



## FPSC COACHING BEST PRACTICES

As coaches, it is our duty to ensure a safe field of play for all athletes. The following list of best practices can assist in that. This list is not exhaustive, but is meant to guide you in your daily training.

- Arrive on time! Your Headcoach will tell you the meeting time each day. Please do not be late. Lateness impacts your athletes, their families and your fellow coaches and diminishes the quality of our program. Unforeseen circumstances can arise. In this case, please let your Head Coach know as early as possible if you will be late. If tardiness becomes chronic (i.e. more than twice in a season) you may be subjected to disciplinary measures.
- Complete attendance every day.
- Keep your TeamSnap notifications on during training. This is our primary mode of communication.
- Know who the “Lead Coach” is each day and how to contact him/her.
- Be sure you have cell phone numbers for the following key people:
  - Thomas Burnyeat
  - Mike Brush
  - Panorama Ski Patrol (250.341.3650)
- Be aware of cell service coverage on the mountain (e.g., Taynton bowl area has little to no service).
- Rule of two: Avoid private one-on-one situations (unless there is an emergency). Use TeamSnap to communicate with athletes (i.e., avoid private text messaging).
- On the first 2 weekends, ski past the Ski Patrol hut and ensure athletes know how to find it. This applies to all athletes. Also find and point out “Mikes hut” which is located immediately after unloading the Champagne chair and is where mid mountain ski patrol is dispatched from.
- Our muster point is the Toby chair. Make sure your athletes know this and how to get there from anywhere on the mountain. When approaching the Toby Chair from the skiers right side of the lower mountain (e.g. Showoff, Discovery Area, etc.), stay high when traversing under the Mile 1 lift en route to Toby Chair.
- Know the location of all athletes assigned to you at all times. This doesn’t necessarily mean you need eyes on them, but you need to know where they are (e.g., bathroom, on the lift, etc.). This is especially important during unusual events such as lift malfunctions, emergencies, etc.
- Keep to in-bounds terrain at all times.
- When performing demonstrations or skiing in high-risk terrain consider what personal risk you take on and how it may impact your ability to lead the group should things go wrong.



- If you plan on entering complex terrain (e.g., gladed runs, Taynton Bowl, etc.) consider using the following precautions:
  - Always have a tail-gunner ski at the back of the group to assist athletes. This can be a parent volunteer, extra coach or designated athlete. Skiing down to an athlete in distress is much easier than hiking up!
  - Stop at regular intervals to re-assemble your group. Pick out stopping points before beginning your run. A stopping point doesn't have to be in view from your starting point (e.g., in Taynton, the stopping point may be the funnel area).
  - Pair up athletes, especially in Panorama's famous steep and deep terrain.
- Always convene at the top of the lift before proceeding down your run (i.e., don't start your run until your entire group is off the chair). Make sure to set clear visual meeting points throughout the run for your group.
- Do not load a lift until the entire group is accounted for at the base of the chair.
- Where possible always have athletes ride the chair with an FPSC buddy. This is particularly important for younger athletes.

**BE SAFE & HAVE FUN!!**