



Strathcona Nordic Ski Club Cross Country Ski School

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We acknowledge the financial support of the Province of British Columbia.

We respectfully acknowledge that the land we gather on is on the Unceded Traditional Territory of the K'ómoks First Nation, the traditional keepers of this land.

Hello Students and Parents,

We are excited to have you join us at Mount Washington Alpine Resort to learn how to cross country ski! There are some important things to be aware of and to plan for before your visit.

Our Introduction to Classic Skiing program is for never-ever to beginner skiers looking for a first-time lesson or a refresher. Our program focuses on equipment, how to glide, climb hills, and stop. A great way to establish the basics or refresh your skills to enjoy the trails. Even if you have never cross country skied before, our certified coaches will help you develop skills necessary to be comfortable, confident and safe on the trails. You will also have a lot of fun!

WEATHER

You never know! We can get sunshine, rain and blizzards all in one day. Being prepared is the key! You can't tell what the weather is like up the mountain from town. And even if you could, the weather changes all the time! It is important to be prepared by bringing appropriate clothing. The Mount Washington [webpage](#) is a great place to see the current weather conditions. The DriveBC [website](#) is useful if you are driving up to the resort. Road conditions for Mount Washington Road are updated regularly in the winter. Please note that snow tires are mandatory and chains may be required at times during the winter season.

CLOTHING

Cross-country skiing is an aerobic sport (similar to running) and quite different from downhill skiing in terms of clothing you need to wear to be comfortable. Given the different weather conditions we face, choosing the right clothing to wear while skiing can be difficult. It is challenging for expert skiers too! We recommend that all cross country skiers wear multiple layers and we typically describe the layers with three "W's".

- **Layer #1: The Wicking layer** (this is the layer next to your skin): which is made of a wicking material (such as polyester, polypropylene etc). This is your long underwear layer. It is important that this layer is NOT cotton which will soak up sweat and eventually leave you uncomfortable and cold.
- **Layer #2: The Warmth layer** – this middle layer provides warmth. Fleece is a great middle warm layer. Cotton sweatshirts will not be your friend here. As soon as you sweat, they will become wet and make you comfortable.

- **Layer #3: The Wet/Wind layer** – this outer layer provides protection from the wind and the rain. A nylon rain jacket can work well as your outer layer as it sheds the snow easily and can block the wind.

Please remember... common sense is our most valuable asset. You just need to be cautious of overheating and the impact of the elements. Backup clothing in case you get wet can make for a much more comfortable ride home. Talk to your teacher if you have any questions.

PARENT CHAPERONES

Your teacher will let you know if additional chaperones are required to escort groups. If you are interested but don't know how to ski, don't worry. Cross-country skiing is an easy and fun sport for all ages to learn.

EXPECTATIONS

Just like school, we expect you to behave respectfully and responsibly. Please listen to your coaches as you would your teacher. Never leave the group or ski ahead where you might not hear instructions. If you are uncomfortable, tell the instructor or another adult with your group. Follow the trail rules and etiquette that you are taught.

How Cross Country Ski Trails Work

At Nordic ski areas the cross country ski trails are machine groomed for skate and classic skiing. Classic skiing is done in the tracks and skate skiing is done where the snow is groomed with a corduroy-like surface.

On some trails there may be enough width for classic tracks on both sides and a two way skate lane down the middle, but many trails are not wide enough for this configuration. In that case the trail might be designated one-way, with a classic track on one side.



Trail Etiquette

Here are some guidelines and things to consider to help everyone stay safe and have a good time:

- Skating over classic tracks ruins the experience for classic skiers.
- If you need to stop along a trail, step aside so you don't block the trail.
- Don't stop at the bottom of a hill where other skiers might have trouble avoiding you.
- Do a shoulder check before stepping out of the classic track or moving laterally across the trail so you don't interfere with a skier approaching from behind.
- Because skiers on the downhills have less control, they are generally considered to have the right of way over skiers climbing.
- If you are tucking on the downhills, make sure your pole tips point down, not upward behind your armpits. You don't want to poke another skier in the eye.
- It used to be that faster skiers approaching from behind could call out, "Track!" and slower skiers would step out of the tracks to allow the faster skier to pass. This convention is falling out of favour. Most expert skiers are happy to step out of the track to pass - they are the better skiers, after all.
- Be considerate, use common sense and try to think ahead to potential problems. We don't have to make it more complicated than that.

About Strathcona Nordic Ski Club

We are Vancouver Island's regional cross-country ski club based at Mount Washington Alpine Resort on the doorstep of Strathcona Provincial Park near Courtenay, B.C. We ski on a network of 55 km of groomed and trackset ski trails, managed and maintained by Mount Washington and covering a variety of terrain to satisfy both "the beginner and the expert skier and everyone in between." The groomed network extends both inside and outside of the Park and is also the jumping off point to countless kilometers of west coast backcountry wilderness within the Park including the iconic Mt Albert Edward and Forbidden Plateau. Featuring high mountain views, dense, majestic old growth, panoramic views of the ocean, a beautiful 10,000sq foot Nordic lodge, competition trails, stadium, biathlon range, lit trail, metres of snowfall and a long season extending well into May – what more could you ask for in a ski area?

Canadian Sport Helpline

The Canadian Sport Helpline is an anonymous, confidential and independent service that offers help to victims or witnesses of harassment, abuse or discrimination. The service allows callers to share and validate their concerns, obtain advice on required next steps, and be referred to other appropriate resources for follow up. The Canadian Sport Helpline is staffed from 8 a.m. to 8 p.m. Eastern Time, seven days per week. The service is available by toll-free phone line, email, text or live chat, in French and English.

Web: www.abuse-free-sport.ca

Phone/Text: 1-888-83-SPORT (77678)

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