



Athlete packing list for travel events

It is the athlete's responsibility to bring the following but are not limited to this list.

- Appropriate waxing equipment including; waxes appropriate for the weather & snow conditions, an iron, a scraper, a texture brush.
- A well-tuned snowboard as well as bindings & boots that are in good condition.
- Extra hardware for bindings including ladders, screws, etc. A screwdriver with bits that fit all parts of bindings.
- Clothing appropriate for the weather. Be prepared and have layers available for changes in temperature. Jacket, snow pants, base layers and over layers are all items that should be packed.
- Workout clothes and footwear for recovery after snow sessions.
- Warm gloves/mittens & a spare pair or two.
- A water bottle/camelback
- Goggles with lenses appropriate for any possible conditions
- Helmet in good condition
- A ton of snowboard socks. A minimum of one pair for each day on snow.
- On hill snacks for event day (high carb).
- A backpack (one that you can snowboard with).
- Enough money (to cover what was outlined prior to departure).
- For out of country events: Passport and other travel documentation
- Sunblock

At the event location

It is the athlete's responsibility to....

- Adhere to Snowboard Nova Scotia's Code of Conduct at all times while travelling with the team.
- Adhere to timelines set by the coaches (ie. Departure times, meal times, etc.)
- Prepare his/her board for competition and training days including; Waxing, sharpening, scraping, and texturing.
- Ensure all other equipment is prepared and fully functional for practice and competition days.
- Keep their living space clean!

On Competition Day....

It is the athlete's responsibility to...

Bring a backpack with all necessary competition day equipment including;

- Water bottle/fluids
- Scraper
- Snacks/Meal
- Layers
- YOUR Competition BIB!
- Additional board prep supplies as needed (additional wax additives, diamond stones etc.

During events athletes must be aware of protest protocols and how to protest:

SBX

Protest can be by athlete.

DQs posted immediately after each heat. Protests must be reported immediately to Chief of Finish or Jury member **BEFORE NEXT HEAT BEGINS (DO NOT LEAVE THE FINISH AREA BEFORE PROTESTING)**. Against interference: No need to stop or hold up hand if you think you've been interfered with, just protest in finish. No need for writing. Fee of \$100 (\$25) must be paid before end of comp.

Parallel

Coach must make protest with \$100 (\$25) to Jury member in writing within 15 min s of DQ list or before next heat in elimination rounds. Athlete can appeal for provisional re-run (by pulling out of course and crossing hands above head and appealing to an official – must leave course immediately and ride down side) in the case of interference from: another competitor, official, animal, equipment...if interference causes significant loss of speed or affects performance and result

Halfpipe

Protests by

Coach only. Primarily against calculations registered letter within one month of event finish or if before the official results are posted, with usual \$100 deposit to Jury member.