



## Bunny and Jackrabbit Program FAQ 2021-2022 Season

### What Program Should I Enroll my child in?

Kanata Nordic Ski Club offers Nordiq Canada's Bunny and Jackrabbit program for children between the ages of 4 and 10. This is a skill- and age-based program where we aim to balance ski skill and age-appropriate groupings to best meet the social and ski skill development needs of children. Use the following guidelines to select a program for your child. Returning Bunnies/Jackrabbits should refer to last season's end-of-year evaluation when registering.

Your child's skills will be evaluated during the first two weeks of on-snow sessions to determine which level they should be in; movement between levels is possible where appropriate.

**My child has already completed one or more years of the Bunny/Jackrabbit program**

Refer to end-of-season evaluation from previous year  
Contact [kanatanordicjackrabbit@gmail.com](mailto:kanatanordicjackrabbit@gmail.com) with questions

**My child is NEW to Bunny/Jackrabbit program (new to Nordic skiing). (Age as of December 31)**

Age	Register in:
4 or 5 years old	Bunny 1
6 or 7 years old	JR 1
9 or 11 years old	Dynarabbit

### My child is a really good skier, can I enrol them in a higher level?

We would recommend that new skiers register in the level indicated in chart above. In our experience, children in the Bunny and Jackrabbit programs have the most positive experiences when grouped with similarly-aged skiers given the significant social growth that occurs in this age bracket. That said, it's a guideline not a rule. Your child's skills will be evaluated in the first two on-snow sessions and coaches will recommend whether movement to another level is appropriate.

### What is included in the Rabbit programs?

All Bunny Rabbit and Jack Rabbits across Canada receive a kit from Nordiq Canada as part of their registration in the program. This includes toque and learn-to-ski poster / booklet for collecting sticker awards. These materials are included in the price of the program.

In most years, Kanata Nordic includes the cost of weekly hot chocolate and marshmallows as the mid-class warming break. Due to COVID public health concerns, we may not be able to offer this in the 2021-22 season. Likewise, we typically offer a Fun Day on the second to last day of lessons – this would involve ski games, food, drink and dessert. Public health concerns may prevent us from offering that this winter.

### Where are the lessons?

Typically, rabbit lessons are start at the main cabin at the 411 Corkstown Rd. trailhead. This winter, some lessons may also start at the 401 Corkstown Rd. trailhead to spatially distance children, parents and their leaders.

### What equipment is needed?

Participants in Bunnies and Jackrabbits are expected to have appropriate ski equipment and winter clothing. Kanata Nordic cannot provide equipment to skiers for all classes, even from our rental operations. Local ski swaps, including our own, as well as retailers like Fresh Air Experience, Kunststadt, Bushtukah, Trailhead and other are good sources of equipment.

Ski Level	Ski Equipment Recommended
Bunny 1 & 2	Classic or combi boots and waxless skis. No poles
JR1	Classic or combi boots, waxable or waxless skis and classic-length poles
JR2	Classic or combi boots, classic skis and classic poles (waxable skis recommended)
JR 3, 4 and Dyna	Skate or combi boots, skate skis & skate poles optional (can strip grip wax from classic skis and use classic poles & skis for skate sessions)
Note 1: It is the parent's responsibility to wax (glide and/or grip) skis. Coaches are typically prepared to help if the weather/snow changes, but can't individually wax kids' skis. Kanata Nordic will typically offer a session on waxing before the ski season.	
Note 2: If classic skis are used for skate sessions, they must be properly prepped prior to each session (all grip wax stripped from kick-zone).	

More specific information on equipment and clothing will be delivered via email or at the Parent Information session prior to season commencement.

### What is your cold weather cut off policy and does it include windchill?

The cold weather cut off for Bunny Rabbits is -15°C (air temperature) at 10:00 AM for afternoon sessions. Cold weather cut off for Jackrabbits & Teen Skate is -18°C (air temperature). But it should be kept in mind that cancelation decisions are based on a number of considerations: wind, precipitation, temperature trend, dangerous conditions (i.e. extremely icy) and overall suitability for a Bunny/Jackrabbit session. In some borderline weather conditions, program coordinators may run shortened sessions. If there's insufficient snow, we try to offer alternate outdoor (games, hike, etc.) if it won't damage the snow pack.

### If I am wait listed for a program, why don't I receive a receipt from Zone 4?

Zone 4 can only issue receipts on monetary transactions. However, rest assured that the Kanata Nordic Coordinators have a record of you on our ordered wait list and will contact you as a spot becomes available. If you haven't heard by one week prior to the beginning of the session, a spot did not become available.