



Regina Biathlon Club SWF cup 3-4 January 22 and 23, 2022

Welcome to the Regina Biathlon Club within Regina Wildlife Federation at range road 2182 in Pilot Butte. It is our turn to host a SWF cup race and the tradition hasn't changed, **a fun simple race in January!** It will be an opportunity for officials, volunteers, coaches and athletes to gain experience.

Weather policy:

It is forecasted to be -12 with a mix of sun and clouds, 30% chance of snow and 20km winds.

We would like to remind that race day will be canceled if it is colder than -25 including wind factor (feel) at the time of Zeroing. Regina Biathlon Club is using the Environment Canada Website/app.

A race committee will have the ability to modify the race format, start time or race distances before or on the day of the race.

Range facilities and gate

The gate will be open 1h prior to the event start and closed at the time of zeroing. You can leave the facility without anyone needed.

In the event where you need to warm up, eat or change, please prepare your vehicle for that, do not leave your car running unattended with kids without a learner or full driver's license holder. There won't be any security volunteers and leaving your vehicle unlock is at your own risk. The parking lot and 2 outdoor bathroom stalls are close to the range. The use of the club warming shack is limited to race organisers and officials with a maximum of 6 people in it fully masked. The garage-shed will be the primarily use of medic or a place to make small last-minute repairs with a maximum of 6 people fully masked. Keep entrances-exits of the buildings clear.

There are no designated spectator area in range-view, meaning, no seated platform areas and it will be easily crowded. We strongly encourage

spectators to enjoy the race in the skiing areas and keeping your distances, or to volunteer.

The main wind-protected area with windows is primarily used for case storage and athletes to get warmer and away from the wind.

Covid protocol

As per the Biathlon Saskatchewan Event Protocols, all persons attending the race as a spectator, official, volunteer or athlete that are eligible (12+) must be fully vaccinated (14 days from second dose) by the start of the event or provide a negative COVID test less than 48 hours prior to the event. Please read the competition COVID protocol section carefully to ensure a safe and trouble free event.

Participant Criteria:

To be present at in this event, all participants (coaches, athletes, officials, volunteers and spectators) **must register on Zone4**. Vaccination or COVID test results will be verified by a volunteer by the round building within the range. Persons unable to comply will be turned away. There is an optional way to show your QR code at registration to be proactive.

Registration Acknowledgment:

I acknowledge the following: If I am vaccine eligible, I will be fully vaccinated (14 days after 2nd dose) or will provide a negative PCR test no older than 48 hours prior to the first zero session for my event. I agree to voluntarily present my QR code, provincial vaccination card or negative PCR test result from a Ministry of Health approved COVID-19 testing service provider prior to the event start. I will provide this information on each day of the race weekend acknowledging that Biathlon Saskatchewan and Regina Biathlon Club are not retaining any personal information. If I am unable to provide this information, I will be unable to attend or participate.

- OR -

If my child is not yet vaccine eligible (for anyone under 12 years old) they will not have to show proof of a negative test, however, the child should always wear a mask unless skiing or on the shooting mat and maintain a physical distance of 2 m.

The proof of a negative test result may be either a PCR or rapid antigen test. The test must be

performed by a Ministry of Health-approved COVID-19 testing service provider for a fee.

An appointed volunteer will be stationed to verify proof of vaccination or negative test of all persons entering the Wildlife Federation range by the round building. The information will only be viewed by the volunteer, it will not be recorded in any fashion. No late persons will be allowed in.

Daily Health Checks:

A pre-screening assessment for COVID-19 will not be required. However, all athletes, coaches, volunteers, and spectators who participate in or attend the SWF Cup Race are expected to self-monitor for signs of illness. It is recommended that you take an at home rapid test prior to attending the race even if fully vaccinated. These test results do not need to be reported.

DON'T COME TO THE RACE if you experience signs of illness or are required to self-isolate or quarantine by provincial rules. While your illness may not be COVID-19 related, we do not want to pass along an illness that will impact others' missing practices or other activities as they need to test and isolate (even with mild symptoms).

Masking:

Masks **MUST** be always worn indoors. Biathlon Saskatchewan COVID event protocols require the use of masks for ALL participants at ALL times, unless the athlete or coach is on course skiing or at their lane during zero or the participant is able to maintain 2 m physical distance from others. A buff **CANNOT** be used as a non-medical mask. Masks must cover both the mouth, nose, and chin. It is recommended to bring multiple masks as breathing and cold can freeze them.

Hygiene:

Wash your hands with soap and water prior to leaving your home before coming to the race. Sanitize hands upon arrival. It is recommended to carry hand sanitizer with your person or in your vehicle (you can sanitize and dry hands while still in the warmth of your vehicle). Practice good hygiene etiquette of sneezing/coughing into your sleeve. Sanitize your hands after any contact with your nose, mouth, etc.

Sanitize your hands when entering the RBC facilities. Hand sanitizer will be made available when going inside a facility. Wash stations with soap and water are not available, and bibs will be laundered between races.

Refreshments & Awards:

Individually packaged items will be available for athletes and volunteers. There will be no face to face award or medal ceremony nor a prize table. Chocolate for clean shooting will be available. Race results will be made available on site and later online (possibly available immediately through Zone4 with timing chip results). Medals may be made available to club coaches once results are made final.

