



2023-2024 Parent/Athlete Handbook

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Welcome

Welcome to the Bogus Basin Nordic Team (BBNT) and the 2023-2024 season! We're so glad you're here. Our athletes are fortunate to be part of a great team while learning a lifelong sport. We hope that this Parent/Athlete Handbook will help answer any questions you may have as well as be a resource for ways you can support your athlete and the team along the way.

What is the Bogus Basin Nordic Team?

The Bogus Basin Nordic Team (BBNT) is comprised of youth and adult athletes looking to progress their Nordic skiing. The team promotes the development of Nordic skiing through fun practices in hopes of developing a life-long love of Nordic skiing and healthy outdoor living. The team provides diverse programming and a unified community centered around the sport of Nordic skiing in the Treasure Valley. Unlike many other sports, BBNT is ONE team - from first time skiers to those racing at the national level to adult marathon skiers - all working together. The Youth Rec Team is composed of 3rd – 6th graders and the Devo Team is 7th - 12th graders. High

schoolers wishing to take a more committed approach look to join the Comp Team. The Adult Team is open to adults of all ages and abilities.

What is the mission of the team?

BBNT seeks to develop and support the diverse Nordic skiing community in the Treasure Valley through programming for all ages and abilities. The pursuit of Nordic skiing teaches many valuable life lessons, including focus, discipline, self-confidence, teamwork, responsibility, sportsmanship, and the value of healthy living. All these attributes are qualities that will continue long after the ski team experience is done. BBNT believes that there is a social, physical, emotional, educational, and psychological benefit involved in all our programs.

Calendar

The BBNT calendar of events can be found at this URL: <https://www.bbnt.ski/calendar>

This is a great link to bookmark for easy access. From races to fundraising events, all important dates will go on this calendar.

Website

The BBNT website (bbnt.ski) is updated regularly with important information, sign-up sheets, and resources. Here are a few sections of the website to get familiar with:

Calendar: <https://www.bbnt.ski/calendar>

Sign up: <https://www.bbnt.ski/sign-up>

Volunteer: <http://www.bbnt.ski/volunteer>

Team store: <https://www.bbnt.ski/store>

Bogus Challenge: <https://www.bbnt.ski/race>

Program FAQs: <https://www.bbnt.ski/faqs>

Volunteer Opportunities

BBNT is a non-profit Nordic ski team that has been around since 1989. Throughout the team's 30+ year history, the program, coaching staff, and parent volunteers have grown and contributed to create the wonderful program it is today.

The success of BBNT is greatly enhanced by the many family and team members who volunteer their time. We need your help! **This year we are asking each BBNT family to contribute the following minimum number of hours, depending on which program you or your child is a part of:**

Youth Rec: 3 hours

Devo: 5 hours

Comp: 10 hours

Adult Team: 5 hours

If you have multiple athletes on BBNT, we ask that you contribute the number of volunteer hours for the higher level athlete. Through this model, we can all share in supporting and advancing BBNT programs and ensure that volunteer needs are spread to the community in an equitable manner.

There are many ways to fulfill volunteer hours, from helping with races to serving on the Advisory Board. Below is a full breakdown of each event/volunteer opportunity. We will have a sign-in sheet at each event to record volunteer hours.

Volunteer Opportunity	Description of Event	Description of Help Needed
Bogus Challenge Community Race Series	Fun, local, and supportive community ski races put on by BBNT and Bogus Basin Nordic Center on the Bogus Nordic trails.	Sign up for a shift helping with registration, timing, bib collection, set up/tear down, etc.
Foothills XC12K Race	This is a trail race in the foothills for the entire community. Proceeds from this race go to the team.	Sign up for a shift helping with registration, timing, bib collection, set up/tear down, etc.
BANFF Film Festival	This is one of our biggest fundraisers of the year. Athletes + families collect items to donate to BBNT's raffle table for each evening of the three-night movie event. Additionally, athletes sell raffle tickets outside the venue to movie goers as they arrive each evening.	Collect and donate raffle items or help sell raffle tickets on site. We also need help organizing and coordinating this event.
Bogus Basin Nordic Trail Maintenance Day	This is our chance to give back to the trails that we use so often.	Attend the trail day, help with organization and refreshments, etc.
BBNT Advisory Board	The Advisory Board helps	Consider becoming a Board

	govern the decisions and direction of the team. The board is made up of team parents and members of the community with a vested interest in Nordic skiing.	member
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As the season progresses and these events get closer, keep an eye out for more information. We use SignUp Genius as a means of organizing volunteers and assigning positions.

