

## Topics of FAQ about Policies (Nov. 2025)

Official Policies are found at

<https://oisran.org/oisran-governance/bylaws-policies-race-rules/>

### Participation Fees

- OISRAN participation fees cover organizational costs (insurance, admin services, and coaches training courses).
- Team fees cover trail passes, waxes, transportation.

### Board Elections (Policy 1.1)

- Head coaches who are voting members elect Board members from a league-nominated slate.

### Para-Athlete Participation (Policy 4.2)

- OISRAN integrates para-athletes into competitions (no separate events).
- A **Para-Athlete Chief Advisor on the OISRAN Board of Directors** makes recommendations for accommodations and time adjustments for para-athletes.

### School Agreement Forms (Policy 5.1)

- Three types of school agreement forms; each is based on level of school support:
  - #1. Provide services, oversight, and/or funding
  - #2. No support, but permission to use school name.
  - #3. No support, use of school name not allowed.

### Coach Membership Benefits (Policy 7.1, 8.3)

- Coaches receive liability and accident insurance.
- OISRAN pays costs for required coach training courses.

### **Team Administrators (Policy 7.2)**

- May handle many head coach administrative tasks but **cannot sign school forms** or vote for Board members.
- Can vote by proxy at league meetings.

### **League Liaisons**

- Members of the Board who attend League meetings and share Board updates.

### **Insurance (Policy 8)**

- Only OISРАН-sanctioned activities are covered.
- Criteria for an OISРАН sanctioned event:
  - an OISРАН certified coach must be present and
  - all participants have registered online.

### **League Leadership (Policy 9.9.4)**

- League Presidents manage the League.
- Only they may sign contracts for OISРАН-sanctioned races.

### **League Meetings & Voting (Policies 9.11, 9.9.1, 9.1.2)**

- Voting requirements at a League Meeting are *different from* the membership voting requirements
- A coach who supervises only one student has a vote at a League Meeting.
- Proxy voting by a Team Administrator (or designated adult) is allowed.
- Leagues may make decisions by majority email consent.

### **Eligibility (Policies 10.2, 13)**

- Students may compete for 4 years after 9th grade entry.
- Students who are younger than high school age can participate as *Provisional Skiers*.
  - They do not represent schools, do not displace high school results.
  - Allowed in JV relays, not Varsity relays.
  - Cannot compete at State Championships.

### Academic Eligibility (Policy 10.5)

- A student is eligible if they are:
  - Enrolled in high school and on track to graduate,
  - Home-schooled and on track to graduate,
  - Enrolled in a high school equivalency program and on track for graduation.
- **Not eligible:** Students who have graduated early and are no longer enrolled in high school.

### School Representation (Policies 10.6 & 12)

- **Basic Rule:** OISRAN teams are comprised of students enrolled at the same school.
- **Exceptions:**
  - **Home school students** may represent a public/private school if they live within the school's boundaries and meet Oregon law requirements. Once they represent a school, they cannot switch for one year without a change in residence.
  - **GED / High School Equivalency students** may represent their boundary school under similar conditions.
  - **Students with no more than one teammate** may join another school's team if they live nearby, train with the team, and the Head Coach & OISRAN Executive Director approve
  - **Private, charter, alternative, or virtual school students** may represent a public high school if they live within the boundaries and the Head Coach notifies the Executive Director.
- **Composite teams** are **allowed** for scoring purposes with the Executive Director's approval. Composite team name must include names of all represented teams.

### Physical Exams (Policy 10.8.1)

- Required every 2 years.
- Parents attest during registration
- Copies stay on file with physician - coaches don't keep copies.

### Scholar-Athlete Awards (Policy 10.9)

- Juniors/seniors with GPA  $\geq 3.5$  are eligible.

### Definitions of Coaching Categories (Policy 7)

- **Certified Coach:** Any adult working in an unsupervised capacity with OISRAN skiers.
- **Helper Coach:** Assists a Certified Coach and does not work in an unsupervised capacity with OISRAN skiers
- **Guest Coach:** Supervises Guest Skiers at OISRAN competitions. Guest Skiers are not enrolled in Oregon schools.
- **Private Coach:** Supervises “Independent Skiers” at OISRAN competitions.
  - **Independent Skiers** are enrolled in Oregon high schools, but they are not training/racing under the supervision of a high school coach.
    - They are not a member of a school team.
    - Their results do not contribute to a team score.
  - **Independent Skiers** are eligible to receive league and state awards.

