

# Intermountain Division – Junior National Qualifier #3

February 13 & 14, 2021

Hosted by: McCall Nordic and Biathlon Ski Club

Jug Mountain Ranch, McCall, ID

McCall Nordic and Biathlon Ski Club would like to welcome racers to the IMD JNQ #3 being held in McCall, Idaho. The information provided is a guide to help you learn more about this event. More details will be provided as it becomes available through the McCall Nordic website or by contacting the race director: John Gebhards.

## Race Contact Info:

- Chief of Competition: John Gebhards, [gebhardsj@gmail.com](mailto:gebhardsj@gmail.com), 208-630-4093
- Website: [www.mccallnordic.com](http://www.mccallnordic.com) OR [www.intermountainxc.com](http://www.intermountainxc.com)
- Race Secretary: Matt Galyardt, [mccalljnj@gmail.com](mailto:mccalljnj@gmail.com), 406-370-1680

## Organizing Committee

Chief of Competition: John Gebhards (jury)

Race Secretary: Matt Galyardt

Technical Delegate: Annie Pokorny (jury)

Assistant TD: Rob Landis (jury)

Chief of Timing: Summit Timing

Chief of Stadium: Tom Bates

Chief of Course: Clayton Nalder

Covid Coordinators: Heidi Galyardt & Todd Arndt

Volunteer Coordinator: Ted McManus

## Registration, Waiver, Forms

Entries and waivers due 2/25/20 by 9:00pm. Contact John Gebhards with questions. [gebhardsj@gmail.com](mailto:gebhardsj@gmail.com).

Races for U14, U16, U18, U20.

Registration Form	<a href="#">USSS Pre-Event Screen</a>	<a href="#">Athlete Change &amp; Late Entry Form</a>
<a href="#">WAIVER</a>	<a href="#">Daily Covid Check</a>	

# COVID-19 OPERATIONS PLAN

*[Plan approved by Central District Health on 1/21/2021.]*

This event guide follows recommendations from the [US Ski and Snowboard COVID-19 Domestic Competitions Guidance](#) (v2, Oct. 27, 2020). Additionally, the guide follows Federal, [Idaho State](#), Idaho Central District Health orders and guidelines for Phase 2 reopening, in addition to guidelines for all phases, such as hygiene, social distancing, symptom monitoring, and collaboration on contact tracing.

COVID-19 Co-Coordinator, Heidi Galyardt (PharmD) and Todd Arndt (MD), will be available for the event to work with local health authorities on specific rules and regulations around COVID-19, including but not limited to gathering limits, out-of-state quarantine rules (if applicable), and emergency protocols. The event Organizing Committee and the COVID Coordinators will consider cancellation of the event if the number of daily cases of COVID in the community is rising significantly in the days leading up to the event OR if the hospital bed census at St. Luke's McCall Hospital, and Boise area hospitals, is near capacity.

## **Spectators and families**

We are thankful for your support over the years and spending time in McCall. However, for 2020-2021, spectators are not allowed entry to the events (stadium and courses) due to Covid-19 precautions. Please see note at end of this section specific to parents and guardians.

## **Coaches, Athletes, Event Staff, and Volunteers**

Wrist bracelets for a given day (Saturday: Green, Sunday: Blue) will be distributed with disposable bibs for Athletes and Coaches. Event Staff and Volunteers will get their bracelets from the Organizing Committee staff. Bracelets will be checked at venue checkpoint, along with Daily Covid Check form, prior to drop off zone.

## **Event Registration and Meetings**

- Use online entry and registration payment.
- Coaches must register for the event as well.
- Team Captain Meetings will be virtual and all race documents will be delivered electronically.

## **Participant Health Screening**

All participants will complete the [USSS Pre-Event Health Screen](#) (72-48 hours prior to event) as part of the event registration process. Once at the event, athlete health status updates will be performed using the [Covid-19 Daily Symptom Check Form](#) (morning of race day). Participants will be required to follow health department recommendations on travel and hygiene precautions that are in place at the time of the race from both the athlete's home county/state and Valley County/state of Idaho.

