

**Nordic Division Race Planning/Covid-19 Response Meeting**  
**October 17, 2020**  
**Zoom Meeting**

**Present:**

Eric Martin, Nordic Division Director, Mt. View Head Coach  
Gene Hyde, Nordic Division Commissioner, Summit Coach  
Kelly Crowther, Northern League Representative  
Sarah Swaney, Southern League Representative, Nordic Division Treasurer, Mt. View Coach  
David Burke, Mt. Hood League Representative, St. Marys Academy Head Coach  
David Smullin, Redmond, RV Redmond, RPA, and Sisters Head Coach  
John Collins, Nordic Liaison to OISRA Board of Directors, Redmond teams Coach  
Ron Crawford, Bend High Coach  
JD Downing, Summit High Head Coach  
Jinny Martin, Nordic Division Secretary

**Absent:** Pete Reinhardt, Nordic Division Assistant Director, Ashland Head Coach

Meeting started at 7:00 p.m.

A quorum of Steering Committee members was present, and they voted on one motion.

**MOTION:** Gene Hyde moves to have no Nordic Division participation fees for 2020-21, meaning the students pay \$42 for participation fees to cover OISRA administrative costs. Sarah Swaney seconds.

**VOTE:** Unanimous approval.

Remainder of meeting was discussion about how to proceed with the Nordic ski season and planning in the midst of Covid-19 challenges.

**JD Downing shares latest information from Mt. Bachelor:**

- Will be no Junior Nationals this season – US Ski and Snowboard will have regional events only.
- PNSA race at Mt. Bachelor has been moved into January and does not conflict with tentative dates for high school races
- Mt. Bachelor is requiring all races to be mid-week and after January 1st.
- Assume 100-person threshold is the same as was discussed prior to this meeting.

**Estimates for participation:**

- Dave Smullin – Will have information meeting next week. Expect numbers in the 40's to include Redmond teams and Sisters
- JD Downing – hasn't requested anything from families, waiting until he can tell them more specifics about the season. OSAA is waiting until the last minute to make a decision about winter sports, so he thinks it is a good idea for OISRA Nordic to continue making plans for a practice season where teams independently have time trials on the same course. If the season becomes an official competitive season, then these timed practice events can become official interscholastic competitions.
- Ron Crawford – estimates his numbers from looking at cross-country running numbers. This year the cross-country running numbers are down about 20-30 percent. So his numbers may be down a little bit from the 50-80 they have had for the past few years.

### **Plan on having a practice season that could be adapted to be a competition season**

- Only obstacles would be an explicit directive from the Governor, disapproval from OSAA, or an explicit directive from Bend La Pine.
- Currently track practices at Summit, which include time trials, have the approval of the Governor's orders, OSAA, and the Bend La Pine school district – so it is unlikely that a practice season format would be explicitly discouraged.
- Ski venues do not care whether the team trials are for practices or official competitions.

### **Decided on November 1<sup>st</sup> for registration date for Nordic students**

- Early date is mostly because it allows time for coaches to distribute rental gear
- Is “jumping the gun” a little because neither the OISRA Board nor OSAA will meet prior to November 1<sup>st</sup>

### **What will Deschutes National Forest allow at Meissner?**

- Meissner Club members think the only change will be that the lodge won't be open.
- Might be forced to weekdays for time trials
- Will DNF allow only 100 participants for an event that needs a special use permit?
- How will DNF define an “event?” Can each team's time trial be viewed as a separate event, since each team will run their students and then leave? Having staggered groups using the same route.

### **Difficulty of setting up a race schedule at this time**

- Rules will change everywhere we go
- Need to lay out the season in the eyes of the families as soon as possible
- Actual mechanics of running the events will be relatively easy once we know what the rules of engagement are for the venues
- Do we need special use permits if teams are only running time trials? Do we need permission to put out light signage on the trails?
- Will need special use permits if are setting up an official race and technically charging for things like special grooming, for example.

### **What can we tell families?**

- We have two plans and one way or another the season is going to happen
- It may be a practice-only season, but will include time trials, and results can be compared for teams that have time trials at the same place on the same day at staggered times. Planning for 4 time trials for the season.
- It may be a competition season, which will not include a state meet, but will include 4 time trial type competitions for each team, with more course prep (grooming and signage, etc.)
- Will decide on tentative time trial dates for each school, so families can plan.
- To summarize, for parents: **It's a practice only season- no state meet. We'll add up to 4 time-trial type races, if possible – skate only. The cost is \$42, and registration opens on November 1st.**

### **Some flexibility for scheduling plans**

- A few athletes (who are in the same training pods) from Central Oregon schools could travel to Mt. Hood area, using the same time trial format of arriving and departing as a team and doing their own timing.
- Mt. View wants to plan one event at Diamond Lake so that Ashland skiers could participate in a shared time trial event. Ashland coach plans to travel to only one competitive event.
- Could “split-squad” the teams to keep the total numbers at any event low enough.