Want to get involved? Don't know how to do something? Want to do more? Please email bbntboard@gmail.com or visit www.bbnt.ski/volunteer for more details and information.

Equipment Guide

How to use the equipment guide? Start with general information, then head to the section on what team your athlete is on. These sections will show what equipment you need during each season. Below the team sections, you will find specific information on each item.

General

Cross-country skiing can be very fun, but improper or ill-fitting gear can make things less fun! A few rules of thumb:

- 1) Cotton kills - use wool or synthetic fabrics wherever possible
- 2) Well fitting equipment is better than top of the line equipment that doesn't fit yet

Youth Rec

- Youth Rec Athletes need to own: hat or headband, gloves/mittens, ski pants, socks
- Youth Rec Athletes Rent from BBNT: classic and skate skis and poles, boots, jacket, and race suit.

Devo

- Devo athletes should own: hat/headband, gloves, ski pants, socks, jacket, sunglasses, race suit (optional), wind briefs if needed, drink belt, watch, classic and skate boots, skis, poles*
- *Devo Athletes can rent from BBNT: all boots, skis, and poles, ONLY if it's your first year skiing or if on financial aid/other financial circumstances.
- Summer Devo: all summer rollerski equipment can be borrowed from BBNT at practice (included in tuition).

Comp

- Comp Athletes should own: all clothing and accessories, classic and skate boots race/warm up skis (classic/skate), rock skis (classic/skate), classic and skate poles (+ rollerski poles if you do not want to use your winter poles), bounding poles, rollerskis (classic/skate).
 - BBNT provides rollerski ferrules and transfer of rollerski/winter pole tips

Adult

- Adult Athletes should own: all clothing and accessories. Ideally, also skis, boots and poles; however, Bogus Basin has daily equipment rentals for both classic and skate skiing.

Clothing

- *Headwear:* skiing can be really hot, or really cold. Skiers typically have 3 items in their arsenal.
 - *Hat:* if you're only going to get 1 headwear, start with a midweight hat. Can be purchased at ski shops, or online from Swix, Skida, Daehlie, Sauce.
 - *Headband:* not quite as warm as a hat, great for training and racing in most weather. Hats and Headbands can be purchased at ski shops, or online from Swix, Skida, Daehlie, Sauce, or bbnt.ski.
 - *Buff:* a versatile tube that goes around the neck and can be pulled up to protect the face in cold or snowy weather. \$7.50 at BBNT.ski.
- *Gloves:* Cold hands are the #1 way to be miserable on skis. Get nordic ski specific gloves. Toko, swix, and Daehlie make great gloves in various weights. Shop at World Cycle, IMT, or online. Avoid fleece or alpine ski gloves.
- *Socks:* Go with a mid weight wool sock at least as tall as your boot.
- *Jacket:* Most skiers use a soft shell jacket. Team jacket available at bbnt.ski. Younger skiers can rent a youth sized jacket from BBNT as well.
- *Pants:* soft shell pants with a side zipper that goes at least to the knee, preferably even higher. Swix, Craft, and Daehlie make great nordic-specific ones. Can be layered over a baselayer or race suit.
- *Race Suit:* optional 2 piece team race suit can be purchased at BBNT.ski. Youth sizes can rent. Most BBNT skiers wear their race tights and warm-up pants (see above) at every single practice so this is a good investment.
- *Wind briefs:* boxer briefs with a windproof panel in the front: absolutely necessary to protect the sensitive external parts from cold and especially wind.

Accessories

- *Drink belt:* Athletes need to be able to carry water and snack.
 - *Running water bottle pack:* Pros: great for running, Cons: less cargo space, less capacity.

- *Ski specific insulated drink belt:* Pros: large capacity, insulated bottle, holds snacks and phone, great for skiing and rollerskiing. Cons: can be uncomfortable to run with. Toko, swix, skigo, and most of the major ski brands make these.
- *Running vest:* has more water capacity and can be good for those long runs or hikes. Not necessary for most BBNT athletes.
- *Headlamp:* In the beginning of the season we're often practicing and skiing in the dark. A headlamp makes this a lot easier!
- **AVOID** a fanny pack with several small bottles. These will get in your way while skiing and rollerskiing, plus, the bottles get lost all the time.