Attendance at the event will be disallowed if a participant (or participant's household members):

- Has a current pending COVID-19 test prompted by symptoms.
- Has received a positive COVID-19 test result within the past 14 days.
- Was in close contact with a person with confirmed COVID-19 in the past 14 days.
- Has (or had in the past 14 days) any of the following symptoms:
  - Fever
  - Sore throat
  - Cough
  - Nasal congestion or runny nose
  - Muscle or body aches
  - Loss of taste or sense of smell
  - Shortness of breath
  - Has (or had in the past 14 days) any 2 of the following symptoms:
    - Headache
    - Nausea and/or vomiting
    - Diarrhea
    - Fatigue

#### **Event Social Distancing and Hygiene Precautions**

1. Hand sanitizing stations will be provided throughout the venue.
2. Social distancing and masks:
  - a. All people at the venue will be required to wear masks and remain six or further feet apart, except when racing, warming up, or wax testing. If skis are not in motion, masks on!
  - b. All races will be 30 second interval start with breaks between some age and gender groups.
  - c. Scheduled start lists will be adhered to and racers will be encouraged to schedule arrival, warmup, race, warm down, and departure in order to minimize the time at the venue.
  - d. No banquet, food service, or award ceremony will be conducted; and other places of potential congregation of athletes and coaches will be eliminated, such as results postings, tents or shelters, and building entrances and exits.
  - e. Indoor space at Jug Mountain Ranch will only be utilized by volunteers, timing contractor, and medical staff if an emergency arises.
  - f. Athletes in start area:
    - i. Must wear masks until in the start gate (up to 30 seconds before start)
    - ii. Athletes will be spaced at least 6 feet apart in the start lane
    - iii. All starts will be individual (no mass starts)
    - iv. Only 10 athletes will be allowed in the starting pen at any given time
    - v. A new set of disposable athlete race number bibs will be distributed for each race; no reusable bibs or timing chips will be utilized in order to minimize volunteer/athlete contact.

3. Course Protocols:
  - a. Trails for races and pre-race warmup will be clearly marked.
  - b. All other trails will be closed during race to avoid congestion with skiing public.
  - c. Athletes will only be permitted to warm up 1 hour prior to the start of their race.
4. Results will be distributed electronically instead of posting on-site on results boards, to discourage congregation.
5. All race jury and other official meetings will be conducted outdoors.

### **Travel and Transportation**

- All participants are encouraged to travel to McCall (from clubs in MT, ID, UT, WY) in known safe small family or teammate bubbles.
- An athlete drop-off/pick-up zone will be clearly designated near the stadium. (venue map forthcoming)
- Registered Athletes may arrive to the venue check point with enough time to insure their Daily Covid Check (google form) has been completed for the day and they have their proper wrist bracelet for admittance.
- Registered athletes can then be dropped off to the stadium zone not more than one hour prior to their start time and must depart the venue directly after finish/cool down, and within 30 minutes of completing their race.
- Volunteers, timers, officials and coaches may arrive at or after 6:00am daily to also insure their Daily Covid Check (google form) has been completed for the day and may remain at the venue for the duration of the event day.

### **If COVID Symptoms/Cases Develop During the Event or a Post-Event:**

1. Require any participant who tests positive for COVID-19 or has symptoms consistent with the disease beginning within 48 hours after the conclusion of the event to notify the host and contact the event's COVID Coordinator.
2. Immediately isolate anyone who has COVID-19 symptoms.
3. Individuals who have had close contact with a person who has symptoms or who has tested positive, should be isolated and then should quarantine where they are according to state/regional guidelines.
4. In accordance with state and local privacy and confidentiality laws and regulations, and while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) and other applicable laws and regulations, notify local health officials, staff, participants, and families immediately.

### **Parents/Guardians**

We acknowledge the inconvenience of traveling to McCall and not getting the opportunity to watch your child race. However, providing an opportunity for your child to compete while keeping all attendees at the race venue and our small local community safe from COVID is of primary concern to us. We are taking

extraordinary measures to limit areas of congregation and ensure social distancing, mask-wearing, and use of hand sanitizer. Realistically, however, the manner in which family members, athletes, and their team members conduct themselves in the city of McCall while away from the venue may pose a greater risk of COVID transmission than at the race venue.

