



NORGES
SKIFORBUND



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SPORT SKIING FOR CHILDREN

- PROVISIONS AND RIGHTS





We must cherish every single boy and girl, from the moment they put on their skis to make that first unsteady step.

We must cherish all the children who with pure and genuine pleasure stand ready to bring the skiing heritage with them into the future.

They are the back bone of our sport, and in our organization.

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Contents	Page
Focus on the children	4
Superior guidelines from NIF	4
Rights	5
• Development plan	6
• Development plan for skiing sports	7
• Development steps for all disciplines	9
• Follow-up and enforcement	9
Provisions on Children's Sport	
• General and sport skiing specific	10
• Follow-up and enforcement	14



FOCUS ON THE CHILDREN

The Children's Rights in Sport and Provisions on Children's Sport was considered by the General Assembly on 11–13 May 2007. It covers all sporting activities for children up until and including the year they turn 12 years old. A development plan was also considered.



The Norwegian Skiing Federation's vision is "many, skilled and happy skiers!" Skiing as a sport is flourishing in Norway, and we want lots of playful skiing children within all our disciplines including: Cross-country, Alpine, Skijumping, Nordic combined, Telemark and Freestyle. To succeed, our local clubs must accommodate varied and exciting all-round skiing activities for children.

All sports and skiing activities must be based on the children's needs, and all children should be included in sports clubs, regardless of their ambitions, skills and needs. Good experiences, wellbeing and mastering should be the fundamentals in all children's sports activities. Children's Rights in Sport and Provisions for Children's Sport are a means to ensure the best possible unified organisation of children's sport in Norway.

In this brochure we will present the complete provisions and rights, and link them to skiing activities.

Superior guidelines from NIF

- The rights and provisions are closely linked together.
- The rights constitute a political policy instrument which expresses the values which we would like to be the foundation for children's sport in Norway.
- The provisions are absolute rules which must be complied with, obeyed and enforced in sports.
- Local and/or regional variations are not acceptable
- Establishment of separate provisions or guidelines in local or regional parts of the member organisation will not be permitted.
- The provisions and the rights must be presented in their entirety as adopted by the General Assembly.
- There shall be *no exemptions* from the provisions.

RIGHTS

1. Safety and security

Children have the right to participate in a safe and secure training environment without any inappropriate pressure or exploitation. Injuries must be prevented. Children under the age of 6 must be accompanied by an adult during the activities.

2. Friendship and well-being

Children have the right to participate in training and competitive activities which will facilitate development of friendship and solidarity. A sense of well-being facilitates learning and learning facilitates a sense of well-being.

3. Based on the children's needs

Children have the right to participate in training and competitive activities adapted to their age, physical development and level of maturity.

4. Mastery

Children have the right to experience a sense of mastery and to learn many different skills. They must also be granted opportunities for variation, training and interaction with others.

5. Influence

Children have the right to state their viewpoints and to be heard. They must be granted opportunities to participate in planning and execution of their own sport activities along with coaches and parents.

6. Freedom to choose

Children have the right to choose which sport, or how many sports, they would like to participate in – and decide for themselves how much they would like to train.

7. Competitions for everyone*

Children have the right to choose whether or not they would like to participate in competitions, and be granted equal opportunities to participate. Children transferring from one club to another within the same sport have the right to participate in competitions for the new club as soon as the transfer has been registered.

* NIF would like to point out the importance of viewing Section 7 of the Children's Rights in Sport within the context of the competitive practice for the various types of sports. Section 7 stipulates that: "Children have the right to choose whether or not they would like to participate in competitions, and be granted equal opportunities to participate". This entails that children who do not wish to participate in competitions shall also have training opportunities on equal terms with others.

NIF - Development plan

Everyone involved in children's sport should follow a common development plan to ensure that children sufficient variation and as many opportunities as possible, to experience a wide range of movements. The training plans and the coaches' practice within the individual sports should follow this development plan:

Up to the age of 6

Play and varied activities to stimulate the children's development and basic movements.

7 - 10 years of age

Good opportunities for exploration and training within different physical activities and sports with different movement patterns, in order to experience a wide range of movements. This will provide a good foundation for later movement training. This may involve one or several sports, but each sport is responsible for providing varied activities adapted to the children's level of development.

10 - 12 years of age

The sport shall be characterised by variation and a high level of activity, which will ensure fundamental skills. An in-depth focus on one or a few sports may ensure a good foundation of techniques for subsequent development within the sport.



