2019-2020 NORDIC SKI INFORMATION

IMPORTANT INFORMATION FOR ALL SKI COACHES PARTICIPATING IN STATE

Education Statement for VPA

The VPA Nordic High School Coaches Association has made the decision to stop the use of ALL fluorinated glide waxes for the 2019-2020 regular season and state meets. The decision is based on well-documented research linking the risks of use to both human health and environmental impacts. Fluorinated waxes are part of a family of carbon-fluorine man-made compounds commonly known as PFAS.

As adults, we are listening to our young people, hearing their concerns regarding climate change, and taking action by reducing the amount of PFAS used in our sport and state. This new wax policy is based on trust and the hope that all involved in our High School League make the health of their teammates, coaches, spectators and the environment a priority.

COMPETITION: Cross Country Skiing will follow the guidelines of the USSA unless otherwise specified below.

Coaches – Please remember that as of 7/1/16 all coaches must have AED, CPR and Emergency Action Plan training.

1. The boys' and girls' nordic state ski meets will include two separate championships; Classical and Freestyle. Please see appropriate sections for detailed information.

2. Rules and Regulations will conform to the Vermont Principals' Association Ski Rules.

3. Pacing Rule - Coaches and spectators may be on the course on skis. They may shout encouragement and give splits but shall not ski alongside racers or follow the racers in the track once they have passed, but they are allowed to run by foot alongside of competitors for no more than 30 meters.

4. Participants must have participated in 50% of the INTERSCHOLASTIC school meets (exclusive of injury) which the school participates in prior to entering the States. If competitors do not meet this criteria, an appeal must be made to the VPA.

5. The Tag Zone for Relay Races should be a rectangle 30 meters long. It should be sufficiently wide, clearly marked, roped off, and located on flat or smoothly rising ground near the start or finish.

6. All courses must be properly prepared according to Ski Rules.

7. The VPA has no affiliation with any events beyond State Meet. Please note that Eastern Championships are not endorsed by the VPA. If a New England Championship is approved, it would be endorsed by the VPA.