



## Strathcona Nordic Ski Club Cross Country Ski School

This program is made possible through the support of Rick Morson and Susan Carson of [Richardson Wealth](#), [Mount Washington Alpine Resort](#), [Nordiq Canada](#), and [Vancouver Island Society for Adaptive Snowsports \(VISAS\)](#).

**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 Teachers,

We have provided this document to assist you in preparing for your upcoming cross country ski program at Mount Washington Alpine Resort.

### **Preparing Students For Skiing**

Nordic sports are enjoyed by people of all ages and abilities, and skiing involves all major muscle groups, building balance, strength, and endurance. With a focus on developing physical literacy through snow literacy - balance, gliding, speed and body control, decision-making, safety, and learning through play - we strive to help participants gain competence, confidence, and motivation to move and be active for life. The following article contains some useful exercises for you to practice with your students in preparation for your trip. "[Physical Literacy & Its Relevance to Skiers](#)", article by Michelle Deacon, NCCP CCI and CC Coach Developer, CANSI Level III Cross Country Ski Instructor. Any exercises that help students develop their balance skills will be very helpful.

Please encourage your students to practice tying shoe laces. We spend a lot of time in the rentals area helping students tie their ski boot laces.

### **Clothing choices**

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.

## **Expectations**

Just like school, we expect students to behave respectfully and responsibly. Please review school policies and field trips expectations with the students. At a minimum we expect students to:

- Follow instructions.
- Never leave the group or ski ahead where they might not hear instructions.
- 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.

## **Cross Country Ski 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 (usually to the outside of the track) 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.

## Groups

We will ask you to provide a list of students with the students divided into groups. The number of groups will be determined by class size and availability of instructors. We will let you know how many groups we need for your class (typically we will ask for four groups).

The purpose of this is not exclusively to sort by ability but to allow for a relatively cohesive group when we are out on the trail. There will likely be some changes during and after each lesson to make it more enjoyable for the students. The following guidelines may be helpful in creating the groups

- Never-Ever – Brand new to skiing or snow sports. Show me the way!
- Beginner – has cross-country skied at least 3 – 5 times with school or family, stays on beginner terrain – green trails/flats and low-grade hills.
- Low-Intermediate – has cross-country skied more than 5 times, classic or skate (but not both), or is a confident alpine skier. Prefers to stay on intermediate terrain, green/blue trails, and moderate rolling hills.
- High-Intermediate – has cross-country skied many times, can classic and skate ski, skis in a Nordic club program or with family/friends regularly. Comfortable skiing on intermediate/advanced terrain blue/black trails with steeper hills. Let's Race!

Note: Intermediate and advanced alpine skiers often transition easily into cross-country skiing. If a child is an experienced alpine skier we recommend classifying them as a low-intermediate cross country skier their first time out.

## Group Lists

Before the program, please provide the Program Coordinator with a complete list of students and adults participating in the program. We ask you to include shoe sizes. This information will allow the MW Nordic Rentals department to select appropriately sized equipment for each skier. Please include contact details (cell numbers) for the teachers attending the program as well as the numbers for the parent volunteers if you have it.

### Group List Template Example

School: Courtenay Elementary Date: Jan 12, 2023 Teacher: **Joan Brown 250 333-1234**

Group #	Student Name	Shoe size	Own gear and pass??		Chaperone name	Chaperone phone
1 (Never-ever)	Jane D.	4	N		Alice	250 333-1234
1						
1						

## **Chaperones**

Each group should have at least one school supplied chaperone. An additional chaperone is requested to stay at Raven Lodge in case a student is unable to stay outside for the duration of the program.

## **Billing**

The school is billed by Strathcona Nordics Ski Club for each participant. Invoices are sent at the end of the last lesson of the program. The program coordinator will confirm daily numbers with the teacher during the program lesson.

## **Cancellation Policy**

The Program Coordinator will contact you if it is necessary to cancel the program for the day. Although there are no guarantees, every effort will be made to reschedule the lesson. In the event that this is not possible, schools will not be invoiced for missed lessons.

## **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](http://www.abuse-free-sport.ca)

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

Email: [info@abuse-free-sport.ca](mailto:info@abuse-free-sport.ca)