

# CVRST

## **On Hill Volunteer :**

**For more details on Gatekeeping see:**

[www.emeraldski.org](http://www.emeraldski.org)

### **What is an on-hill volunteer?**

CV must provide at least 7-9 gatekeepers each week (the final number is determined by the League when all of the numbers are in).

### **Why do this?**

Be a part of your son or daughter's athletic events

See the race up close and personal

Get exercise resetting the gate

See your racer (no cheering or talking to racers – you will learn this later...it's a rule)

It's a league requirement that we provide a certain number of gatekeepers for each race

### **Will you be trained?**

YES! On race day, one hour before the race starts, there will be a gatekeepers meeting for all on-hill volunteers. Please be in the lodge before 9:00 AM. You should ask for the League Coordinator for gatekeepers. Check in with coordinator. He will have your name on the list of volunteers and he will assign you your gate number and tell you where you get trained. He will give you a clipboard, pencil and some forms. **DO NOT LOSE THESE!** If you want to know more, the team has a video you can watch and there is also info on the league website (see address at the top of this page.) It is a good thing to be prepared.

### **What happens on the hill?**

After you use the restroom, proceed to your gate. If you're a non-skier, it's just a quick and brisk walk up the hill. If you're a skier, head for the lift and start skiing down till you find your gate. Upon arrival at your gate or gates, find a spot and get settled. You will then check off each racer and indicate any number that doesn't go through your gate properly. Hopefully, after the first run, your list will be collected and you will be allowed to go in the lodge for a break. You will be told what time to return to your gate for the second run. After the second run, your day is done.

### **What to bring? Supplies/Equipment**

Warm clothes (cotton is high risk...especially if it rains!) Gore Tex is great! Remember, you'll be sitting or standing in one place for a couple of hours at a time.

Head cover and facial masks if it's windy

Polarized glasses....hey, the sun can shine on race day!

Warm gloves      Warm boots      Insulated standing pad      Camera (optional)

Seat – this is also optional, but a five-gallon bucket works very well

Snack and drink...be careful on how much you drink..."Go" before you go up the hill!

Warm attitude and behavior

### **How do You get there?**

Space on the bus is an option but may be limited. A \$10 fee will be charged to ride the team bus. Carpooling is a good way to meet other parents of the racers and enjoy a nice morning drive in the mountains. You will have a list of the other lucky volunteers for the race day to call and make arrangements, or you can drive yourself.

### **What does it mean to be the HOST TEAM?**

It means we really, really need help! We will have a list of stuff to buy to put together for goody bags for all the volunteers. This help does not count for on-hill volunteers but it is really needed. Please indicate your willingness to help out on the bottom of the volunteer form.

### **When will you know what dates you need to volunteer?**

You will know before Christmas break.

### **Am I having fun yet?**

YES! It really is a lot of fun and a great way to stay connected to your racer and the other parents of kids on the team!

## **OISRA Coach, Parents, Volunteer Can's and Cant's – summated from OISRA Policies.**

The OISRA has been approved by the State Board of Education (Nov 7, 2001) as the governing body for high school ski racing competitions in the state of Oregon. The OISRA is required to act in accord with the Oregon Administrative Rules among which are: OARS-581-021-0034 Administration of Interscholastic Activities; 581-021-0035 Appeal of Ineligibility Decisions (<http://arcweb.sos.state.or.us/rules/>).

There are a number of can's and cant's that coaches, parents & volunteers need to be aware of. The following are items that can be basic pitfalls to new as well as long time coaches and parent reps, and it is recommended that you check them out. A more comprehensive list is in the rule book. "**Combined By-laws – OISRA Policies.**" It cannot be emphasized enough that all need be aware of school district regulations that are referred to here and in our By-laws.

"It shall be the **responsibility of coaches, assistants and volunteers** to be fully cognizant of their need to abide by their local school district rules and regulations for being involved with students. If you are unsure of your school district requirements please contact your local Athletic Director." (**OISRA By-laws Article III Section C**) Always have a copy of each athletes OISRA form A1 and medical release forms with you whenever you are training or racing.

It follows that you are to be aware of conditions of association mandated by the school district. If your team has its indemnity insurance provided by the Boy Scouts of America you also need be aware of their conditions. Make yourself fully aware of; **gender association** (when there must be a coach or assistant of each gender when both genders are being coached); **transport and driving restrictions** (just who can drive a student to a ski team function?); **use of school facilities** (do you have permission from the school to use its facilities if you are a club sport?); **When as a coach will you be held responsible for the students in your care?** Rule of thumb; "from school car park to school car park". Where and when can you release a student to a parent or somebody other than a registered coach? Rule of thumb, "get it in writing from a parent if you are to release a student from your care, even to a parent before you return to original point of departure-school car park". **Check with your schools administration on these policies.**

The Oregon State Board of Education has authorized the OISRA to provide ski racing for pupils attending **public high school**. The inclusion of **non-public** high schools in the program requires the non-public schools to align with public school practices. Regarding religious observances in public high schools; the general rule is that **no** non-public high school students (coach, parent, volunteer) can proselytize or lead any student or team prayers during a team activity. If you have any questions on this take them to your school administration so that you are fully aware of what is mandated by the state and acceptable to them.

Regarding **student eligibility**, the OISRA has accepted the Oregon Schools Activities Association rulings as set out in Rule 8. Parents and coaches need pay particular attention to 8-4 regarding monetary compensation based on athletic performance, and the limits placed on non-monetary compensation based on athletic ability. (See OISRA rulebook Appendix II.) Any questions on this need be addressed to the Executive Board of the OISRA.

School & school districts have regulations regarding sport teams participating in uniforms that are school specific. These must be observed and care must be taken with wearing of uniforms promoting other organizations that may be outside school & school district regulations. Students may not participate in the name of their school team nor wear school uniforms at ski racing events that are not sanctioned by the OISRA. OISRA By-laws, Article V A.1, defines the participatory season and prohibits a coach from training students outside the designated participatory season.

The process for appealing league or division executive committee decisions is set out in Article III B of the OISRA By-laws. The decision on the appeal by the Executive Board is binding and final, except for hardship eligibility appeals which can be appealed to the State Superintendent of Public Instruction.

As a rule of thumb communications should follow the following: (1) athlete or parent to coach (2) coach to league representative, (3) league rep to Division Executive Committee. (4) Appellant to the OISRA Executive Board, only when all other avenues exhausted. No athlete, parent, or coach should directly approach the Division Executive Committee, or the Executive Board.