

ALPINE CANADA



ACA SKILLS COMBINE

ALPINE CANADA ALPIN
U16 SKIING SKILLS COMBINE

ROC OPERATIONS MANUAL
2024





2024
ACA U16 SKILLS COMBINE
ROC OPERATIONS MANUAL

MARCH 2024

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CREDITS

The ACA Skills Combine is produced by Alpine Canada Alpin in partnership with the provincial and territorial coaching leads.

ACA U16 Skills Combine working group: Jennifer Stielow, Josh Bengé, Johnny Crichton, Kip Harrington, Eric Prefontaine, and Jeff Thompson.

Translation: Josée Rochon

Cover Photo Image: GEPA





OVERVIEW

The ACA U16 Skiing Skills Combine, part of the ACA U16 Regional Championships, evaluates skiing skills to highlight athlete development beyond traditional races. Five skills are set for the 2024 Combine, but changes to these can be made if safety or fairness concerns arise due to terrain, weather, or staffing issues. This decision can be made during the Team Captains Meeting before the event. Accurate record-keeping is essential to provide valuable feedback to athletes and coaches. All staff and volunteers are expected to keep participant results private.

PRE-EVENT ORGANIZATION ON SNOW

- **Announcement & Awards:** The ACA U16 Skills Combine is detailed in the official race announcement. ACA awards will be given to the top 3 athletes of each gender based on their performance in the Skills Combine.
 - **Leadership & Preparation:** ACA staff will oversee the Skills Combine, collaborating with local organizers for setup and execution. They'll check the venue beforehand to ensure it meets standards and help organize athletes into groups. A meeting with station leaders and evaluators will be held to discuss details.
 - **Skills Combine Administrator (SCA):** This role, separate from the race administrator, handles registration, data entry, and results. The SCA maintains accurate participant lists and bib numbers, ensuring athletes wear the correct bibs and collecting contact information for results distribution.
 - **Station Leaders & Volunteers:**
 - Each skill station has a leader responsible for setup and safety.
 - Timed event volunteers manage athlete flow and timing.
 - Evaluation event volunteers coordinate starts and judge performance based on specific viewpoints.
 - General volunteers assist with course maintenance and data transport.
 - **Group Leaders (Coaches):** Coaches guide groups through stations, ensuring participants are ready and understand the skills. They verify bib numbers, keep the group moving, and ensure all performances are recorded.
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DAY OF EVENT (ON-SNOW)

EQUIPMENT & VENUE PREP REQUIRED (provided by the ROC and/or PTSO)

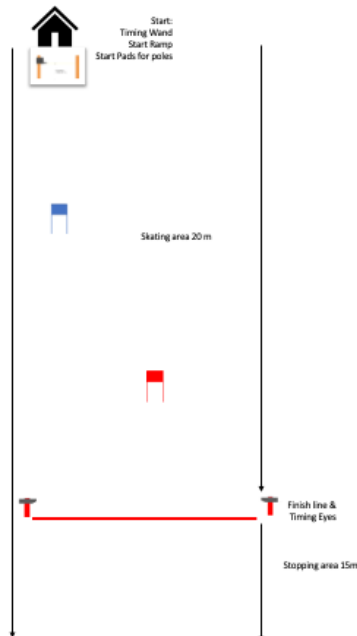
- **Scoresheets & Writing Tools:** 30 scoresheets, clipboards, and pencils. Find scoresheets in Appendix A.
- **Communication:** Approximately 15 radios for 5 stations, including radios for the start and finish of timed stations, station leaders, evaluators at two stations, the Technical Director, and the Administrator. The number of radios may adjust as needed.
- **Timing Equipment:** Timing units for timing activities like timed skating starts, wave track carved turns, one ski skiing (if timed), and skating without poles, with equipment at both start and finish lines.
- **Venue Setup:**
 - Keep the venue closed to the public.
 - Use lane markers and protective netting as needed.
 - Follow specific guidelines for setting up skill stations and building a wave track, with clear markings for start and finish areas, using panels and dyes.
- **Race Bibs:** Athletes wear bibs matching the racing event's numbers for easy identification and tracking. Bibs are to be visible and returned after the last station.
- **Start Lists:** Prepared for team leaders and event staff to track athlete progress. Evaluators will record scores by bib number without a start list.



