



# NYSSRA NORDIC NEWSLETTER



*NYSSRA NORDIC*

## COVID GUIDELINES & YOUR OWN RACE BIB FOR 2020-'21

### UPCOMING EVENTS

- Dec 19—GHN-ADK Socially Distant Relay
- Dec 27—Glenville Hills 5K 10K Skate
- Jan 2 - Gore Mt. Classic Distance
- Jan 3—Gore Mt. Skate Distance
- Jan 9—GHN-ADK Skate @saratoga Biathlon
- Jan 9—Mid A Junior Races Van Ho
- Jan 10—Mid A Junior Races Van Ho

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This winter NYSSRA Nordic will be sanctioning Nordic ski race events in New York State put on by organizers committed to safe races that follow strict precautions to prevent the spread of COVID-19. We anticipate a limited number of events will be scheduled for the 2020-21 race season, especially given the recent rise in the rate of new infections.

[NYSSRA COVID Race Guidelines](#) are posted on this NYSSRA website in the **Forms** folder and will be updated throughout the season. The guidelines are for organizers, venue hosts, racers, officials, and volunteers on how to run the safest races possible and “how to be a racer” with appropriate protocols. It is important that everyone understand them. Most importantly, NYSSRA Nordic will be following federal, state, regional, and local rules for group sporting events and receiving their updates on new restrictions for whether gatherings can be held safely.

As for your own racing bib, personal contact with standard fabric race bibs presents potential COVID-19 issues for pre-race

handling, use while racing, after race collection, and cleaning. Yuck! The solution is to pre-assign Tyvek bibs for racers to re-use throughout the 2020-21 race season. If you are a **current renewed 2020-21 member**, NYSSRA Nordic will be sending you by postal mail a Tyvek race bib at no cost. Remember to bring it to races and keep it for reuse at other races.

In a few weeks, an email will be sent to all **current renewed members** asking for a reply that confirms their postal mailing address + provides the names of family members that will also need a bib in the same mailing packet. Bibs will be mailed in December. It is not too late so review your membership

Of course, safe in-person racing goes beyond re-useable bibs. Being on the racecourse is easy. The greatest concerns include **what people do before and after a race**. Here are the basics from the guidelines:

- Registration will be no contact only by SkiReg or other online system. No day of race.

Stay home if not feeling well. You will need to

fill out a [Pre-race COVID Health Screening Questionnaire](#) and bring it to the race.

- Six feet physical distancing is required at all times.
- A mask or face covering is required by everyone when not on a ski racecourse.
- No indoor facilities will be available at most venues. Plan to base out of your personal vehicle for changing and staying warm.
- Port-a-Johns and out-houses will be available. Bring your own hand sanitizer.
- Ski waxing should be done at home. Waxing areas will not be provided where people are in close contact space.
- The norm will be interval or rolling starts. Plan to race, cool down quickly, and go home. Look up your results online later.
- Yes, the modifications will be a different experience. Choosing to race or not to race is up to individual racer discretion and we understand any decision you may make.

## HIGH SCHOOL SKI SEASON WILL BE DIFFERENT

The NYSPHSAA State Championships for High School Nordic Racing has been cancelled for the 2020-2021 school year. NYSPHSAA has decided that bringing athletes from around the state on buses and having athletes room together for the 2 day meet was not safe. All sport Championships have been cancelled for this year.

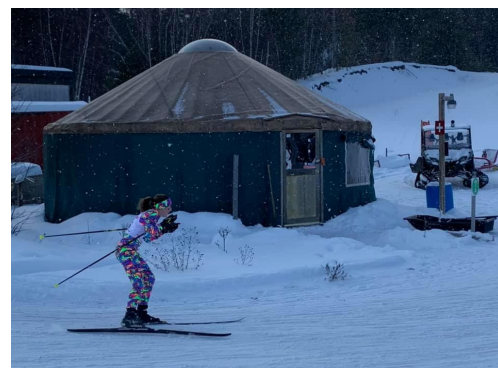
Individual sections of the state are allowed to still have races within their section of the state. These races will be limited and some sections may decide to not race at all. Most if not all Sections will not allow athletes to travel beyond their geographic section.