**Private Coaches** may also supervise Provisional Skiers who are not training/racing with a high school team under the supervision of an OISRAN certified coach.

### Coaches Training Requirements (Policy 7)

- **Helper Coach:** Must complete **Concussion Awareness** training annually.
- **Private Coach:** Must complete **Concussion Awareness** training annually.
- **Certified Coaches** must complete:
  - NFHS Concussion Awareness (annually),
  - NFHS First Aid & Sudden Cardiac Arrest (every 2 years),
  - NFHS Bullying & Hazing + Protecting Students from Abuse (every 3 years),
  - US Ski and Snowboard Fundamentals of Coaching (once).
- **Substitutions are allowed** for some courses (e.g., SafeSport, NICA Abuse Prevention)

### Participatory Season (Policies 14 & 8.2)

- The participatory season is the **OSAA winter sports season**, ending at the State Championships.
- Ski-related training outside the participatory season is optional and covered by insurance.

### Registration & Waivers (Policy 8.3)

- Different release of liability waivers exist for each category: student skiers, provisional skiers, independent skiers, helper coaches, certified coaches, private coaches, recruitment activity participants, and volunteers. Sign waivers when registering online.
- **Anyone working with students** must register as a **Helper Coach**, not a Volunteer.
- **Volunteers** (race workers, officials, team administrators) must register online, signing a waiver.

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### Non-Scoring Category at the State Championships (Policy 17.4)

- Includes full-season skiers who haven't completed 3 races, providing they have coach approval
- Includes Guest Skiers
- Non-scoring Category results do not count toward team scores.

### Eligibility for State Championships (Policy 16)

- Athletes must complete **3 qualifying league races**.
- **No hardship waivers** for scheduling conflicts.
- **Waivers possible** for injury (with physician verification).
- **Board may waive 3-race requirement** for all members of a team if races are canceled late in the season.

### Appeals (Policies 11, 18.3, 10.10)

- Decisions by leagues, race juries, or Executive Director can be appealed to the Board.
- No appeal above the Board of Directors.

### **Protests & Disciplinary Panels (Policy 18)**

- Protests and violations of Policies regarding abuse/molestation, or hazing are filed with the Executive Director.
- ED may rule or refer to a 3-member disciplinary panel. The panel is used to ensure that Board members don't judge other coaches.

### **Inappropriate Behavior (Policies 23 & 24)**

- Parents, coaches, officials, or community members can report misconduct.
- Reports go to the Executive Director, who follows a defined process for assessment and assigning penalties.

### **Student Information (Policy 27)**

- Student/parent data is confidential and used only for carrying out OISРАН duties or legal requirements. Data cannot be shared for commercial purposes.
- Coaches can access student health information.

### **Air Quality Guidelines (Policy 31)**

- Based on updated OSAA & OHA/DEQ standards.
- Coaches must monitor the Air Quality Index
- Practices may need to be canceled/moved inside if AQI is unsafe.
- Athletes with asthma must have inhalers available even at moderate AQI levels.

### **Policy & Rules Committee (Policy 35)**

- Handles written proposals for policy/rule changes.
- Reviews, discusses, and forwards recommendations to the Board.

### **Gender Identity (Policy 36)**

- Teams are gender-segregated (boy or girl).
- OISРАН accepts the gender declared at school enrollment.
- That gender applies for the entire ski season.

### **Incident Reports (Policy 28)**

Must be filed for:

- Property damage,
- Ski patrol involvement or medical transport,
- Post-race medical attention,
- Public involvement in an incident,
- Injuries preventing completion of a race.

(Not required for minor issues like small cuts.)

### **Wax Policy (Policy 38.6)**

- Approved waxes must be reasonably priced, avoid health hazards, and protect the environment.
- The list is a *living document*.
- Any coach may submit a written request to the Executive Director to add or delete a wax.