- Could lower numbers in Central Oregon events if some pods of Central Oregon skiers go to Mt. Hood or Diamond Lake for events.
- Could use Wanoga for an event on a Wednesday.

#### **How to make the last race of the season stand out**

- In a practice season, final time trials would not be called anything different from all other time trials. In a competition season, final time trials could be named some sort of a regional event for the Central Oregon cluster.
- Use “Tour for the Heart” loop. Roughly 4K. Do two separate days of racing in same week (use the week that includes the Monday at the end of the Presidents’ Day weekend). Include all possible teams. Teams will split squads so that jv skiers compete on Monday afternoon and varsity skiers compete on Wednesday.
- Trail fees for grooming for the last race of the season would be paid per skier out of team fees.
- Could also organize similarly for the XC Oregon Invite. Have a 2-day event, starting on the Monday at the end of the Martin Luther King Day weekend. XC Oregon would pay any trail fees for grooming.

#### **Mt. Hood League tentative plans**

- Mt. Hood League is planning for St. Marys and Hood River Valley to have dual competitions on Saturdays on the same weeks that Central Oregon cluster is planning time trials. Keeping off PNSA weekends to make it more convenient for Central Oregon pods to come up and compete with them.

#### **Timing for time trials**

- QR codes on webscorer
  - Could be problematic to use scanning in winter
  - Will try it during practices to test it out
  - Can install the app without having a membership
  - Has to be logged in under someone who has a membership
  - Some kids may not have smart phones or access to their phone at all times
- Old school may be best plan
  - Two sets of parents- one set at the start and one set at the finish – so everything is doubled up
  - Each team uploads results and shares results amongst teams
- Strava
  - Can set up time trial course on phone to run a Strava segment
  - Don’t have to take phone in and out of pocket but do have to sign up for a Strava account. It is free but must enter information for Strava. Set the GPS points. Then when anyone skis at the starting point, the program starts, and it stops at end point automatically. Is accurate to the nearest second.
  - Everyone would have to have a phone or GPS watch

#### **Independent Strava Courses**

- Could set up Strava courses that are independent of OISRA time trial courses – athletes could ski the Strava courses whenever they like throughout the season and compete for the fastest time on Strava courses. Something other than planned time trial competitions.

### **Transfer of Supervision Form**

- Reminder that athletes must be under the supervision of a certified coach
- There is a transfer of supervision form that can be used to transfer the supervision of athletes from one certified coach to another for training or racing.
- Can use this form if a certified coach from the racer's team cannot accompany them to a race. The athletes can be supervised by a certified coach from another team at the race.

### **Nordic Covid-19 Guidelines**

JD Downing will work with Jinny Martin to develop the OISRA Nordic Division Covid-19 Guidelines – using Bend La Pine and OSAA guidelines. Will present these to the Steering Committee for approval.

### **Purchasing Masks**

David Smullin has ordered team logo masks from Borah – cost \$11.50 each when ordering 50 of them. Ship within 2-weeks. Have ordered for kids and will sell extras to parents.

### **Emerging Sports Option**

Applying for OSAA emerging sports option has been postponed for one year because Covid-19 issues are difficult and time consuming for OSAA.

### **School Agreement Forms**

Coaches need to be reminded to submit School Agreement forms, which are posted on the website.

### **Academic Eligibility Standards**

Students who are not meeting academic eligibility standards can participate as provisional skiers. Name of school will not be associated with their name on any official race results.

### **Tentative Schedule for Central Oregon 2021 “Nordic Cluster”**

*Bend                  Summit                  Mt. View/La Pine                  Redmond/RPA/Ridgeview/Sisters*

Each “team” races a dual meet with each of the other three “teams.” RDM/RPA/Ridgeview/Sisters is considered one team; Mt. View/La Pine is considered one team.

Mt Bachelor race(s) could ideally be set up to be “JV” on one day and “Varsity” on the second day with (if we can pull it off) all four team groups sending kids. Or we just have all four team starts spread out over a longer Wednesday.

#### **First Event: Wednesday, January 6 and/or Saturday, January 9 - Meissner**

(PNSA, Mt Bachelor, probably January 11-12)

(PNSA, SoHo, Jan 16-18)

#### **Second Event: Wednesday, January 20 (maybe also late PM on Monday, January 18 ???) – Mt. Bachelor** “XC Oregon Invite” – any grooming fees or trail passes paid by XC Oregon

(PNSA, Methow, Jan 30-31)

**Third Event: Wednesday, February 3 and/or Saturday, February 6 - Meissner or Wanoga or Hoodoo**

(PNSA, Spokane, Feb 13-14)

**Fourth Event: Wednesday, February 17 (maybe also late PM on Monday, February 15 ???) - Mt Bachelor (ideally Tour/Heart loop)**

Meeting ended at 8:45 p.m.

Respectfully submitted by  
Jinny Martin  
OISRA Nordic Division Secretary