INDIVIDUAL ON SNOW SKILL COMBINE STATION SET-UP OVERVIEW

TIMED SKATING STARTS

- **Course Setup:** A start ramp should be realistic, stretching 45-60 meters to the stopping area.
- **Equipment:**
 - Start Pads: Fixed in the start area for stable pole placement.
 - Timing: Includes a start wand, finish line sensors, and a method (scoreboard, recording sheet or printout) to record times.
 - Gates: Use two GS panels for turns and two more to mark the finish line, plus red dye to highlight the finish and stopping area.
 - Office Supplies: A radio for the station lead, 2-3 clipboards, timing sheets, start lists, pencils, and clipboard covers for rain protection.
- **Personnel:**
 - 2-3 people, including a Skill Station Leader (possibly doubling as starter or timer), a Starter to manage starts and communicate times, and a Finish Timer/Recorder to log times and manage the course flow.





OUTSIDE SKI TURNS

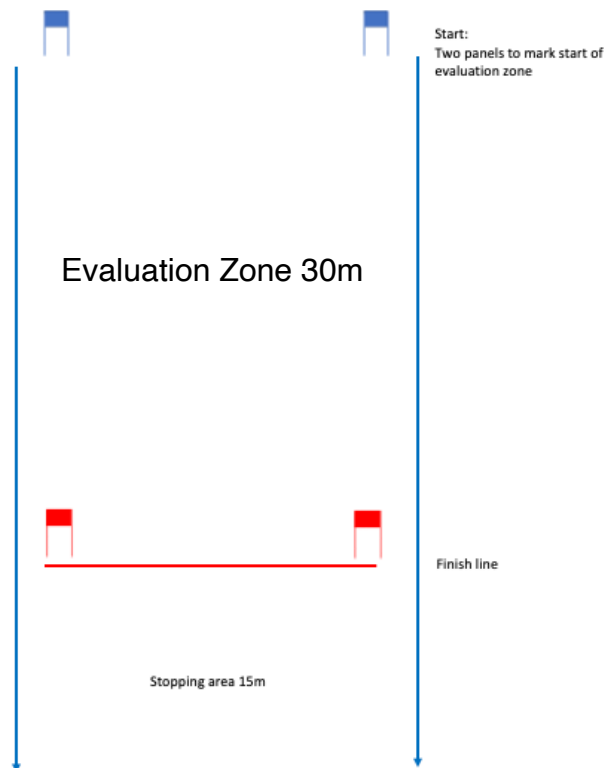
- **Terrain:** Use easy, groomed intermediate slopes.
- **Equipment:**
 - **On the Hill:**
 - 4 GS panels to mark the evaluation zone's start and end.
 - 20 brushes or blue dye for outlining the zone's width.
 - **Office Supplies:**
 - 2 radios on separate channels.
 - 4-5 clipboards, tailored to staff needs.
 - 3 sheets for recording event scores.
 - 3 start lists with athlete details.
 - 4-6 pencils for timing and record-keeping.
 - 4-5 plastic covers to protect clipboards from rain.
- **Personnel:**
 - 3-4 people, including a Skill Station Leader (who might also start or evaluate), a Starter for managing starts and communicating with evaluators, and 3 evaluators (ideally trained coaches) to assess performances. One evaluator acts as the lead, signaling when to start.