2 bottles, not recommended



Ski-specific insulated drink belt



Running water bottle pack



Running vest, great for longer excursions

- *Sunglasses:* to protect eyes from bright snow/sun and precipitation/wind. The team gets a deal with Bliz, but any sporty glasses will do. Bonus points if the earpieces are straight and can be worn on the outside of hats and headbands. Kids are notorious for losing sunglasses, so we don't recommend making a big financial investment.
- *Watch:* in order for practices to be efficient, athletes **must** have a watch to get to meeting places on time, manage race day timing, and time intervals. The watch doesn't need to be fancy, but it needs to tell the time and be worn every practice. *Phones don't count as watches.*

Gear

- **Classic Skis:** Devo and Comp skiers should get “waxable” classic skis, meaning that they will apply sticky wax provided by BBNT at each practice. Classic skis need to fit correctly - the skier’s body weight needs to push down the “camber” of the ski the proper amount. If the skis are too soft, they will be slow and the wax will wear off quickly. Too stiff, and the skier won’t be able to kick. In general, longer skis are more stiff and made for larger athletes.
- **Skate Skis:** like classic skis, fit is important. When buying new skis, you will fit based off weight, not height. The manufacturers have really good information on ski fit if you’re buying a new ski, and if you’re buying used, you can use this chart to get a good idea:

Athlete Weight	Classic Length	Skate Length
154 - 164 lb	197, 202, 207	187
143 - 152 lb	192, 197, 202	182, 187
132 - 142 lb	187, 192, 197	177, 182
121 - 131 lb	182, 187, 192	177, 182
110 - 120 lb	177, 182, 187	172, 177
100 - 109 lb	177, 182	172
< 99 lb	Height +10-20 cm	Height+ 5-15 cm

- **Poles:** cross-country ski poles have handy velcro grips that securely hold your hand. They can be somewhat fragile, but most pole companies offer a 1 year warranty. Skate poles are longer than classic poles, so growing athletes should invest in a good pair of skate poles and they will become your classic poles next year.
 - **Classic Poles:** should reach between the armpit and shoulder
 - **Skate Poles:** should be around mouth-height
 - **Bounding Poles:** should be around nipple-height. Only Comp skiers need their own.
- **Boots:** need to fit properly, otherwise skiers risk cold toes or blisters! Cross-country ski boots are sold in European sizes (38, 39, 40, etc), so make sure you either try the boots on, or look at a conversion chart.
 - **Classic Boots:** have a flexible sole and only come up to about ankle-height.
 - **Skate Boots:** have a stiff sole and a stiff cuff around the ankle to prevent inversion and eversion. Tend to be more expensive than classic boots.
 - **Combi boots:** have the soft sole of classic boots and the stiff cuff of skate boots. These boots are fine for beginners but not appropriate beyond the 1st or 2nd year of skiing. In fact, if you’re only going to get 1 pair of boots your first year, it’s probably better to get a skate boot than a combi boot. The companies also make “pursuit” or “skiathlon” boots which are basically high-end combi boots, but most ski stores don’t carry these.
- **Bindings:** connect your ski or rollerski to your boot. There used to be 2 separate and incompatible binding systems: NNN and SNS. Luckily, SNS has been discontinued, but if you’re buying used equipment watch out. BBNT encourages skiers to use NNN (also

known as prolink, turnamic, rottefella, NIS) and avoid SNS to ensure compatibility with team equipment. If in doubt, ask a coach or experienced parent. Some bindings screw directly into the ski, and some attach to a plate on the ski.



These are SNS bindings (bad)!



These are all NNN bindings (good)

- *Ski Ties*: this \$5 item is the best way to keep your \$\$\$ skis safe from harm. Get them at a ski shop or at bbnt.ski. Two on each ski. Avoid velcro and rubber “bones”.



- *Ski Bag*: totally optional unless you plan on traveling with the team, in which case, find one that fits at least 4 pairs of skis.
- *Pole Tube*: can be purchased or homemade from a 6” PVC pipe. Keeps those fragile poles safe in transit. Necessary for plane travel, optional for other types of travel.

Summer

- *Rollerskis*: Classic and Skate. Provided to Devo athletes by BBNT. For Comp skiers, we orchestrate a team order with team pricing each spring.
- *Boots*: You can use your normal winter skate and classic boots for rollerskiing. Rollerskiing is hard on boots compared to snow skiing, so if you have an older pair that’s a good option.
- *Poles*: Same poles as winter skiing, but with different (more durable) tips called “ferrules” that can be glued on for summer, and the winter baskets go back on the poles for winter.
- *Helmet*: we use bike helmets for rollerskiing. Mandatory.
- *High Vis Vest*: reflective safety vest for rollerskiing on the road. Required for Comp athletes, provided by BBNT for Devo athletes when needed. Available on BBNT.sk
 - You can also purchase a high vis summer training shirt as an alternative. Available on BBNT.ski
- *Pads for rollerskiing*: most athletes don’t wear pads but knee pads can be helpful to avoid road rash the first few times.
- *Gloves* (optional): some skiers wear full finger lightweight bike gloves to avoid blisters while rollerskiing.