Development plan for sport skiing

The main goal for all children's skiing activities is to provide varied and all-round training influence, which keeps the focus on giving the children positive experiences and a sensation of mastery. This will create a good foundation to build skiing skills and techniques in all skiing disciplines.

Up to the age of 6

All-round skiing activities based on building basic skills within Cross-country, Skijumping and turning techniques. Feel free to use ski play principals with situation and task controlled learning. Accomodate for good ski play venues and local ski fields. Let the terrain "dictate" and give tasks based on association to teach basic techniques. Lots of activity, play and mastery. Lots of skiing on flatland, on hills and jumping. Make sure you match the terrain and the activities to the skiers development level and skiing skills.

7 - 10 years of age

Varied and all-round skiing activity encourages a positive development of skiing technique and good experiences. Accomodate for activities based on basic skiing skills. Use the same principals described above. Vary the use of speed, terrain and techniques. It is important to keep a high activity level during practice - many laps, lots of jumps and short, intensive sets. Lots of repetition of tasks, adding new challenges along the way. Excitement and mastery is important! Use elements like obstacle courses, wave sections, bumps and hills, and give tasks that challenges their balance skills!

The availability of organised training should match the children's level of development and skiing skills. Practicing of general skiing skills and more specific skills linked to Alpine skiing, Skijumping, Nordic combined, Telemark skiing and Freestyle skiing. Introduction of alternative forms of competitions like Cross-country cross, Nordic combined cross and Ski cross.





10 - 12 years of age

Development of skiing skills within specific skiing disciplines. Repetition, variation, mastery, challenges, all-round training and a high activity level! Speed and excitement! Accomodate for individual exercises based on the children's level of development and skills. Motivating exercises and training. Various alternative forms of competitions are important elements to encourage varied and all-round activities within the specific skiing discipline. Introduce Cross-country cross, Nordic combined cross and Ski cross. Use different elements during practice like obstacle courses, wave sections, kickers and jumps as well as a halfpipe, fun box, quarter pipe, rails etc. Give them tasks that challenge their balance skills!

Exercises and training plans

The Norwegian Skiing Association has, with several other associations developed an internet based exercise bank: aktivitetsbanken.no There you will find lots of tips on exercises and training, both for skiing and non-snow activities.



Development steps for each discipline

Together with Olympiatoppen each sport has developed a set of development steps for their athletes. The development steps describe an intended development of the athlete's training over a long period of time, from childhood to adult professional athlete. All the skiing disciplines within The Norwegian Skiing Association are currently working on this. The steps are based on the development plan for children by NIF.

NIF - Follow-up and enforcement

The rights constitute a political policy instrument to safeguard the children's rights as individuals and active athletes. This entails obligations for parties other than the children themselves. The children are entitled to compliance with these rights and coaches, managers, parents and the organisations themselves, must follow up this in practice.

An example of a violation of these rights is if a child is pressured by the parents to participate in competitions against its will. Cf. Section 7 in the Children's Rights states: «Children have the right to choose whether or not they would like to participate in competitions».

The rights should be used as a reference in the dialogue between the children, coaches, managers and parents.

In the event the coaches or the sports clubs do not resolve violations of these rights, the next higher level in the organisation (regional sporting bodies, national sport federations or the Norwegian Olympic and Paralympic Committee and Confederation of Sports) shall be contacted.

PROVISIONS ON CHILDREN'S SPORT

Children's sport constitutes sport activities for children up to and including the year they turn 12 years of age. The following applies for children's sport competitions (*the paragraphs indicated with a letter are NIF's own general provisions*):

A Children may participate in local competitions and sporting events as of the year they turn 6, primarily within their own club.

For skiing

It is important to us that we create lots of skiing activities in the local clubs, within all the disciplines. One main challenge for us is the need for access to ski fields and snow.

Within the term, local competitions will vary largely from discipline to discipline and from one location to another. In some places a local competition means competitions held in their own club, while in other locations attending a local competition means travelling long distances. In general we like to see the clubs holding competitions in the children's local area.

Some disciplines have a long tradition of holding open competitions, for children from all over the country. These kind of competitions are limited in numbers, large scale and have a distinct child friendly appearance. These competitions are often linked to social events and other types of entertainment which turn them into great experiences for the children. These types of large events are great for recruiting new skiers and help to nourish small local skiing communities! Bendit Alpinfestival is an example of this.