SPIESS (HOP TURNS)/ONE SKI SKIING - EVALUATION

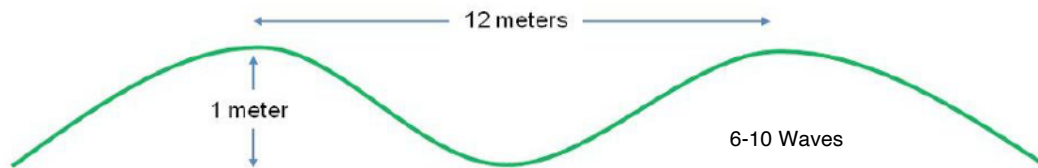
- **Terrain:** Intermediate groomed slope.
- **Equipment Needed:**
 - On Hill: 4 GS panels to mark the evaluation zone, 20 brushes or blue dye for boundaries.
 - Office: 2 radios, 3 clipboards, 3 scoring sheets, 3 start lists with athlete details, 4-6 pencils, and 4-5 plastic clipboard covers for rain.
- **Staff:**
 - 3-4 people, including a Leader as the head evaluator, a Starter for bib tracking, and 2 other evaluators (trained coaches) to rate athletes skill execution.



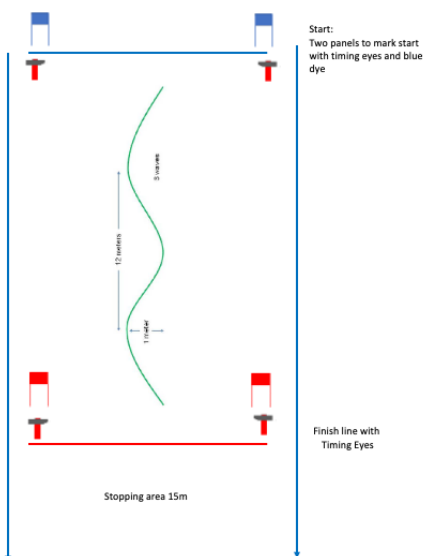


TIMED TURNS IN WAVE

- **Terrain:** Easy to moderate.
- **Waves:** Create 6-10 waves, each 1 meter tall, with a snow cat. They should be perpendicular to the slope and 12m apart. The track's width is about 10-15m, or two snow cat widths.
- **Preparation:** Build the wave track 2 days before the event, following the ACA U16 Skills Combine guidelines.
Reference Material: US Ski and Snowboard Wave Track Building Video
<https://videos.us skiandsnowboard.org/alpineed/detail/videos/tactical/video/5308117452001/building-a-wave-track>



- **Equipment:**
 - Timing: 1 set of start and finish eyes, and a way to record times.
 - Gates: 2 GS panels for the start, 6-8 turning gates (half red, half blue), 2 GS panels for the finish.
 - Dye: Red for the finish line and stopping area, blue for marking terrain under flat light conditions.
 - Office Supplies: 2 radios, 2 clipboards, 2 sheets for timing, 2 start lists with athlete details, 6-7 pencils, and clipboard covers for rain.
- **Staff:**
 - 2-3 people including a Leader to maintain the track, a Starter to manage starts and communicate with the timer, and a Finish Timer/Recorder for times and course clearance. An extra person or the ACA Staff lead might help with track maintenance.



Start:
Two panels to mark start
with timing eyes and blue
dye

Finish line with
Timing Eyes

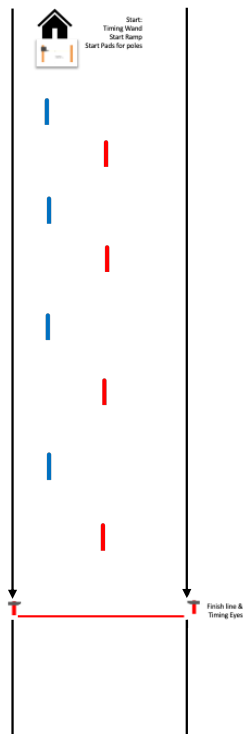
Stopping area 15m

Not to Scale – 6 to 10 waves 12m apart estimated
60m to 120m for wave track
Add another 10m for the start area and 15-20m for
the finish/stopping area



