



BIATHLON

Biathlon is the combination of cross country skiing and small bore marksmanship

School Visits by Edmonton Nordic Ski Club with Biathlon Alberta

Grades 5 to 8 only

**Introduce students to the exciting and challenging
Olympic Sport of Biathlon.**



Edmonton Nordic Ski Club (ENSC) and Biathlon Alberta is proud to present:

Biathlon: An introductory program for school children.

ENSC is one of Canada's largest Nordic clubs, offering a wide range of programs, including the Jack Rabbit learn-to-ski program for children, and the world famous Birkebeiner cross country ski marathon.

Vancouver: Winter Olympic Biathlon, 2010



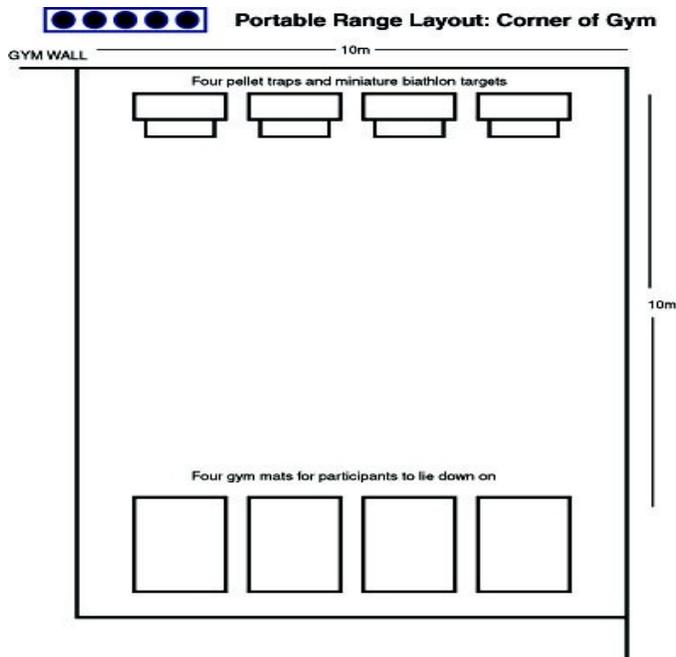
www.EdmontonNordic.ca

ENSC is a volunteer organization dedicated to encouraging a life long love of out door winter sports.

BIATHLON SCHOOL VISITS: PROGRAM DETAILS

This program was successfully delivered to 11 EPS schools, in Winter 2009, as part of the Outdoor Education/Physical Education programs (Don Zabloski, 780-429-8341 or Don.Zabloski@epsb.ca).

To book a class contact Alan Ball: aball@biathlon.ca.



The program takes about 45 min. once the range is assembled or can be extended to 90 min. for a double class.

Edmonton Nordics will come to the school with a miniaturized, portable Biathlon range, which consists of four miniature biathlon targets, each mounted on a large metal pellet trap, and four compressed air pellet rifles.

The ENSC coach will start the program with a short talk on Biathlon as a sport. The hands-on portion of the lesson will start with safety instruction. After the safety lesson, the children will be taught how to aim and shoot safely.

Each child will have at least two hands-on opportunities to try shooting.

If the first two parts go well, and there is access from the gym to a suitable space, there might be time for the children to try running

and shooting, so that they experience the full Biathlon challenge of shooting while out of breath.

The gym set up is illustrated above: A space roughly 10m by 12 m is required, with a solid wall at the back and controlled access to the other three sides. Children will approach the range from the mat end; there needs to be enough space there to allow for lining up to take turns. At the end of the class, the ENSC coach will dismantle the range. Some assistance with assembly and clean up would be appreciated.



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