

CSCF Terrain Park Usage Policy

Revised – December 10, 2008

This policy has been written to guide alpine coaches in the use of terrain parks for the development of ancillary skills for athletes under their direction.

Terrain parks are defined as a designated area constructed and maintained by the ski area for area patrons that includes, but is not limited to, table tops, half pipes, quarter pipes, jumps etc. Not included in this definition is any profiling of the hill for the purposes of alpine training (e.g. building of jumps or rollers for speed events).

The CSCF does not cover, in any of its curricula, the safe use of terrain parks.

Policy

CSCF members wishing to use terrain parks as part of their supervised or unsupervised programs involving the training or coaching of alpine racers must have the appropriate training and/or certification:

- Canadian Ski Instructors Alliance Snow Park course (training or certification) or
- Canadian Freestyle Ski Association Club Coach coaching program (trained or certified status).

Terrain Park Recommendations

For coaches who are certified to coach or instruct in terrain parks, the following additional recommendations are made:

1. Athletes are required to wear helmets and should wear mouth guards.
2. The Terrain Park should be inspected just like a race course, in advance of use.
3. Use appropriate spacing and monitoring to avoid collisions (like speed training).
4. Athletes should be supervised at all times while skiing in a terrain park.
5. Sequence and individualize skill development.
6. Have an emergency action plan, including radios at all times.
7. When skiing in a terrain park, coaches should always assess what the relevance to ski racing is. This may help guide the choice of activities.
8. Above all coaches and athletes must check with the terrain park operator to obtain specific permission to use the facility for alpine racer training and may be required to sign waivers or hold harmless agreements. Coaches may not sign such documents on behalf of athletes who are minors.

Limits

9. No inverted maneuvers should be attempted at any time unless the coach has the appropriate training and/or certification from the Canadian Freestyle Ski Association.

Conclusion

10. Terrain parks can offer a fun and challenging environment that may aid athletic development in ski racers. Alpine coaches need to be aware of the benefits, risks, potential consequences and limits of usage.

More Information

11. For more information on safety in a terrain park, refer to the Canadian Freestyle Ski Association's web site.