



**FAQ: 2022 Annual Fort St John Long Track Summer Camp**  
**Monday August 29 – Friday September 2, 2022**

**Question:** What is the minimum age for participation?

**Answer:** The minimum age is 6 years old by June 30, 2022.  
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 place during the Camp.

**Question:** What is the registration date and what are the fees?

**Answer:** The registration due date is **Tuesday Aug 2, 2022**.  
The fees are **\$ 300.00**. After that date fees will go to **\$ 350.00**  
The cost for a bag is not included and must be paid separately.

**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 day sessions, skaters of age 6 and 7 sign up for half day morning-only sessions.  
Skaters of age 8 and 9 have the option to sign up for either half or full day.

The half day rate will be **\$ 200.00** by Aug 2, 2022. After that date **\$ 250.00**.

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 off their skaters 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. There are food options in close proximity to the Pomeroy Sport Centre.

At the end of the Wednesday afternoon session there will be a social gathering. Every participant, coach, parent and/or volunteer is invited to attend at no charge. Details will be announced at the beginning of Camp.

**Question:** Is there a hotel rate available?

**Answer:** The Pomeroy Group has provided us with special rates for our events again this season at some of their hotels. More details to come shortly.

**Question:** What does the camp program look like?

**Answer:** We are still working out the details. Full-day skaters will have two ice sessions per day. In addition, there will be dryland sessions, sessions on nutrition, health, yoga, race preparation and more.

For 'half-day' skaters there will be one ice sessions per day, complemented with dryland and other sessions.

We are also looking at sessions for parents, officials' development and others. On Friday the camp will conclude with races.

**Question:** What safety equipment is required?

**Answer:** Required safety equipment is as per **SSC RED BOOK in sections D3-100, 200, 300 and 301**: See website:

<https://www.speedskating.ca/sites/speedskating.ca/files/ssc - red book 2018-2019.pdf>

**Question:** Will there be any races or time trials?

**Answer:** There will be races and trials on Friday September 2, 2022; Details to follow.

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

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

**Question:** Are skate rentals available?

**Answer:** On a limited basis (first come, first serve). Long track skate rentals are discretionary. There will be a charge. Please contact the club [fsjspeedskatereg@gmail.com](mailto:fsjspeedskatereg@gmail.com)

**Question:** What technical assistance is available re. skates?

**Answer:** The club has skate sharpening equipment.

**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 will 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.

**Question:** What about Covid and Covid rules?

**Answer:** *The camp is subject to provincial health rules. Any change in provincial communicable disease rules will apply.*

**Question:** Who can we contact about this camp?

**Answer:** Club: [fsjspeedskatereg@gmail.com](mailto:fsjspeedskatereg@gmail.com)

**If you have further questions, feel free to ask.**

**Enjoy the Camp!!**

