



Bunny and Jackrabbit Program FAQ 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 11. 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 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. If you feel your child is in the wrong level, mention it to their instructor or the Jackrabbit coordinator.

What is included in the Rabbit programs?

All Bunny Rabbits and Jack Rabbits receive a Nordiq Canada ski toque and learn-to-ski booklet for collecting sticker awards. These materials are included in the price of the program.

We typically offer a Fun Day on the second to last day of lessons – this would involve ski games, food (pizza), drink and desserts. This is included as well.

Where are the lessons?

The majority of Rabbit lessons will start at the main cabin at the 411 Corkstown Rd. trailhead.

Because of the drive-thru Christmas light show that occupies the 411 Corkstown trails around Xmas, the first lessons of the season will be at our 401 Corkstown Rd. trailhead.

When are the lessons?

Rabbit programs are mostly on either Saturday and Sunday afternoons at 1:30 p.m. In 2024, they will start January 6th or 7th respectively, and end March 10th.

For kids in JR3 or JR4 interested in extra instruction in addition to the weekend lesson, we offer a NightRabbit one night a week from 6:30 pm till 8:00 pm.

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. Classic-length poles are introduced midway thru the season
JR2 and Dyna	Classic or combi boots, classic skis and classic poles
JR 3, 4 and Dyna	Preferably combi boots, classic skis and skate skis <i>optional</i> . If classic skis are waxed, parents can clean the grip wax from classic skis and use classic poles & skis for skate sessions or rent from Kanata Nordic.
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.

I have signed up on the waitlist in the past and did not get in. Are there limits to how many people can participate in youth ski programs?

Kanata Nordic's limiting factor for enrollment in children's programs is having enough coaches; with more leaders, we can help more children learn to ski (e.g. potentially add more junior classes).

Please note, Rabbit volunteer leaders and assistant leaders receive registration priority for their children if classes fill-up. Without your help, the programs won't happen this winter.

I am interested in becoming a volunteer ski coach; how do I sign up?

Fantastic – thank you in advance! Please email kanatanordicjackrabbit@gmail.com ASAP – even if you're just coaching curious! This is a great opportunity to build your cross-country skills and share your passion for nordic skiing with others. You do not need to be an expert level skier to coach, especially in the younger levels like Bunny Rabbit or Jack Rabbit – enthusiasm is more important!

We offer optional *free* coaching training to volunteer coaches, ranging from orientation session to on-snow *How to Coach*, to Nordiq Canada's Community Coaching certification.

Coaches are required to be Club Members and complete a Police Vulnerable Sector Check. We try to pair coaches with an assistant coach to ensure that classes have multiple adults accompanying them.

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.

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 10:30 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 cancellation 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.

Refund / Cancellation Policy

Membership fees are non-refundable.

Learn-to-ski (LTS) program registration fees will be refunded, less a 20% administration fee, within the first 7 days of the start of the program. No refunds will apply to withdrawals on or after the 7th day. To obtain a refund, please contact registration@kanatanordic.ca