

## CROSS-COUNTRY SKIING/SNOWSHOEING

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<b>ALL GRADES</b>			
<p>Keep a first aid kit in an accessible location (ie. fanny pack) when off school site.</p> <p><b>CROSS-COUNTRY SKIING:</b> Use skis, boots and poles that are in good repair and of appropriate size for the skier.</p> <p><b>SNOWSHOEING:</b> Use snowshoes with frames and bindings that are in good repair.</p>	<p>Define specific routes to the students, so they are aware of the boundaries for the activity, whether using a commercial or noncommercial site.</p> <p>Consider sun, wind and snow conditions, and suitability of terrain when choosing a site. An ideal noncommercial site would include:</p> <ul style="list-style-type: none"> <li>● a level field with practice tracks skied in by the instructor</li> <li>● a hill with a gentle slope and long run out, or the bottom section of a larger hill</li> <li>● a variety of terrain</li> <li>● proximity to warmth, food, waxing and other facilities.</li> </ul>	<p>Establish emergency procedures and explain those procedures to the students.</p> <p>Teach skills in proper progression.</p> <p>Discuss recognizing and treating frostbite and hypothermia with the students.</p> <p>Have students check to be sure boots are secure in bindings.</p> <p>Ski poles have sharp tips. Caution students about their use, especially when working close to others.</p> <p>Be aware of students with a history of asthma and other respiratory problems.</p> <p>Use a buddy system.</p> <p>Equipment should not be used on vehicular roadways.</p> <p>Make parents aware of off-campus activities.</p> <p>All third party instructors are governed by the same guidelines.</p>	<p>Provide in the area supervision for all sites within walking distance of the school and during field trips.</p>