

CBC Volunteer Training

October 2022

Goals for every CBC event

Safe

Fair

Fun

USBA Policies

<https://www.teamusa.org/us-biathlon/resources/safesport>

<https://safesporttrained.org/#/public-dashboard>

<https://uscenterforsafesport.org/response-and-resolution/safesport-code/>

<https://ncsi.instascreen.net/sso/login.taz>

<https://www.teamusa.org/US-Biathlon/Resources/USBA-Transgender-Athlete-Policy>

SafeSport, background checks, apply to:

- Coaches
- CBC Board
- Competition Chiefs/Race directors*

CBC Policies

- Winter events: “Red Book” required (attendance at Safety Certification Clinic)
 - Proof of previous participation in USBA events has been accepted in the past
- Summer events: Pre-race briefing adequate; no rifle carry.

CBC Policies, continued (provisional!)

Safety certification clinic attendees must be age 11 or older on the day of the clinic.

- Clinic attendees age 11-12 *must* use a personal .22 rifle.
- Clinic attendees age 13 and older may use a CBC .22 rifle, or a personal .22 rifle

Summer race participants must be age 11 or older on the day of the event to use a .22 rifle

- Summer race participants age 11-12 *must* use a personal .22 rifle.
- Summer race participants age 13 and older may use a CBC club .22 rifle, or their own .22 rifle

CBC Policies, continued (provisional!)

Winter race participants must be age 11 or older as of the date of the first event of the winter season, and have attended a USBA Safety Certification (“Red Book”) Clinic, to use a .22 rifle in winter competitions

- Competitors age 11-12 *must* use a personal .22 rifle.
- Competitors age 13 and older may compete using a CBC club .22 rifle, or their own .22 rifle.

(Exceptions....)

CBC Policies, continued

All range users under the age of 18 ("under-aged person") **must** have a **Red Book Certified** parent or assigned responsible adult (at least 18 years old) closely supervise their .22 caliber or pellet shooting activities on a one-on-one basis for practice, certification, training and races. During races when the Red Book Certified under-aged person is using a .22 caliber rifle, the supervising adult or parent must remain in the coaching area. "Closely supervise" is interpreted to mean that the supervising adult must be within 20 feet of the shooting position during the shooting interval. "One-on-one" shall be interpreted to mean that the responsible adult may not supervise more than one under-aged person at the same time. The responsible adult may supervise multiple persons serially and without overlap.

IBU Downloads (rules, etc.)

www.biathlonworld.com -> Inside IBU

-> IBU Downloads

-> Downloads and Documents

Roles at CBC events

- ***Competition Chief****
 - Often handles Course Chief duties as well
- ***Range Chiefs****
 - At least two on the range at all times.
 - Pellet range coverage needs to be considered as well.
First priority for parents are their kids!
 - Typically will coordinate scorers, target pullers
- Timing
- Course
 - Moving to standardized courses

**** Ideally non-racing roles***

Roles NOT at CBC events

- Penalty loop counters
- Material control (rifle check)
- Material control (start, finish)
- Competition Jury

Before race day

- Race registration set-up: Currently Julia or Brent
- Insurance: Should be done shortly after we have approval from SMR on race schedule.
- Coordinate with SMR re: course confirmation, grooming of courses and the range.
- Communication with potential participants
 - Email: Competition Chief
 - Twitter: Julia
 - Facebook, Instagram: Stephanie Vu (these posts land on Twitter, too)
- Follow up to ensure payments are received, waivers are signed, USBA memberships and safety certification information complete.

On race day

Schedule:

- 0900 - 0930: Bib pickup at the range. **NO BIB PICKUP AFTER 0930**
- 0930 - 1030: Zero (0930 - 0955; paper change; 1005 - 1030)
- 1035: Pre-race meeting
- 1050: First wave start
- 1200: (or slightly earlier, depending on format and distances):
Second wave start

On race day: Range set-up

- Cord reels attached and unwound (don't forget pellet targets!)
- Paint and check targets (don't forget pellet targets!)
- Mount paper targets (don't forget pellet targets!)
- Mats (don't forget pellet range!)
- Lane numbers mounted on firing line
- Wind flags
- Lane markers in infield
- Club scopes/tripods set up
- Club rifles (.22 and pellet) and ammunition positioned on mats
- Charge pellet rifle cylinders.

On race day: Other setup

- Hang up clock and lane assignment white board
- Toilet shelter
- Prep scoring clipboards and scoring grids
- Ensure start lists are ready to go, along with stopwatches for timer(s)
- Start/finish banners
- Penalty loop sign
- Bibs ready to distribute
- Course marking: If standard courses used, should be good to go!
Otherwise might need to adjust some signage.
- V-boards...