Not Recommended here are some things we know from experience don’t work.

- *Combi skis*: bad for classic, bad for skate. Takes a lot of work to maintain. Would be ok as rock skis.
- *Fishscales and/or Skin classic skis*: not recommended for Devo or Comp athletes. They're so slow that they inhibit learning technique after a certain point. Fine for Youth Rec skiers (6th grade and younger).
- *Any ski with a metal edge*.
- *Water bottle carriers like this*:



More bottles, more problems.

- *Fleece gloves, alpine gloves*
- *Rollerskis with inflatable wheels*

What about wax?

- There are 2 types of wax.
 - *Kick wax/Klister*: sticky substances applied to the area directly under the foot ("kick zone") on classic skis. Rubbed in with a cork or bare hand. Necessary for classic skiing. Provided by BBNT at all classic practices and races.
 - *Glide Wax*: wax designed to reduce friction between snow and ski. Comes in easy to use sprays, or more difficult to use iron-in forms that need to be scraped and brushed. Provided by BBNT at regional level races.

Do I have to worry about wax?

Short answer - No. BBNT takes care of waxing for practices and races. If you own your own skis, you are welcome to/encouraged to apply glide wax every few times you use them. You can use wax equipment up at Bogus or at a teammate's house. Waxing requires a lot of equipment so we encourage those who have wax setups to share with those who don't.

For those that own their own classic skis, you should invest in wax remover (a solvent available at ski shops) and a putty knife to remove kick wax and klister between practices.

But I want to worry about wax

Great! For glide waxing, start with buying 2-3 nonfluorinated waxes from a single brand. For example, Toko makes Blue (cold conditions), Red (medium conditions), and Yellow (warm conditions). Swix also makes 3 waxes with similar ranges. If you want to get a wax setup, start with a wax iron (NOT a clothing iron because the temperature fluctuation can burn the ski), a

scraper, a metal brush, a groove scraper, and ski profile that you can attach to a work bench to hold the ski. It's best to wax in a well-ventilated area since the fumes can be toxic.

Where to get equipment?

FYI COVID-19 and the Russian invasion of Ukraine have impacted the supply chain. If you want to order new gear, it should be done as early as possible.

- BBNT Ski Swap
- Treasure Valley Nordic Classifieds: local facebook buy/sell group.
- Nordic Buy/Sell: national facebook group for buying/selling.
- BBSEF Ski Swap: usually has some nordic gear, is often extremely overpriced. Ask a coach or experienced parent before purchasing anything there.
- Outdoor Exchange: great for clothing, tends to overprice skis, boots and poles. Check with coach or experienced parent before making a big purchase.
- World Cycle: local ski shop that carries Salomon and Madshus. Has a selection of soft goods and wax. BBNT skiers can get special pricing on skis, boots, and poles.
- Idaho Mountain Touring (IMT): local ski shop that carries Rossignol and Fischer. Also has soft goods and wax. BBNT skiers can get special pricing on skis, boots, and poles during annual order (placed in the fall).
- REI, Sierra.com, Backcountry.com can carry some soft goods, ski equipment is hit or miss.
- [Gear West](#) and [Boulder Nordic Sport](#) cross-country ski stores, they also do online business. Knowledgeable and big selection
- Elephant's Perch is a Cross-Country ski store in Ketchum. Great spring sales.

Code of Conduct

Participating in Bogus Basin Nordic Team (BBNT) programs is a privilege. The BBNT Code of Conduct applies equally to all Members of BBNT, including the parents/guardians of Members under the age of 18.

1. BBNT Members shall maintain high standards of moral and ethical conduct, which includes self-control and responsible behavior, consideration for the physical and emotional well-being of others, and courtesy and good manners. Treating other Members, athletes, parents, officials, volunteers, coaches, and the skiing public with respect is expected. Abuse (verbal or physical), bullying, harassment or hazing are considered Code of Conduct violations.
2. BBNT Members are responsible for knowledge of and adherence to competition rules and procedures. Members are also responsible for knowledge of and adherence to the rules and procedures of the Bogus Basin Nordic Team, camps or other projects and events when participating in such.