NYSSRA Nordic has instituted some

new policies to give opportunities to our youth athletes. This year, there will be no charge for any youth athlete to join NYSSRA Nordic. Any previous members of NYSSRA will only be charged a fee of \$5 for membership.

Our hope is that we can span the gap and offer a safe racing experience for our youth athlete for this year.

Skiing is a sport that must be worked on for years and development is crucial for our sport. NYSSRA Nordic is dedicated to providing opportunities for our youth athlete. We encourage all High school athletes to join NYSSRA Nordic and participate with us.



High School racers on the course in Section 2



*“Don’t be sorry for me because I just missed a medal. . . be happy WITH me, because I fought like a hell today! I pushed my body so far past it’s limits I’m actually kind of amazed I didn’t pass out on that final climb. Looking back and knowing you gave it absolutely everything you had without holding back is a great feeling. (Jessie Diggins)”*

## Ski-O Plans for the 2020-21 Season

We plan to follow Orienteering USA and NYSSRA’s COVID guidelines for our events this winter. OUSA’s procedures have been in place for foot orienteering events since last March, and while they mean a different type of event, they do enable us to get out and orienteer. Most participants feel it’s a small sacrifice to make while we’re waiting for our activities to return to normal.

For the upcoming season participants will register, sign the waiver and pay their fee online to the event organizer. They will be sent a link where they can download and print their course map. Participants will time themselves while on course and submit their times afterwards to the event organizer. Control markers will be left out on course for at least a weekend, and longer if

possible, enabling participants to ski the course at their convenience and avoid crowds. Details specific to each venue, including how to pay the trail pass fee, will be published prior to each event in the meet notes.

So far we’re planning the following events:

Dec. 19-20 – Lapland Lake

(Eric Hamilton, organizer)

Dec. 21-Jan. 10 – Mt. van Hoevenberg (Janet Findlay, organizer)

Jan. 23-31 – Cole Hill Score-O (Phil Hawkes-Teeter, organizer)

More events will be added as the season progresses. Unfortunately the 2021 Empire State Winter Games have been cancelled. Please follow your state, municipality and venue’s COVID guidelines, including travel restrictions. We’re all desperate to do as

much orienteering as we can, but the more we work together on this the sooner we’ll be back to normal.

Many event organizers and participants are using UsynligO, a great new orienteering phone app. We’ll enter as many courses as possible into the database so that orienteers and non-orienteers alike can try out courses at their convenience. More information on UsynligO can be found at <https://empclub.org/usynligo-phone-app/>.

Keep checking the NYSSRA website (<http://skio.nyssranordic.org/>) for information, and watch our Facebook page ([facebook.com/NYSSRANORDIC](https://www.facebook.com/NYSSRANORDIC)) for last minute changes and updates throughout the season. See you out on the trails (at a distance)!



## 2021 BIATHLON UPDATE

I think it goes without saying we're all ready to put 2020 in the rear view mirror. Finding small joys and experiences has become more important than ever in our new normal. Toward that end, NYBiathlon in coordination with NYSSRA Nordic has just released the 2021 race calendar. There are currently seven events planned between January and March at venues around NY with options for more if the situation allows. NYS Biathlon clubs have been very active in the off season as well. From range updates at Saratoga Biathlon, to a new site and range for Syracuse Biathlon, to the opening of a new range at Paul Smith's, and of course, the HUGE multi-million dollar renovation and development of the World-Cup ready facili-

ties at Mt. Van Hoevenberg, Biathletes in NY and the Northeast have a lot to look forward to this winter! Of course, racing will look and feel a bit different this year. Biathlon races in NY will primarily consist of Sprint races with interval starts in order to maintain separation between racers and volunteers. NYBiathlon and NYSSRA have developed a series of protocols that race organizers will implement to ensure the safety of all involved. Look for these on the NYSSRA nordic website and in the event notes posted by race organizers. We look forward to getting back to a time where we can all hang out and trade stories in the warming huts post race, but for this year we're hopeful the plans that have

been put in place will still give our athletes a chance to compete and socialize (distantly of course!). Ski fast and shoot straight!



