

SKIING – DOWNHILL

Additional information can be found on the Skiing - Downhill page of the SSNS website:

Skiing	Start-up Date	November 27
	1 st Competition	January 4
	Declaration Date	January 8
	Provincial Championships	March 3
	Host Facility	Ski Wentworth

Competition Cap	8 Days of Competition
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Coaching Requirement	- Making Headway - CSCF EL Certified - Safe Sport
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SSNS sanctioned competition in the sport of Downhill Skiing shall follow the rules and regulations as defined by Alpine Ski Nova Scotia (www.alpineskinovascotia.ca) with SSNS specific regulations as follows:

23.1 Age Classification

Senior – second and third year high school
Intermediate – Grade 9 and first year high school
Junior – Grade 7 and Grade 8

23.2 Student Eligibility

- All eligible student athletes as defined by rule 2.
- In order to compete in the SSNS provincial championships, an athlete must have competed in at least two regional races in the same age classification (i.e. an intermediate skier may not ski with the senior ski team at the provincial unless they have skied two regional races as a senior).

23.3 Regional Representation

Top TWO (2) teams per Region/Classification and the remainder of any of the top FIVE (5) finishers.

23.4 Provincial Format (unless altered as per rule 5.5.2) – Giant Slalom

23.5 Awards

- 23.5.1 Championship Banner to winning school in each classification.
SSNS Gold Medallions (6) to members of championship team and coach.
SSNS Silver Medallions (6) to members of runners-up team and coach.
SSNS Bronze Medallions (6) to members of 3rd place team and coach.
- 23.5.2 Gold, Silver, and Bronze medals awarded to top three Individual finishers in Junior, Intermediate and Senior Divisions (Boys and Girls)

23.6 – General Rules of Play

- Alpine Ski Canada Rules

23.7 SSNS Specific Rules

- 23.7.1 CSA approved helmets must be worn.
- 23.7.2 No Giant Slalom or Downhill Racing Suits are permitted.

Provincial Championship Facility Requirements

FACILITY APPROVED BY SSNS

SAFETY PROTOCOLS

Equipment

A fully stocked first aid kit must be readily accessible.

Determine that all equipment is safe for use.

Athletes must check all equipment prior to use and report concerns to coach.

Alpine Skiing

In practice and competition, athletes must wear:

- A properly fitted (as per manufacturer's guidelines) and properly worn hard shell crash helmets which provide complete head protection (front and back) and full ear protection. Fédération Internationale de Ski (FIS) approved slalom helmets with a chin guard attached to the helmet and bearing the following certification codes (ASTM F2040, CEN 1077, or Snell S98)

There must be a functioning, reliable communication system covering the course.

Clothing/Footwear

Appropriate clothing and footwear for outdoor activity must be worn (e.g. use layering principles, hats, mitts or gloves).

No long scarves.

Long hair must be tied back or tucked in.

The wearing of jewellery during practices and competitions must meet the rules of Alpine Ski Nova Scotia.

Facilities

Determine that all facilities are safe for use.

Only commercially operated ski facilities with suitable teaching areas must be used.

Members of a recognized ski patrol must patrol the area.

The facility provider must define skiing area to the students so they are aware of the boundaries and hazards for the activity.

Course poles must be full-length breakaway style, and in good repair.

Race course must be set by experienced, qualified course-setter.

Course must be away from dangerous obstacles.

Safety walls, nets or barriers must be placed where required.

There must be a clear run-out at the end of the course.

Supervision

In-the-area supervision is required.

A vehicle for emergency purposes must be accessible.

Certified Alpine Officials must preside over all racing competitions.

Members of a recognized ski patrol must patrol the area and be present on the course when a race is in progress.