3. BBNT Members shall abide by team rules and procedures while traveling to and from and participating in official BBNT activities. No BBNT Member shall violate the customs, travel or currency regulations of a country while traveling with the team/group.
4. No BBNT Member shall commit a criminal act. BBNT Members shall refrain from the use of illegal drugs. Underage alcohol or tobacco use is a violation of the Code of Conduct.
5. No BBNT Member shall engage in any conduct that could be perceived as harassment based upon gender, gender identity, age, race, ethnicity, national origin, religion, disability, or sexual orientation.
6. BBNT Members will avoid profane or abusive language and disruptive behavior. Members agree that they will not use or tolerate any racist, xenophobic, homophobic, or transphobic language or gestures.
7. BBNT Members agree to abide by the policies and procedures established by the U.S. Center for SafeSport as well as U.S. Ski & Snowboard's Minor Athlete Abuse Prevention Policies (MAAPP).

Failure to comply with any of the above provisions may lead to disciplinary action by the appropriate team or competition leader. Disciplinary action may include:

- Removal from the team trip or training camp
- Suspension from training and/or competition
- Elimination of coaching, travel, and other benefits
- Forfeiture of Bogus Basin Nordic Team membership

Bogus Basin Nordic Team is committed to principles of fairness, due process, and equal opportunity. Members are entitled to be treated fairly and in compliance with the bylaws, policies, and procedures of BBNT and U.S. Ski and Snowboard.

Nothing in this Code of Conduct shall be deemed to restrict the individual freedom of a BBNT Member in matters not involving activities in which one could be perceived as representing BBNT. In choices of appearance, lifestyle, behavior, and speech while not representing BBNT, competitors shall have complete freedom, provided their statements and actions do not adversely affect the name and reputation of BBNT.

Discipline Policy and Procedures

The Bogus Basin Nordic Team (BBNT) is committed to the safety and well-being of our athletes, coaches, staff, and community. The purpose of this document is to provide policies and procedures with written guidance on the process of how BBNT handles inappropriate behavior, misconduct and other disciplinary issues.

ATHLETE SAFETY

We take bullying, harassment, and emotional, physical, and sexual abuse of athletes especially seriously. As such, we follow the guidelines and protocols of:

- The U.S. Ski and Snowboard Association: [The Athlete Safety Policy](#)
- U.S. Center for SafeSport Code: [SafeSport Code](#)
- The Minor Athlete Abuse Prevention Policy: [MAAPP](#)
- Additionally, BBNT follows the [Code of Conduct](#) of the U.S. Ski & Snowboard Association as well as our own Code of Conduct.

All BBNT athletes and their parent(s)/guardian(s) will be required to review and sign the BBNT Code of Conduct document annually.

All BBNT athletes and their parent(s)/guardian(s) are required to sign the U.S. Ski & Snowboard Association Code of Conduct when they join or renew their membership to the U.S. Ski & Snowboard Association.

The SafeSport Code, Athlete Safety Policy, Code of Conduct and MAAPP apply to BBNT employees as well as individuals who are in a position of authority over or have regular in-program contact with athletes.

- Any suspected sexual misconduct in violation of the Code must be reported to the U.S. Center for SafeSport either by calling 833-5US-SAFE (833-587-7233) or going to [U.S. Safesport-Report a Concern](#)
- Reports regarding emotional misconduct, physical misconduct, bullying, harassment, and hazing as well as violations of the MAAPP must be reported to the U.S. Center for SafeSport: 833-5US-SAFE (833-587-7233)/ [U.S. Safesport-Report a Concern](#) **or** to U.S. Ski & Snowboard (usskiandsnowboardsafesport@usskiandsnowboard.org).
- Any Member who has a reasonable suspicion that a minor is being sexually or physically abused or neglected must report their suspicion to local child protection authorities/police ([Idaho Health and Welfare Reporting](#)) **and** to the U.S. Center for SafeSport at <https://uscenterforsafesport.org/>.
- Please err on the side of caution. It is not your job to investigate your suspicions. If in doubt, you must report.
- In the event of a violation of the rules, participants will be given due process according to the rules and commensurate with the severity of the infraction.

ATHLETE DISCIPLINE

- BBNT will address conduct that BBNT determines, at its sole discretion, negatively impacts the team, an athlete, a coach, or any member of the staff.

