deviation from this will be at the discretion of the organizing committee. There will be some flexibility if skaters need to adjust.

Question: Can parents drop their skaters off and pick them up at the end of the daily sessions?

*** Answer:** If skaters cannot tie/untie their own skates, or need other assistance during the camp, parents or **their designate(s)** are expected to remain at the camp to assist their skaters. Coaches will not be able to do this as they are busy running sessions.

Question: Do I need to bring anything, other than my skating equipment?

*** Answer:** Yes – running shoes, clothes for dryland, hat, etc.

Question: Will there be food available at the camp?

*** Answer:** Skaters/parents are responsible for their own food and drinks during the camp.

During breaks there will be small snacks/drinks available at no charge for participating skaters only.

At the end of the Thursday afternoon session there will be a BBQ. All participants, coaches, parents and volunteers are invited to attend. Details will be announced at the beginning of Camp.

Question: Are there places close by for buying a healthy lunch?

*** Answer:** Yes – Booster Juice (on site), Safeway, subway

Question: What safety equipment is required?

*** Answers:** Required safety equipment is as per **SSC RED BOOK** in sections D3-100, 200 and 300 and 301).

See website:

http://www.speedskating.ca/sites/speedskating.ca/files/red_book_2016_2017_eng.pdf

Question: Will there be any races or time trials?

*** Answer:** There will be races and trials on Friday. The Friday schedule will be announced at the beginning of the week of camp.

Mass Start races for younger skaters require Short Track Safety Equipment. (see Red Book: D3-100).

Olympic Style requires Long Track Safety Equipment (see Red Book: D3-200).

Question: Are skate rentals available?

*** Answer:** Yes, on a limited basis (first come, first serve). There will be a charge.

Question: What technical assistance is available re: skates?

*** Answer:** The club has skate sharpening equipment and skate rockering machines available. A charge may be levied for the latter.

Question: Can safety equipment be purchased at Camp?

*** Answer:** Yes, on a very limited basis. Skaters are advised to come fully prepared.

Question: Do I need to train for this camp?

*** Answer:** Physically fit skaters will have better stamina and no doubt enjoy greater benefits from the camp.

Question: Will there be any surprises at Camp?

*** Answer:** We don't know! Even if we did, we would not tell. Otherwise it is no longer a surprise!



If you have further questions, feel free to ask.

Enjoy the Camp!!

