



FAQ: 2016 Annual Summer Ice Camp PSC Fort St John, BC

Question: What is the minimum age for participation?

Answer: The minimum age is 6 years old by June 30, 2016.
In addition the participant must be able to skate.

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

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

Answer: The early bird deadline is July 31, 2016. Early bird fee is \$ 200.00 for full day camp. After that date the fees will be \$ 225.00.

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

Answer: Realizing that younger skaters may not have the stamina for full days sessions, skaters of the age 6, 7 and 8, before June 30, 2016 can sign up for only morning session.

The early rate for this age group will be \$ 100.00.

After July 31 it will be \$ 125.00e.

Skaters 9 years and older (before Jun 30, 2016) are required to pay full fee for the 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 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: 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 for participating skaters only. No charge.

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: What safety equipment is required?

Answer: 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_2015_2016_0.pdf

Question: Will there be any races or time trials?

Answer: There will be races and trials on Friday morning.

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

Olympic Style require Long Track Safety Equipment (see Red Book: **D3-200**)

Question: Are skate rentals available?

Answer: 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 we purchase any safety equipment at Camp?

Answer: 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!!

