



TECK REGIONAL FALL DRYLAND CAMP (KOOTENAY)

Oct 2nd – Oct 4th, 2026

Welcome to the 2026 Teck Dryland Camp in Kimberley!

We are looking forward to having you here for an awesome long weekend of training and fun. We respectfully acknowledge that we live, work and play on the unceded homeland of the Ktunaxa Peoples.

Activities include: Orienteering, nordic specific strength, ultimate frisbee, capture the flag, and Classic and Skate roller skiing (on Rails to Trails, an obstacle course, and for 13+ athletes a skate time trial)

Host Club: Kimberley Nordic Club

KNC Head Coach: Geoffrey Richards - Phone: (250-921-5519) Email: coach@kimberleynordic.org

General inquiries: Emilie Cayer-Huard, General Manager: manager@kimberleynordic.org

Registration: <https://zone4.ca/register.asp?id=42373>

Registration closes: Thursday, Sept 24th at 10:00pm

Note: Camp fees cannot be refunded after the registration deadline

Eligibility: All athletes aged 8 and up are welcome to attend. Teck-branded t-shirts will be available for participants 16 and under.



Camp Check-In: Friday October 2nd, 3:00-5:00pm in front of the KNC lodge



Camp Begins: Friday October 2nd, 5:00pm at Kimberley Nordic Centre. Athletes and volunteer coaches are expected to arrive in time to pick up meal tickets and camp T-shirts and be ready to start the first activity at 5:00pm.

Camp Ends: Sunday Oct 4th at 1:00pm.

This camp has a full participation policy. This means that participants are expected to arrive when the camp starts on Oct 2nd and stay until the camp ends on Oct 4th unless you have made prior arrangements with the Head Coach.

Camp Fee: Cost for the camp is \$120 for athletes of all ages. The fee includes rental of the lodge, camping in the stadium, snacks for the athletes, electrolyte drink, and dinner on Friday and Saturday night. For parents/coaches who wish to join for the dinners tickets can be purchased through Zone4 at \$20 per person/meal. Everyone will be responsible for all of their own breakfasts and lunches.

Note: Volunteers and coaches do not need to register in Zone4. Volunteers and coaches must pre-register for activities for the camp using the following link: <https://givepul.se/fixrul>

Camp Agenda: Details of the camp agenda and maps of the various locations where training sessions occur will be available through the [KNC website](#). Click on the Events tab, select the Dryland Camp, and then there are several tabs at the bottom for you to choose. Traveling between the various event locations will be your own responsibility, but carpooling is usual. Please be aware that there will usually be two sessions in different locations at the same time. Please arrive at the location for each event on time.

Camping: If you are planning to camp at the KNC Stadium, please refer to the website Event Maps tab/posted at the lodge, before you set up your camper/tent. We ask that all vehicles be parked south of the creek/culvert. There will be 110v electrical plugs available. Please do not overload the electrical circuits. It will be first come, first served, 1 plug per household.

Bear Aware: At this time of year, our local black bear population likes to travel through town, so be "Bear Aware" and keep food and "good smelling stuff" locked up and inaccessible. Please keep the area in and around the KNC lodge clean and tidy.

Trail Etiquette and Safety: Please be aware that there are a lot of one-way mountain bike trails on the Kimberley Nordic Trails. Please respect the one-way signage and blind zones for mountain bikers. Collisions can occur! There is now a high speed downhill jump trail so please stay off all trails above the parking lot fuel shed.

Meals: For the dinners, please be aware of the start times of 7:00pm and 7:30pm for the younger and older kids respectively on Friday, and 6:00pm and 6:30pm on Saturday. Meal tickets are available for parents to purchase. Feel free to bring your own cutlery/dishes. Please bring 1 dozen baked goods per family to share.

Rails to Trails Guidelines: R2T is a multi-use trail, and pedestrians have the right of way. When passing other users, always travel single file, and be aware of your roller ski pole tips and angle them away from other users. Many other communities have banned roller-skiing from their multi-use trails, and we do not want to see that happen here, so please be respectful of the other users. **Remember;** helmet, glasses, gloves and hi-vis shirt/vest is mandatory for all roller-skiing sessions.

PACKING LIST

Equipment:

- Skate roller skis, boots and poles
- Classic roller skis, boots and poles(if you have)
- Helmet and hi-vis shirt
- Water bottle holder/waist pack/running vest
- Roller ski gloves
- Spare roller ski pole tips
- Running shoes
- Headlamp with extra batteries
- Swimsuit and towel
- Rain gear
- Heart rate monitor (if you have one)

Camping gear:

- Tent(or trailer)
- Sleeping mat
- Sleeping bag
- Pillow
- Sleep mask and ear plugs (if you need them)
- pjs

General gear:

- B.C. Care Card (or copy)
- Personal hygiene items (toothbrush, toothpaste etc.)
- Utensils, cup, bowl, plate.
- Sunglasses, sunscreen, and a hat
- Training and casual clothing for all weather: hot, cold and wet days!
- 1 dozen baked goods per family