## NEWS FROM BKYSL LEAGUE

Winter will look different this year, for our BKYSL clubs, venues and the world around us this season. There will be challenges and changes for everyone. This could be the season that you explore your region/area and ski trails you haven't explored before. Here are some suggestions: Hold team/family ski outings and fun ski races. Have your skiers participate in scavenger hunts, obstacle courses, introduce ski-orienting, work on K's for Kochers, and most important.....SNOW DANCES! As of now skiing is

considered a low risk sport. Meet in small groups, mask up, keep your distance, and get outside! Skiing is good, because it is outdoors, and can be done while minimizing the spread of the virus and is wonderful for health and well-being. All BKYSL clubs will be following the guidelines that have been put in place by NYSSRA Nordic.

NYSSRA Nordic will be following federal, state, regional, and local rules for group sporting events

and receiving their updates on new restrictions for whether gatherings can be held safely.





## Nyssra Nordic

*NYSSRA-Nordic, Inc. is a not-for-profit 501 (c) (3) tax-exempt public charity organization under the Internal Revenue Code. A contribution beyond membership fees paid is fully tax-deductible under Section 170 of the Code. NYSSRA-Nordic works in conjunction with state and national governing bodies to support the development of Nordic Skisport in New York State. NYSSRA currently supports programs and races for the Nordic disciplines of Biathlon, Cross Country Skiing and Ski Orienteering.*

[http://  
nyssranordic.org/](http://nyssranordic.org/)



This year we hope to again have a Bi-Monthly newsletter for our NYSSRA Nordic members. Feel free to send stories, photos, and information you wish shared to Bob Underwood. Send to :

## BILL KOCH SKI LEAGUES - SCHEDULES AND EVENTS

TENTATIVE SCHEDULE FOR SOME ONE DAY EVENTS, ALL SUBJECT TO CHANGE,

REGISTRATION WILL BE NO CONTACT ONLY BY SKIREG OR OTHER ONLINE SYSTEM. NO DAY OF REGISTRATION THIS YEAR. IF YOU HAVE EVENTS SCHEDULED FOR YOUR REGION, OR NEWS OF HOW YOUR CLUB IS DOING, SEND AN EMAIL TO JANINE PHANEUF

EMAIL [NEEN54@GMAIL.COM](mailto:NEEN54@GMAIL.COM)

SHE WILL SHARE WITH OTHER CLUBS, AND ON FACEBOOK. MAY WE ALL BE ON THE TRAILS TOGETHER SOON!

Jan 9 - Polar Bear Ski Club event in Old Forge  
Jan 16 - Osceola Ski Club event  
Jan 23 - RXCSF event in Roch-

ester/Bristol Mt.  
Feb 6 or 7 - Polar Bear Ski Club event in Old Forge  
Feb 6- Winona Tourathon, Winona State Forest  
Feb 13-Tupper Lake Jr. Lumberjack scrambler  
Feb 20 - Osceola Ski Club event  
Mid Atlantic BKYSL Festival :NYSEF and ORDA are continuing to work towards hosting. I do not have any solid information to share, other than the folks at ORDA are working on approval for this and other events.

Our NENSA friends have included NYSSRA Nordic BKYSL in a friendly game of bingo, link provided for the information and bingo card. I hope everyone will play! Starts December 1st -March. You could

win some cool stuff!

<https://nensa.net/.../11/24/xc-ski-bingo-opens-december-1st/>