Many children are skiing while they are holidaying at a cabin or in the mountains, and would like to attend competitions while there. These children end up with a second local club environment. The current provisions do not put any restrictions on these type of activities, but we must further assess the consequences related to this topic.

B Lists of results, tables and rankings may be used in competitions for children as of the year they turn 11, if this is appropriate.

For skiing

Ordinary and ranked lists of results may only be used as of the year the children turn 11.

For children 10 years of age and younger, lists containing finishing times and jumping distances are accepted as long as they are not ranked based on results. The children must instead be listed alphabetically or according to their start number.

C Children may participate in regional competitions and sporting events as of the year they turn 11.

For skiing

These are competitions and sporting events held outside the local area. As in the previous provision describing local competitions, this will vary from discipline to discipline and from one location to another based on; the discipline's number of skiers; where a local skiing community is available; where there is an appropriate venue, and the amount of snow that is available. This could in some cases be far away from the child's local area.

Even though the focus is to encourage good local and regional competitions within all disciplines, it can help create a strong local skiing community by letting the children attend national events and competitions along with fellow club members.

D Children may participate in open sporting events in Norway, the Nordic countries and Northern Scandinavia as of the year they turn 11².

For skiing

We interpret this as if children, as of the year they turn 11, are allowed to participate in competitions and other events in our neighbouring countries, as long as these events comply with the provisions on children's sport. Children from our neighbouring countries can in the same way, participate in competitions and events in Norway. This is not very common within skiing.

E Children from the Nordic countries and Northern Scandinavia may participate in competitions and in sporting events in Norway as of the year they turn 11³.

For skiing

See comment under section d.

F All children shall receive a prize if prizes are awarded during a sporting event.

For skiing

All children shall receive a prize if prizes are awarded during a skiing event.

G Children cannot participate in championships such as NC, EC and WC up to and including the year they turn 12⁴.

For skiing

Children are allowed to attend NM as of the year they turn 16.

H National sport federations which organise children's sport shall appoint a board member responsible for the children's sport⁵.

For skiing

Local clubs should encourage their local communities to prioritise this.

¹ Open sporting events: No qualification required

² Northern Scandinavia comprises Sweden, Finland and Norway. This also covers cooperation within the Barents Region (which also includes Russia).

³ Subsection 2 e) must be viewed in the context of subsection 2d) - as they apply to the same sporting events

⁴ And corresponding national and international championships/cups.

⁵ This only applies to clubs for a single sport, but it is also recommended for multi-sports clubs. The board of the club may appoint this member.



-5yrs 6yrs 7-11 yrs 11 yrs 12 yrs 13 yrs

	-5yrs	6yrs	7-11 yrs	11 yrs	12 yrs	13 yrs
Children's sport						
Local competitions – primarily within own club						
Lists of results, tables and rankings - if it is beneficial						
Regional competitions						
Open sporting events within the Nordic countries and Northern Scandinavia						
Children from Nordic countries and Northern Scandinavia attending competitions and events in Norway						
Prizes for all – if prizes are awarded						
May participate in NM, EC and WC						 In skiing 16 yrs

NIF - Follow-up and enforcement

Each national sport federation is responsible for elaborating on the provisions based on the nature and distinctive character of its sport. An example of this may be to define what constitute local and regional competitions. However, this must be based on the intention behind and contents of the rights as well as compliance with the age limits stipulated in the provisions. Such an elaboration must be based on the consideration for the best interest of the children.

It is the hope of NIF that violations will be resolved through information and dialogue within the individual sports club. If this cannot be resolved at the lowest level within the organisation, the next higher level in the organisation must be contacted. In the event of gross violations of the provisions, the relevant level in the organisation may consider lodging a formal complaint regarding the matter under Section 11-2 – Acts/omissions subject to penal measures – of NIF's statutes. If so, the complaint must be submitted to NIF's Adjudication Committee.



For more information
For more information
about sport skiing
for children go to
the Norwegian Skiing
Association's web pages:
skiforbundet.no and
barnas.skiklubb.no

Exercises and training plans

The Norwegian Skiing
Association has, with
several other associations
developed an internet
based exercise bank:
aktivetsbanken.no
There you will find lots of
tips on exercises and
training, both for skiing
and non-snow activities.

Sports insurance for children

All children who are members of a club associated
with NIF are insured by the insurance company if...
Do you have any questions?
Call 02400 or visit us at www.if.no

We wish to see lots of children skiing.
Clever children.
Happy children.
Who leave tracks behind them.



ON TEAM WITH EVERYONE WHO LOVE SNOW



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