ONE SKI SKIING - TIMED

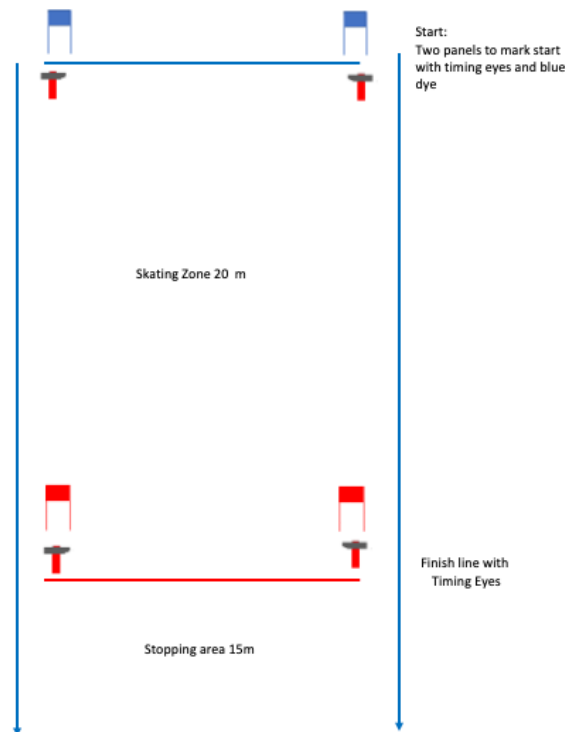
- **Terrain:** Easy to moderate.
- **Course:** The start should be flat so the athlete can easily start on one ski. The course set should be a simple corridor of 6 – 8 brush or stubby gate turns set between 12 – 16m depending on skis utilized, i.e., SL or GS.
- **Equipment:**
 - Timing: 1 set of start and finish eyes, and a way to record times.
 - Gates: 2 GS panels for the start, 6-8 turning gates (half red, half blue), 2 GS panels for the finish.
 - Dye: Red for the finish line and stopping area, blue for marking terrain under flat light conditions.
 - Office Supplies: 2 radios, 2 clipboards, 2 sheets for timing, 2 start lists with athlete details, 6-7 pencils, and clipboard covers for rain.
- **Staff:**
 - 2-3 people to run the station and maintain the track, a Starter to manage starts and communicate with the timer, and a Finish Timer/Recorder for times and course clearance.





TIMED SKATING

- **Terrain:** Flat area, 15-20m long.
- **Equipment Needed:**
 - Timing: Start and finish sensors, with a scoreboard or printout for times.
 - Gates: 2 GS panels for both start and finish lines.
 - Dye: Red to highlight the finish area.
 - Office Supplies: 1 radio, 4-5 clipboards, 1 timing sheet, 1 start list with athlete info, 6-7 pencils, and clipboard covers for rain.
- **Staff:**
 - 1-2 people: a Starter to manage athlete flow and record bib numbers, and a Finish Timer to note times and signal the course is clear.





TEAM CAPTAINS MEETING OVERVIEW

- Skills for evaluation will be confirmed.
- All athletes must be healthy and confirmed ready by the Team Captain.
- Team Captains must submit a list of coaches 24 hours before the Team Captains meeting.
- Details on station locations, durations, and travel routes will be provided.
- Coaching assignments for athlete groups will be confirmed.
- Group start times and results feedback timing will be discussed.

Skill Station Setup:

- The Skill Combine team and local race committee will manage the setup and operations, ensuring:
 - The venue is private.
 - Safety measures, including B-netting and clear marking of start and finish lines, are in place.
 - Conditions are checked and timing systems tested.

Venue Safety:

- The venue is closed to the public, helmets are mandatory, and terrain conditions are suitable.
- Adequate protection and clear stopping areas are ensured.
- Conditions are monitored for safety.

Organizer Requirements:

- Necessary materials, support personnel, and athlete rosters are provided.
- Appropriate terrain is made available for skill exercises.

Flow-Through Stations:

- Athletes are grouped with coaches for efficient progression, including warm-up runs.
- Groupings aim to promote socialization and may include coaches from different provinces.