- BBNT is committed to the growth of each athlete as a person, the safety of all BBNT athletes and the community, and the security of BBNT as an organization. As such, an athlete's conduct will be evaluated on a case-by-case basis and any disciplinary measures imposed will consider the specific circumstances of the athlete's conduct.
- BBNT will seek to apply a reasonable amount of consistency, regarding behavior, to all athletes, with the understanding that each individual and each situation is unique. All BBNT employees have the authority to take appropriate steps to resolve, mitigate and report Code of Conduct violations.
- Athletes who are present when other athletes commit offenses may be considered complicit and therefore in violation themselves.
- If BBNT disciplines or dismisses an athlete, the athlete (or in the case of a minor, the athlete's parent(s)/guardian(s)) will be liable to BBNT for outstanding amounts, including, but not limited to, any unpaid tuition for the entire season, which will not be prorated for the time of discipline or dismissal; equipment, travel and race expenses; and expenses, damages, claims or losses caused to BBNT or which BBNT incurs as a result of the athlete's conduct, and all costs and fees, also including but not limited to, attorney fees and any other obligations or commitments made prior to discipline or dismissal. BBNT will not refund any amount paid to BBNT prior to discipline or dismissal. BBNT will not be liable in any damages to athlete, parents and/or guardians (for example for missed competition opportunities or a missed-competition season), because of discipline administered by BBNT.
- If BBNT disciplines an athlete, BBNT may require additional conditions to be met before returning to team activities.

The following outlines various levels of discipline. It is understood that there may be circumstances that warrant escalation of discipline such that it may or may not step through each level successively. Certain behaviors, particularly those that jeopardize the safety of others or are criminal offenses, may warrant immediate suspension. In cases where the athlete being disciplined is an adult, the notification of parents/guardians will not apply.

- WARNING:
 - Any BBNT employee may issue verbal or written warnings directly to the athlete, parent, or guardian whose conduct is at issue. BBNT may or may not choose to notify parents or guardians when issuing a warning directly to a minor athlete, depending on the circumstances.
- RESTRICTION:

- o Any BBNT coach may administer a restriction. A restriction may include, but not be limited to, temporary loss of certain privileges, such as not being allowed to participate in a race, a training session or camp. The athlete may also be assigned volunteer work, including but not limited to, service to BBNT or the community. The coach administering the restriction shall inform the athlete's parents or guardians of such restriction verbally and may choose to follow up with a written notice confirming the restriction and any specified period of such restriction.

- **SUSPENSION:**

- o A suspension is administered by the Program Director and/or Executive Director. Suspension is a step short of dismissal from BBNT. The purpose of suspension is to give the athlete and his/her parents or guardians an opportunity to review and reflect on the conduct that led to a disciplinary suspension.

- o The suspended athlete will not participate in any activity connected or related to BBNT. The athlete may not be allowed to come onto property owned, leased, or used by BBNT. The suspended athlete will be allowed to ski or exercise on facilities available to the public. Suspended athletes may be required to remove all the athlete's property from BBNT grounds for the period of suspension. A suspended athlete may not wear BBNT team or BBNT branded/logoed clothing during the period of suspension.

- **DISMISSAL:**

- o A dismissal is administered by the Executive Director based on the recommendation of the Disciplinary Action Committee. A Disciplinary Action Committee hearing (see section below for hearing details) precedes the dismissal of an athlete from the BBNT program whether for the season or permanently. If an athlete is permanently dismissed from BBNT, no further applications for enrollment in BBNT programs will be considered, unless the committee clearly articulates an "open window". The athlete must leave BBNT property immediately with all the athlete's personal property and is prohibited from entering onto property owned, leased, or used by BBNT. Parents or guardians may be allowed to come onto property owned, leased, or used by BBNT. A dismissed athlete may not wear BBNT team or BBNT branded/logoed clothing.

DISCIPLINARY PROCEDURE

- All allegations that involve an active member(s) of the Bogus Basin Nordic Team (to include an athlete, coach, staff and/or board member) will be taken seriously.
- In considering conduct and discipline, BBNT will attempt to consider the truth of the allegations, the reasons for the alleged conduct, and the impact of the conduct on the

athlete, the community and BBNT and its employees. Consideration is given to past conduct and discipline, if any, and the degree of honesty, maturity, and respect in approaching and attempting to resolve the allegations of conduct with BBNT and those individuals involved or affected by the conduct.

- BBNT may involve parents or guardians in the process of discipline in the event of an allegation of an athlete's conduct that involves the Disciplinary Action Committee. Unless and until an athlete is permanently no longer participating with BBNT, there is no time nor geographical limit on BBNT's consideration of allegations of conduct.

DISCIPLINARY ACTION COMMITTEE

The following defines the structure of the Disciplinary Action Committee (DAC). The chairperson of the committee is the BBNT Executive Director; and the other members are the following, if available: BBNT Program Director, the athlete's head coach, other pertinent coaches as determined by the athlete's head coach, and at minimum one representative from the Standards Committee. The Standards Committee is appointed by the BBNT Advisory Board and is responsible to the Board for administering the Code of Conduct. Any member of the Advisory Board may be a substitute for any member of the DAC, including the executive director, that is unavailable for any reason.