We therefore recommend the following measures during your visit to McCall:

- Do not travel to the event in the first place if you have any COVID symptoms!
- We request visitors from outside of McCall limit their travelers to ONE PER ATHLETE.
- Wear a mask at all times when outside of your hotel room or when not inside your automobile. VALLEY COUNTY CURRENTLY HAS A MASK MANDATE.
- Bring food to eat in your hotel room, order take-out food or curbside pick-up from local restaurants rather than dining-in.
- Results will not be posted on site, and there will not be an on-site awards ceremony, so use your smart phones to access this information. [Summit Timing Race Results](#)

Stay safe and healthy. And please help prevent the spread of COVID in McCall during this event. Thank you!

### **Nordic Skiing Opportunities during you stay**

Skiing at [Jug Mountain Ranch](#) will be available on Friday, February 12<sup>th</sup> and after the races conclude Saturday and Sunday afternoons. Trail passes available at the Clubhouse Nordic Center. During race times, beautiful skiing can also be had minutes from town at [Bear Basin Nordic Center](#), [Ponderosa State Park](#), and [The Activity Barn](#). Check out the local [Grooming Report](#) for current conditions.

### **COVID-19 Event Coordinators**

Heidi Galyardt, PharmD  
406-370-1680  
[hgalyardt@yahoo.com](mailto:hgalyardt@yahoo.com)

Todd Arndt, MD  
208-315-1804  
[Tarndt1023@gmail.com](mailto:Tarndt1023@gmail.com)

## ***Schedule of Events***

Mon, Feb 8	9:00pm	Entries Due. Please us IMD Excel team registration form that is linked above. Send to <a href="mailto:mccalljng@gmail.com">mccalljng@gmail.com</a>
Wed, Feb 10	12:00pm	<ul style="list-style-type: none"> <li>• Entries posted for coach verification, <a href="http://www.summittiming.com">www.summittiming.com</a></li> <li>• Changes/fixes submitted by Athlete Change (Google) form only.</li> <li>• <b><i>OC declares chosen Glide Wax for event. Check back here.</i></b></li> </ul>
Thu, Feb 11	6:00pm	Drop dead deadline for any change/scratch or late entry (\$50 late fee)  Confirmation email to Race Secretary, <a href="mailto:mccalljng@gmail.com">mccalljng@gmail.com</a> , noting entries are correct. If no response, we'll assume all is correct.
Fri, Feb 12	9:00am - 4:30pm	Courses open for inspection
	10:00am - 4:00pm	Team Check-in at the stadium. (may not be necessary)
	12:00pm	Start lists for Sat/Sun available at <a href="http://www.summittiming.com">www.summittiming.com</a>
	1:00pm	Bibs sorted and ready for pick-up for both races. Location TBD. Most likely at stadium near start line.
	4:30pm	Courses closed.
	5:30pm	Coaches Meeting, VIRTUAL.  Join Zoom Meeting <a href="https://us02web.zoom.us/j/86437916550?pwd=cXFZZlhGYm1LVLC80dFdRNMUveStSz09">https://us02web.zoom.us/j/86437916550?pwd=cXFZZlhGYm1LVLC80dFdRNMUveStSz09</a>  Meeting ID: 864 3791 6550 Passcode: 795026
Sat, Feb 13	8:00am – 8:50am	Course open for inspection. Bib distribution as needed.
	9:00am	<b>GIRLS Skate Distance – Interval Start</b> , Tentative Start Order <ul style="list-style-type: none"> <li>• U16 Girls – 5km Freestyle – Interval Start</li> <li>• U18/20 Girls – 10km Freestyle – Interval Start</li> <li>• U14 Girls – 3km Freestyle – Interval Start</li> </ul>
	12:00pm	<b>BOYS Skate Distance – Interval Start</b> , Tentative Start Order <ul style="list-style-type: none"> <li>• U16 Boys – 5km Freestyle – Interval Start</li> <li>• U18/20 Boys – 10km Freestyle – Interval Start</li> <li>• U14 Boys – 3km Freestyle – Interval Start</li> </ul>
	3:00pm	<b>Races Complete, Courses Closed</b> , Stadium Breakdown
Sun, Feb 14	9:00am	<b>BOYS Classic Distance – Interval Start</b> , Tentative Start Order <ul style="list-style-type: none"> <li>• U16 Boys – 5km Classic – Interval Start</li> <li>• U18/20 Boys – 5km Classic – Interval Start</li> <li>• U14 Boys – 3km Classic – Interval Start</li> </ul>
	11:00am	<b>GIRLS Classic Distance – Interval Start</b> , Tentative Start Order <ul style="list-style-type: none"> <li>• U16 Girls – 5km Classic – Interval Start</li> <li>• U18/20 Girls – 5km Classic – Interval Start</li> <li>• U14 Girls – 3km Classic – Interval Start</li> </ul>
	1:00pm	<b>Races Complete, Courses Closed</b> , Stadium Breakdown