Testing at Stations:

- Athletes are organized by bib order, with skill descriptions and execution criteria communicated.
- Performance is recorded, with immediate scoring for qualitative and timed events.

Scoring Data Entry:

- Scores are entered into an Excel spreadsheet post-event, with accuracy checks to ensure reliable results.
- Composite scores determine athlete rankings and world cup points.

Results and Awards:

- Results are shared with athletes and coaches, and top performers are recognized at the final awards presentation.
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APPENDIX B

SKILL COMBINE ON-SNOW CHECKLIST

Number	Personnel Position	Name
1	Skill Combine Lead(s)	
1	Skill Combine Administrator	
5	Skill Station Leaders:	
	Timed Skating Starts	
	Outside Ski Turns	
	Spiess	
	Timed Turns in Wave Track	
	Timed Skating w/o poles	
5	Starters: (can be covered by station leaders)	
	Timed Skating Starts	
	Outside Ski Turns	
	Spiess	
	One Ski Skiing	
	Timed Turns in Wave Track	
	Timed Skating w/o poles	
2	Head Evaluators (PTSO ADs)	ACA works with PTSOs to assign
	Outside Ski Turns	
	Spiess	
4	Evaluators	ACA works with PTSOs to assign
	Outside Ski Turns evaluator 1	
	One Ski Skiing	
	Spiess – evaluator 1	
3	Lead Timers for timed events	ROC Assigns
	Timed Skating Starts – Lead Timer	
	One Ski Skiing – if timed Lead Timer	
	Timed Turns in Wave Track – Lead Timer	
	Timed Skating w/o Poles – Lead Timer	
10	Group Leaders by PTSO (1 per gender)	ACA works with PTSOs to assign
	Atlantic Coach – Women	
	Men	
	Quebec Coach – Women	
	Men	
	Ontario Coach – Women	
	Men	
	Manitoba/Saskatchewan Coach – Women	
	Men	
	Alberta Coach – Women	
	Men	
	BC Coach – Women	
	Men	



Number	Equipment Required (PTSO or ROC Provides)	
5	Different Radio Frequencies	
10-15	Charged Radios (2-3 per station + Admin & Tech. Director)	
10	Blue GS Gate Panels	
10	Red GS Gate Panels	
10	Red Brushes	
10	Blue Brushes	
	Blue Dye to define evaluation zones	
	Red Dye to define finish line	
1	Timing Unit (like Brower, TAG TIMY)	
	1 Start Wand & Start Posts	
	1 Set Timing Eyes with posts for Finish	
	1 Scoreboard or Print out of times from timing unit for recording	
2	Timing Units (like Brower, TAG TIMY)	
	2 Sets Timing Eyes with posts for Start	
	2 Sets Timing Eyes with posts for Finish	
	2 Scoreboards or Print out of times from timing unit for recording	
6	Rakes	
	1 Rake Timed Skating Starts	
	1 Rake Outside Ski Turns	
	1 Rake Spiess	
	2 Rakes Timed Turns in Wave Track	
	1 Rake Timed Skating w/o poles	
5	Shovels (only in the case of bad weather)	
	Timed Skating Starts	
	Timed Turns in Wave Track	
20	Clipboards in large plastic Ziploc bags	
50	Sharpened pencils	
100	Start lists for each station and group lead (coaches)	
	Scoresheets for each station	
3	Timed Skating Starts	
4	Outside Ski Turns	
4	Spiess	
3	Timed Turns in Wave Track	
3	Timed Skating w/o poles	



ALPINE CANADA

Alpine Canada is the national governing body for alpine, para-alpine and ski cross racing in Canada. With the support of valued corporate partners along with the Government of Canada, Own the Podium and the Canadian Olympic Committee, Alpine Canada develops Olympic, Paralympic, world championship and World Cup medallists to stimulate visibility, inspiration and growth in the ski community.

Alpine Canada Head Office
Suite 302 – 151 Canada Olympic Road SW
Canada Olympic Park
Calgary, AB T3B 6B7
403-777-3200
info@alpinecanada.org