



# Biathlon Canada Bears Program

## What is it?

It is a program of recreational activities which combines air rifle shooting and free style skiing. Recreational Biathlon Bears program consists of three skill levels:

- ✚ Black Bears
- ✚ Grizzly Bears
- ✚ Polar Bears

The program rewards the acquisition of skills with a badge in shooting and ski system. Activities reflect different skill levels and are adjusted accordingly. No shooting experience is required.

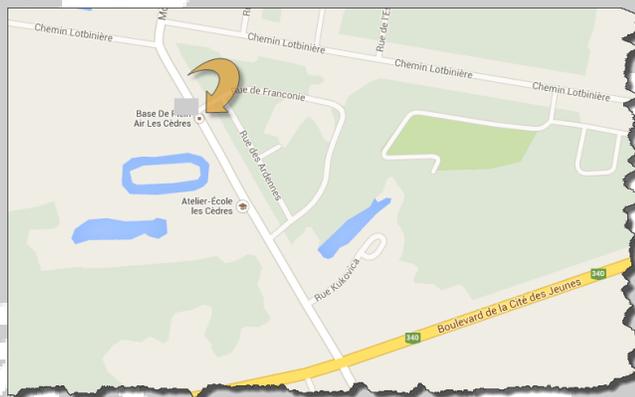
Ultimately, the objective of the program Bear, allows young participants to gain a good technical knowledge and respect for safety in a range. In addition, they learn to develop physical fitness, outdoor, in a healthy environment, fresh air.

## Who is it for?

At the Club, [the program](#) is aimed primarily at young boys and girls between 11-14 years old. But, the program can easily apply to the older youth. Parents, interested may also register.

## Where is it?

The Bears program is given at la [Base de plein-air Les Cèdres](#).



## When is it?

You will find the dates of upcoming sessions on the club website by clicking [here](#).

Typically, sessions are held on Saturday afternoon from 12:30 to 14:30.

## Notes :

- ✚ The meeting place of participants takes place at the shooting range. About 50 meters from the Chalet (behind the garage). Unless otherwise indicated.
- ✚ It is suggested to arrive 20 minutes early to prepare.
- ✚ Allow time, if you think you need to wax at skis site.

---

## How much is it?

The Annual Membership Fees are 30\$ and includes:

- Biathlon Canada registration
- Biathlon Quebec registration
- CBVS membership registration

The Session cost is per participant:

- Fall season \$100
- Winter season \$100

### Note:

A session may be canceled, if the Base de Plein-air Les Cèdres is closed or if the club considers that climatic conditions are such that they pose a risk to the health of the participant. Generally, the club will try to best fit a replacement date, in the same season.

## What does the Club provide?

- ✚ Monitor
- ✚ Fire range
- ✚ Biathlon air rifle targets (BT-100) and paper targets
- ✚ Air rifles
- ✚ Pellets
- ✚ Bears Program Merit badges

## What does participant must provide?

- ✚ Warm clothing (given temperature)
- ✚ Hat and gloves
- ✚ *In biathlon, skating style is the most commonly used.*
  - Skating skis (we can let them at **La poubelle du Ski** on St-Laurent, Montreal);
  - Sticks: a pair to the length of skating;
  - Fasteners SNS / NNN. No 3-points.

## How does a session look alike?

The effort is given to provide equal time between shooting and skis. For a two hours session, it could look like this:

Minutes	Activity
5 - 10	Warmup
45 - 50	Instruction and/or shooting practice
45 - 50	Ski Instruction
5 - 10	Stretching
5 - 10	Instruction and closing

## How can I register?

- ✚ Fill-up the following [Registration form \(English\)](#).
- ✚ Bring the Registration form at the club [registration booth](#) at beginning of the season or send it by email to [inscription@cbvs.org](mailto:inscription@cbvs.org).
- ✚ Registration is effective upon payment.

## What if I have more questions?

You may contact us by email at [info@cbvs.org](mailto:info@cbvs.org)