## IMD Waxing Protocols

2020-2021 IMD Wax Policy in affect for this event. NO FLUOROS! See link to policy [HERE](#) or find at the end of this document.

Glide wax calls will be made by 12:00pm, Wednesday 2/10/21 for Saturday races and 12:00pm, Thursday 2/11/21 for Sunday races. Wax calls will be clearly posted to race website.

## Course Maps - LINK

5k Course (U16+)

3k Course (U14)

## Team Parking and Traffic Flow – LINK to come

## Awards

Top 3 – U14, U16, U18, and U20

Saturday: Awards will be given to Team Leader to distribute to athletes

Sunday: Awards will be given to Team Leader to distribute to athletes

## Food and Beverage

Per Covid plan...no food and beverage available at venue.

## Lodging

- Hotel McCall: 1-866-800-1183
- Holiday Inn Express, Hunt Lodge: 208-634-4700
- Shore Lodge: 800-657-6464
- Brundage Inn: 208-634-2344
- Scandia Inn: 208-634-7394
- Super 8 McCall: 208-634-4637
- Best Western Plus McCall: 208-634-2230
- America's Best Value Inn and Suites: 208-634-6300
- Ponderosa State Park Cabins: 208-634-2164
- InIdaho.com: Vacation rentals, hotel info and reservations. [www.inidaho.com](http://www.inidaho.com), 1-800-844-3246

## Questions?

John Gebhards, Race Director

208-630-4093

[gebhardsj@gmail.com](mailto:gebhardsj@gmail.com)