IBU Course Colors

Purple: 1.0km

Orange: 1.5km

Red: 2km

Green: 2.5km

Yellow: 3.0km

Blue: 3.3km

Brown: 4.0km

On race day: Racer check-in

- Late arrivals: The unsolvable problem.
- Goal: All payments received and waivers signed before race day. No waiver, no payment: no bib (unless other arrangements have been made in advance).
- Start lists: I like to prepare these the night before and check people off as they arrive. Walter is known for generating them on the fly as people check in. Regardless of method, **competitors start in numerical order!**
- IBU start lists: Random draw for sprint, individual; ranking for Mass Start, Relay; sprint finish dictates pursuit start order and time.

Other start list considerations

- Parent/child combinations: Put in separate waves so parents can supervise the child's race effort.
- People sharing rifles: Put in separate waves.
- If lots of club rifle users, spread them across two waves; don't put all in one wave.
- Grouping categories (e.g. all Men in the same wave)
- Confirm categories (especially distance) as people check in
- The confusion of categories for the U17 crowd (IBU categories vs. USBA)

Youth/Junior categories

IBU:

- Youth: 17-18 (but 15-16 year olds allowed, e.g. at Team Trials)
- Junior: 19-21

USBA:

- U11
- U13
- U15
- U17

Age as of December 31 of the competition season.

Men, Women, Masters Men, Women

Men, Women: Over age 21

Masters Men, Women:

- <https://www.teamusa.org/US-Biathlon/Resources/Competitor-Guidance/Masters-Competition-Guidelines>
- 10-year age groups, starting with 30-39

Zero Period

- No metal!
- Skis on!
- Encourage use of shot board, zeroing with partner.
- CBC: Zero period will be two waves each lasting 25 minutes, with 10 minutes between the two waves to change paper.
 - Zero Wave 1 (Wave 1 racers): 25 minutes
 - Change Paper: 10 minutes
 - Zero Wave 2 (Wave 2 racers): 25 minutes
- IBU: Prior to the start of a competition, competitors must be given the opportunity to zero their rifles on paper targets at the shooting range for a period of 45 minutes, which must begin one hour before and end no later than 5 minutes before the first start. [...]
 - ...Plus details for pursuit, mass start, relay, super sprint
 - Paper change after 20 minutes

Zero Period: Lane Allocations

- CBC: White board, self-assignment
- IBU events:
 - Random draw
 - Lane matching number for relays
 - Mass Start, Super Sprint final: Allocated by start list

Pre-race meeting

Opportunity for Chief of Competition and other officials to answer questions, note any course concerns, etc.

During the race: Timing

- Two people makes this a little easier (especially at finish)
- Start options:
 - Single
 - Group
 - Pursuit
 - Simultaneous
- Start intervals for single start: Usually 30 seconds, but can vary.
- Ramifications of different finish directions for different age groups
- Note clock time when stopwatch started (as a backup in case something happens with stopwatch)

During the race: Timing (continued)

- Can send first competitor off at either 00:00 or 00:30
- The essentials for each competitor: Start time, finish time (can be either clock or stopwatch time as long as both start and finish values reflect the same approach).
- Coordinate timer handoff between waves.
- Range holds noted on score stickers at range.

During the race: Range

- **Everyone** on the range should be alert to safety issues.
- Range Chiefs should be alert to problems with club rifles; have extra ammunition handy if anyone needs to replace a lost or misfired round.
- **No fiddling with harness strap during approach to mat.**
- **Note any reaching in front of the firing line to open front sight cover after magazine is loaded.** (Or reaching in front of firing line for any reason.)
- Be alert to proper procedure if competitor needs to move from one mat to another. **Rifle must be unloaded and on their back.**
- Note any unsafe unmount/remount practices and talk to competitor after the race (e.g. muzzle not pointing up or down range when removing/replacing rifle). Let other range/comp chiefs know for future monitoring.

During the race: Range

- Cross-firing: Respond!
- We generally don't worry about following IBU lane selection to the letter (typical exceptions: Filling in during mass start, relay lanes + bib number)
- Monitor placement of division between prone and standing targets.
- Refill club rifle magazines as needed.
- Scorers score, target pullers pull.
 - IBU: targets reset remotely
 - Both human and camera observation of each target.

Scoring

SCORER: _____ TIME: _____ PRONE

BIB #: _____ LANE: _____ STAND

○ ○ ○ ○ ○ MISSES:

NOTES: _____

During the race: Penalty loop

CBC: Honor system!

IBU: Manual recording as well as camera

At the finish

- We don't have safety checks for live ammunition, trigger weight spot checks, etc. Encourage people to clear their bolts and remove all ammunition as soon as they ski back to the range and take their rifle off their back.
- Bib return!

After the last finisher

Reverse the set-up process: Put away all equipment, roll up cord reels and store in warming hut, lock up rifles, etc.

Ensure all bibs have been returned; track down people who managed to wander off while still wearing their bib.

Results: Chief of Competition responsible for results entry; Julia will provide support and deal with posting results to the web site.

Communicate results status to email list.

Misc notes

Keep track of your volunteer efforts if you plan to pursue additional USBA/IBU certification levels.