- The DAC may meet in situations in which it, at its sole discretion, believes it is appropriate for the Committee to consider an athlete, parent, or guardian's conduct. The DAC's primary objective is to apply a procedure that is fair and reasonable and is carried out in good faith for consideration of an athlete, parent or guardian's conduct and potential discipline.

DISCIPLINARY ACTION COMMITTEE PROCEDURE

- A DAC meeting shall be convened as soon as possible after the alleged conduct that BBNT, in its sole discretion, believes is appropriate for the DAC to consider.
- Based on the executive director's input, if the DAC determines, in its sole discretion by majority vote, that further consideration of alleged conduct is appropriate, the DAC shall immediately begin to gather information concerning the alleged conduct.
 - At the discretion of the DAC, alleged witnesses known to BBNT, may be interviewed. Those witnesses may provide a statement orally or in writing.
 - As part of this process, the Committee may gather information concerning the alleged conduct from the athlete, parent, and/or guardian whose alleged conduct is at issue.

- o Using the information gathered, the Committee will formulate its recommendation based on a majority vote for action to be taken, if any.
 - o Based upon the Committee's recommendation, the executive director shall make a final determination as to the disciplinary response, if any. The executive director shall give the athlete, parent, and/or guardian verbal notice of any disciplinary action involving a dismissal, either for the season or permanently, including the reason for the dismissal. Written notice will be sent within five (5) business days of verbal notification. The effective date of dismissal is the date of verbal notification.
 - o Upon verbal notification, the athlete, parent, and/or guardian will have the opportunity to be heard, orally or in writing, at the executive director's discretion, not less than five (5) business days from the verbal notice/effective date of dismissal. If the athlete, parent, and/or guardian fails to request to the executive director to be heard, orally or in writing, within (5) business days of the verbal notification/effective date of the dismissal, the executive director's existing decision concerning the dismissal shall stand. The executive director and the Committee, if applicable, shall be under no obligation to change the Committee's recommendation or the executive director's decision after such an opportunity to be heard
 - o All written notice from the executive director or the Committee shall be given only by certified mail to the last address of the athlete, parent, and/or guardian in the BBNT records.
- The DAC will keep documentation of the alleged conduct and outcome. This information will be kept with the Executive Director.
 - Athletes, parents, or guardians shall attend all Committee meetings at which the Committee requests the athlete's presence and/or the presence of parents or guardians. The Committee shall not allow athletes, parents, or guardians legal counsel at Committee meetings.
 - An athlete, parent, or guardian shall not attempt to orally address an individual Committee member regarding any disciplinary procedure. An athlete, parent or guardian shall not attempt to contact any alleged victim(s) or others involved in the disciplinary action.
 - BBNT will not have any duty to the athlete, parents, or guardians to keep confidential the details of the disciplinary procedure or the discipline administered, if any.

FURTHER RESOURCES

[Emotional and Physical Abuse and Misconduct Toolkit](#)

[Temporary Measures and Safety Planning Toolkit](#)

[SafeSport Parent Toolkit](#)

[SafeSport Log In/Sign Up](#) (for SafeSport Trainings for Kids, Teens, Parents, Volunteers, etc)

Covid Policy

- Masks are encouraged in team vans
- At any time, BBNT may enforce a mask mandate at the Head Coach's discretion.
- If you're feeling sick, stay home
- Covid tests are required prior to team travel. BBNT will provide tests.
- If you test positive for Covid, you must let the Head Coach know. BBNT follows the American Pediatric Association's Return to Sport Protocol.
- Athletes should keep a mask in their bag at all times

BBNT reserves the right to modify this Covid policy at any time. Positive cases within our team, high rates of community spread, and other factors may lead us to a temporary change in policy.

FAQ

Q: Do we need Nordic ski experience to join the team?

A: No ski experience required! Our Nordic coaches have experience instructing all levels of skiers, from beginner to elite racers.

Q: When does the season start? End?

A: Winter programming begins November 1st and concludes in mid-March with a final BBNT Spring Banquet typically held in the middle of March. We typically hold practices until Spring Break (public schools). BBNT takes April off from any programming then begins full Summer programming the first week of June.

Q: How do I register myself or my child for BBNT?

A: To register, please go to the [Sign Up](#) page. Reach out to Lettie Stratton for questions regarding registration.

Q: What age bracket is my child?

A: In skiing we refer to ages in U8, U10, U12 etc. all the way up to U20, U23, & Masters. This means Under age 8, Under age 10, and is referring to your athlete's age on December 31st of that upcoming winter season. These categories are set by the [US Ski and Snowboard Association](#).

Q: What is dryland training? When are practices?