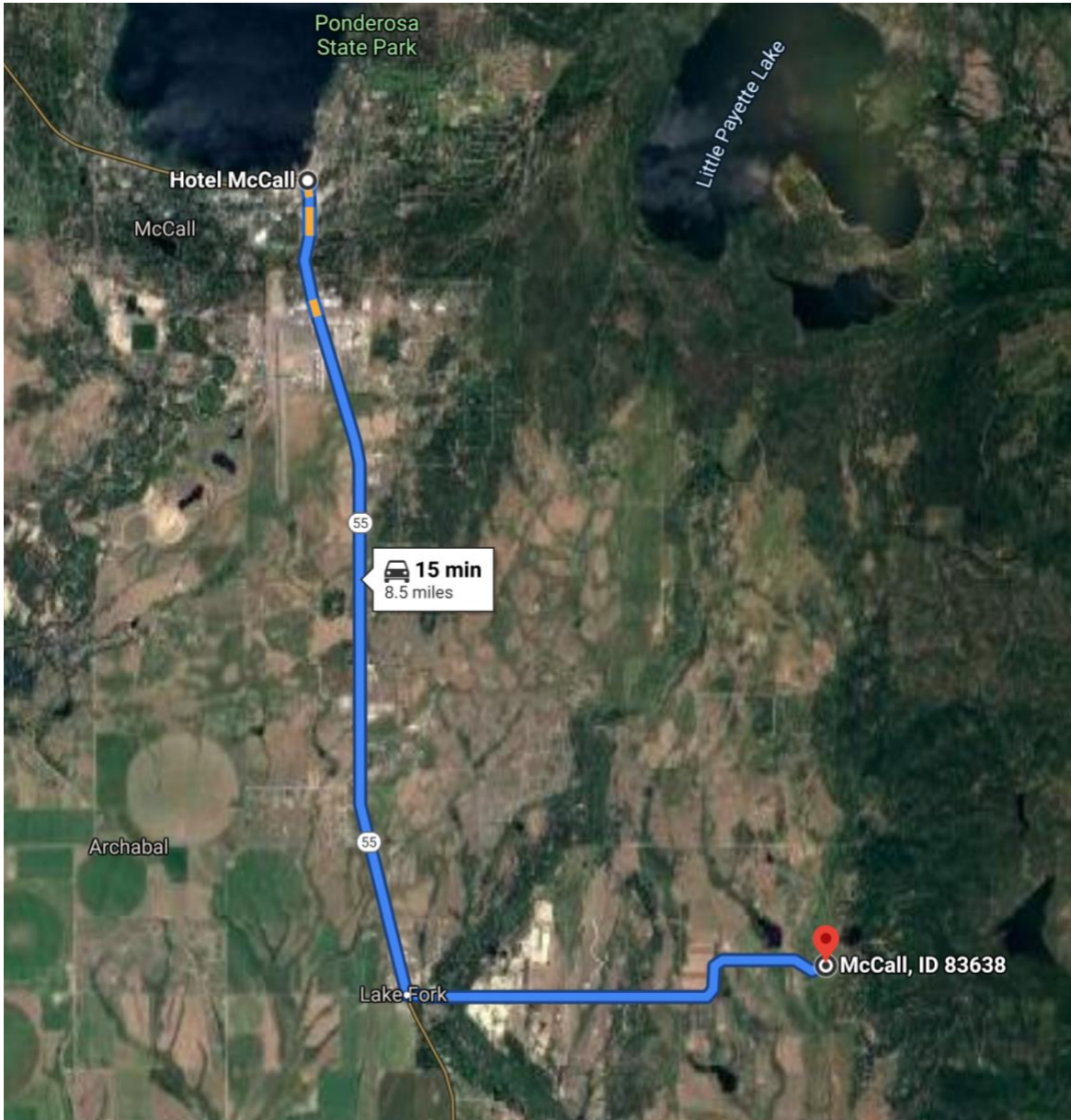
Matt Galyardt, Race Secretary

406-370-1680

[galyardt@gmail.com](mailto:galyardt@gmail.com)

# Jug Mountain Ranch Location

<https://goo.gl/maps/3o2Ke3JxYH1t4q5t9>





## IMD Wax Policy 2020-2021 Season

With the recent decision from FIS to rescind its ban on Fluoro use for the 2020-2021 season, all IMD races licensed by FIS are OPEN wax events. Currently, those races in question are:

- West Yellowstone, Nov 28 (canceled)
- Sun Valley Dec 11,12,13 (canceled)
- SoHo #1 Jan 2,3
- Sun Valley Spring Series Mar 25,27,28

All other IMD sanctioned events (SoHo Super Q/RIMSA, McCall JNQ (NRL), IYC/Western Club Championships, Bozeman JNQ) will be administered under the 2020 updated IMD Wax Policy. Recommended updates to the Policy were consolidated from IMD Member Team input, take into consideration the FIS licensing requirements for the 20/21 season (e.g. no wax restrictions), and include the following goals:

1. Decreasing release of Fluorine into the environment for the 20/21 season and eliminating all use of Fluorine for the 21/22 season and beyond.
2. Eliminating all exposure to Fluorine by the 21/22 season for anyone in the IMD family who waxes skis for IMD events.
3. Creating a simple, affordable glide wax policy that supports growth of IMD skiing.
4. Leveling the playing field for Teams and individual Athletes by turning one primary ski prep variable into a constant.