Attendance list and communication:

The mandatory Zone4 registration will be used as the attendance list log and be kept for the purpose of notifying participants of any necessary communications should our club or Biathlon Saskatchewan be made aware of a positive COVID case following the race. Biathlon Saskatchewan requests participants who test positive for COVID to immediately notify our club and Biathlon Saskatchewan, including positive COVID-19 results up to 14 days after the event.

Volunteering role needed:

RBC is enjoying the visibility it gets when spectators are encouraging our athletes, our sport, and it is very satisfying to have helpers. With limited room capacity at the range, for the smoothness of the race and for safety reason, we hope that everyone have an active role to play especially in the shooting range area. If you are looking for fantastic views of the athletes skiing, you want to guide traffic (penalty loop, crossing areas, cherry hill).

Please register for a volunteering role:

<https://signup.com/client/invitation2/secure/967356198092/false#/invitation>

Competition Information

Memberships:

All athletes, coaches and officials must have an up to date Biathlon Canada membership in place.

<https://zone4.ca/register.asp?id=25797&lan=1&cartlevel=1>

Race Fees:

Single day race - \$20.00

Full weekend race - \$30.00

There is no fee for coaches, officials, volunteers or spectators but registration is still mandatory.

Registration:

Register on Zone4.ca by Friday January 22nd, 2022 noon (12h). Online registrations are active and can be found searching Zone4.ca 2022 SWF cup 3-4 regina or through this link -

<https://zone4.ca/register.asp?id=28080&lan=2&cartlevel=1>

Registration is required of all participants including spectators, officials, volunteers and coaches. Late registrations or on-site registrations will not be accepted.

Cancellation Policy:

If the event is canceled prior to the weekend of the races due to weather or COVID health orders require cancellation, a full refund less the online service charge will be provided.

Race Course:

A trail map is available on the Regina Biathlon website website (www.reginabiathlonclub.ca)

Bush loop (Green) – 200 m

New Blue (B) – 600 m

New Yellow (Y) – 875 m

Orange (B) – 975m

Red (R) – 2.3 km

Race formats:

A multiple wave simultaneous start race format will be used on both Saturday and Sunday. Multiple waves will be used to reduce competitors at the start. The Saturday race will be a shorter sprint format and the Sunday race will be a longer mass start format.

Category	Year born	Sprint (sat)	Ski sequence	Mass Start Sunday	Ski sequence
Air rifle	2011 and younger	2km PP	YBB	2.95km PPP	YYBB
Juvenile boys/girls	2009-2010	2.45km PP	OYB	3.4km PPP	OOYB
Junior boys/girls	2007-2008	4km PP	ROY	5km PPPP	ROY Y
Senior boys/girls	2005-2006	4.25km PS	ROO	7.53km PPSS	RROOO
Youth men/women	2003-2004	5.57km PS	RRO	8.85km PPSS	RRROO
Junior men/women	2001-2002	6.9km PS	RRR	11.5km PPSS	RRRRR
Open Men/women	2000 and older	6.9km PS	RRR	11.5km PPSS	RRRRR
Master men/women	Say no more!	4.25km PS	ROO	7.53km PPSS	RROOO

Notes:

- All ages stated are as of December 31, 2021.
- Sport Men / Women and Senior Boys / Girls categories will follow the range carry procedure picking up their rifle from a rifle rack at the entrance to the range, skiing to their shooting mat, skiing the penalty loops, and dropping their rifle at the same designated rifle rack.
- Youth, Junior, Open and Masters Men / Women will carry their rifle while skiing on course.
- Masters Men / Women may optionally follow the range carry procedure.
- All Junior Boys / Girls race times will be combined for results. Athletes using a rest should indicate it at bib registration, and will have a 2:00 min time added to their results for comparison with those athletes shooting

without a rest to recognize current skill level development and added challenge of shooting without a rest

- Penalty loops for misses will be skied for Saturday and one minute will be added for each miss on Sunday.

Race Schedule:

The schedule is subject to change due to weather conditions and the number of competitors. The organizing committee reserves the right to change the event schedule as needed. If advance notices are possible, a communication will be sent to all registrants via email.

Saturday January 22nd	13:00	Race event open Bib pick up Vaccination/Test verification
	13:30-14:15 (45 min)	Zero: preliminary lanes designations: 1-2-3 QVN 4-5 HP 6-7 Saskatoon 8-9 Moose Jaw 10-11 Regina 12 Esterazy
	14:30	Wave 1 (Air Rifle Category)
	14:50* approx	Wave 2 (Juvenile, Junior, Senior categories)
	15:15* approx	Wave 3 Youth, Senior, Open, Master categories)
Sunday January 23 2022	10:00	Race event open Bib pick up Vaccination/Test verification
	10:30 (45 min)	Zero: preliminary lanes designations: 1-2-3 QVN 4-5 HP 6-7 Saskatoon 8-9 Moose Jaw 10-11 Regina 12 Esterazy
	11:15	Wave 1 (Air Rifle Category)
	11: 40	Wave 2 (Juvenile, Junior, Senior categories)
	12:15	Wave 3 Youth, Senior, Open, Master categories)