A: Dryland training is the 'core' of every Nordic skier and refers to off-season training to build a fitness base for winter skiing. "Skiers are made in the Summer!" The focus of practices is to build cardiovascular conditioning and strength within a fun and team building environment.

Dryland practices for Youth Rec are typically at Camel's Back Park on Tuesdays and Thursdays from 4:15-5:30pm.

Dryland practices for Comp & Devo Team are typically Mondays-Fridays from 3:45-5:15pm and are held at various park locations in north Boise. **Please see coach's calendar for updated winter "on-snow" schedule. **

Q: What is the difference between Classic and Skate skiing?

A: Classic skiing (or diagonal stride) is the more traditional form of Nordic skiing. Skate skiing uses a "skate" method of skiing, similar to ice skating using skis on snow. Both types of skiing are taught and developed within BBNT.

Q: Do athletes need a Bogus Basin Nordic Pass?

A: Yes, all athletes need a [Bogus Basin Nordic Ski season pass](#) for the winter.

Q: How does team information get communicated to parents?

A: The team communicates to parents through regular email from BBNT coaches and BBNT Board. There is also an event calendar on our website.

Q: What are the volunteer expectations for parents?

A: BBNT relies heavily on parent volunteers for most aspects of the team's programming, from fundraising, Bogus Challenge race series, team family socials, to name a few. Parents are expected to [volunteer for events](#) throughout the season.

Q: Do athletes need their own Nordic skis to be on the team? How do I get ski equipment?

A: Seasonal leases are available for Youth Rec and first year Devo Team athletes new to skiing. The rentals are limited and are on a first-come, first-service basis. Please note that BBNT gear is for use at practices, on race trips, and any time your athlete is skiing at Bogus Basin. Gear cannot be checked out for personal trips. Adult team members should own their own gear.

Low-cost buying opportunities include the BBNT Ski Swap in the fall. Also check with local used / consignment outdoor shops like Outdoor Exchange. Local retailers Idaho Mountain Touring and World Cycle also run BBNT bulk gear orders every Sept-Oct.

Q: What other equipment is needed for winter ski practice on the mountain?

A: Other gear needed for your child for every “on snow” practice include flexible ski pants, ski jacket, warm layers, hat/gloves, head lamp. Think athletic attire for running in cold weather. Youth Rec Team has optional jacket winter lease option; Devo Team athletes have the option of purchasing team jackets.

Q: Is there transportation to Bogus Basin Nordic Center in the winter?

A: Youth Rec athletes and their families must provide transportation to/from dryland training and Bogus Basin Nordic Center for on-snow practices during the winter. Devo and Comp athletes can ride in the team van to/from the Nordic Center; this transportation fee is included in the tuition.

Q: Are there races that my child can participate in? Does my child have to race to be part of the Nordic team?

A: Participating in ski races are always optional. If your athlete chooses to race, local races at Bogus Basin are a great way to try it out. The Bogus Challenge Community Series includes 5-6 races scheduled throughout the winter. These races provide an opportunity for athletes to race in a supportive and fun atmosphere. The Intermountain Youth Festival (IYC) is another great chance for younger athletes (U14 and younger) to compete in a variety of races. The IYC event is typically held the last weekend of February or the first weekend of March and moves locations throughout the region each year.

BBNT also hosts and/or travels to 3 Junior National Qualifiers (JNQs) every winter. These are the staple races of our winter and provide the chance for our older athletes (U16-U20) to qualify to Junior Nationals in March. JNQs always hold races for the younger age brackets as well U10-U14

Q: Do athletes need to be a member of U.S. Ski and Snowboard Association?

A: Yes, any athlete over the age of 12 needs to have a membership. [US Ski & Snowboard Membership](#). U14s or under can choose the general membership. Every U16 should have the competitor membership. Please email aliya@bbnt.ski if you have questions about which type of membership you need.

Contacts

If you have questions about anything regarding payroll, admin, registration, organizational comments/concerns, etc, please contact Lettie.

Lettie Stratton

Executive Director

lettie@bbnt.ski

If you have questions about anything regarding practices, programming, or athletes, please contact Aliya.

Aliya Brown

Head Coach + Program Director

aliya@bbnt.ski

If you have questions specifically about the adult team, please contact Stacey.

Stacey Galinat

Adult Team Head Coach

stacey@bbnt.ski

If you have questions about Biathlon programming, please contact Laura.

Laura Sluder

Head Biathlon Coach

biathlon@bbnt.ski

Please contact the Advisory Board if you have a matter you'd like them to be aware of.

Advisory Board

bbntboard@gmail.com