To achieve these goals, the following rules will be in effect for the U16 category and up and applies to (non-FIS) IMD events in the 20/21 season. (U14 and younger age groups may only use NF)

- No restriction is placed on:
  - Ski grind
  - Structure
- Only NON-Fluorinated kick wax may be used.
- Common sense cleaning guidelines – all skis must be cleaned (per Adam, FIS guide)
- Picking Glide Wax
  - Race organizers will pick race glide wax from the following product list, all of which are made available for preseason purchase at preferred rates: SWIX (\$40/180G)
    - Swix High Speed 5: -10 to -18 (Hard Wax)
    - Swix High Speed 6: -6 to -12 (Hard Wax)
    - Swix High Speed 8: +4 to -4 (Hard Wax)
  - Organizers will provide the chosen glide wax call to all registered clubs by 12pm three days prior to a race.
    - Ex. If races are scheduled for Saturday/Sunday, glide wax will be communicated by 12pm on Wednesday for the Saturday race and Thursday for the Sunday race.
  - Coaches must directly supervise glide waxing for all competing athletes. All ski bases will be cleaned before hard wax application with a liquid base cleaner as recommended by the manufacturer. Please note that some base cleaners may have fluorine in them. It is recommended, in keeping with the goals of the IMD wax protocol, to use a non-fluoro base cleaner to reduced exposure. Swix specifically markets a product labeled as non-fluoro. Once waxed the skis must stay in control of a team's coach until the race start.

## **Disciplinary Actions:**

Complaint of violations should be written on the Complaint of Violations form (available below as **Appendix B.**) and emailed to the IMD Executive Committee at *Rick@svsef.org* & *Zhall@uolf.org* within 4 hours after the finish of the race in which an alleged violation occurred. Violations may only be considered if they meet IMD's Standards of Proof (see **Appendix A.**) and should include as much detail about the situation as possible to aid in a quick resolution. The IMD Executive Committee will determine validity of the complaint and, if merited, will issue a decision regarding the application of a penalty within 72 hours of the official complaint.

- A. If an athlete is found to have competed on skis that aren't waxed in accordance with the IMD Policy (whether known or unknown), that athlete will be disqualified.
  - a. The responsible Head Coach and Executive Director of the Club will also be issued a written Notification of Violation and Warning.
- B. A second infraction for an athlete during a season will result in disqualification from that day's competition(s) and all other JNQ's in the season, including those already contested and those yet to be run.
  - a. The responsible Head Coach and Executive Director of the Club will be issued a reprimand. A fine of \$150 will also be assessed to the athlete's club.
- C. If an athlete is disqualified from an event, they are removed from the results sheet and the points will be reallocated.

In the event that a complaint does or does not meet IMD's Standards of Proof but is thought by a majority of the members of the IMD Executive Committee to have some possible validity, the athlete(s) in question, their parent/guardian and the athlete's coach will be notified that a complaint was lodged. The coach will be tasked with creating a plan that ensures that no allegations can be made in the future (e.g. Ski management plan, team waxing policy, etc.). This plan should be shared back with the IMD Executive Committee prior to the next competition to alleviate potential for future complaints.

## **Appendix A. – IMD Wax Policy, Standards of Proof**

A Complaint of Wax Policy Violation will only be considered by the IMD Executive Committee if one of the following items are included:

- A. A timestamped video that clearly shows a fluorinated product being applied to skis. The skis in question must additionally be proven to have been used in the race in question.
- B. An athlete admits to using Fluorinated products.
- C. Signed statements from two or more people from different teams that attest to having seen fluoros being applied to a specific set of skis that were used in the race in question. At least one of these people needs to be an IMD coach.

**Appendix B.**

**Complaint of Wax Policy Violation**

Instructions: Complaints must be fully filled out and emailed to the IMD Executive Committee at Rick@svsef.org & Zhall@uolf.org within 4 hours after the finish of the race in which an alleged violation occurred. Violations may only be considered if they meet IMD's Standards of Proof (see IMD Wax Policy Appendix A.) and should include as much detail about the situation as possible to aid in a quick resolution. The IMD Executive Committee will determine validity of the complaint and, if merited, will issue a decision regarding the application of a penalty within 72 hours of the official complaint.

**Details of Alleged Violation (Please include full names, club/team affiliation(s), locations, and anything else to help aid in a quick resolution):**

**Additional information (timestamped videos, photos) that is being submitted with this form:**

**Printed Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_