

## Cross Country Skiing



### About Cross-Country Skiing

Also referred to as Nordic, and XC skiing, cross-country is a form of skiing where skiers rely on their own locomotion to move across snow covered terrain, rather than using ski lifts or other forms of assistance. Unlike downhill skiing, in which the entire boot is attached to the ski, only the toe of the cross-country boot is attached to the ski. \*Cross-country skiing is not recommended for Daisies due to the more complex nature of the cross-country ski and the fact that young girls will typically not learn with ski poles - which means it may be far more difficult for an adult volunteer to coral and manage a group of Daisies for this activity. Daisies may find it too labor intensive and not enjoyable which is why it is not recommended. However, while cross country skiing is not recommended for Daisies it is permitted, so councils located in regions where cross-country skiing with young children is common and typical, it is permitted.

Know where to cross-country ski: designated cross-country ski trails are recommended. Connect with your Girl Scout council for site suggestions and approval. Also, [xcski.org](http://xcski.org) provides information about cross-country skiing trails.

#### Learn More:

- [Cross Country Ski Areas Association](http://www.crosscountryski.org)
- [National Ski Patrol](http://www.nationalski.org)
- [XC Ski World](http://www.xcski.org)

### Include Girl Scout Members with Disabilities

Talk to Girl Scout members with disabilities and their caregivers. Ask about needs and accommodations. Contact the ski instructor in advance. Ask about accommodating people with disabilities.

**Council Approval:** May be required- [Troop Trip Travel Form](#) may need to be completed.

**Certificate of Insurance (COI):** Required from vendor providing this activity if renting equipment.

Visit <https://www.girlscoutsni.org/resources#COI> to check list of the COI's on file or to request one.

**Activity Permitted For:** B J C S A

Activity Not Recommended For:  
Daisies

## **Equity**

In addition to physical and social-emotional disabilities consider the history, culture, and past experiences of the Girl Scout members in your troop that could affect their ability to equally participate in an activity. Work with members and families to understand how an activity is perceived. Ensure that all Girl Scout members and their families feel comfortable that they have access to whatever is needed to fully participate such as the proper equipment, prior experiences and skills needed to enjoy the activity.

## **Safety Activity Checkpoints**

**Standard Safety Guidelines.** Refer to the Standard Safety Guidelines at the beginning of Safety Activity Checkpoints which apply to all Girl Scout gatherings and activities. When the adult-to-girl ratio, or other safety parameters, are stricter for a specific activity than in the Standard Safety Guidelines always follow the stricter parameters in the activity chapter.

**COVID-19 Guidelines.** Review the Coronavirus Safety in Girl Scouts section under the Standard Safety Guidelines. Be certain to consult your council's specific COVID-19 guidance which can be accessed under the same section. Always call ahead to the vendor, property or facility involved to check for their COVID-19 safety requirements as you prepare to take girls for this activity.

**Emergency Action Plan (EAP).** Review and document your Emergency Action Plan (EAP) ahead of time before taking girls out for this activity. Think through scenarios of what can go wrong such as an accident, physical injury to a girl or adult, missing girl, or sudden illness.

**Verify instructor knowledge and experience.** Instruction is given by an adult with experience teaching and/or supervising cross-country skiing for the ages involved, or has documented experience, according to your council's guidelines.

**Select a safe cross-country skiing site.** Girls are encouraged to plan trip details and include adequate rest periods with opportunities to replenish fluids and eat high-energy foods (such as fruits and nuts). The nature of the terrain, potential hazards (such as an avalanche or frozen lake), mileage, and approximate cross-country skiing time should be known to all group members. When a latrine is not available, individual cat holes located at least 200 feet away from water sources should be used to dispose of human waste.

**Map the course.** The route should be marked on a map.

**Designate a meeting spot.** Before skiing, designate a meeting place where girls can contact a supervising adult.

**Recover from a fall.** The act of hoisting back up while wearing skis can be a cumbersome process. Have members learn how to get back up on their skis.

**Prepare for emergencies.** Ensure the presence of a waterproof first aid kit and a first aider with a current certificate in first aid, including adult and child CPR or CPR/AED, who is prepared to handle cases of frostbite, cold exposure, hypothermia, sprains, fractures, and altitude sickness. Emergency transportation should be available. If any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first aider with wilderness first aid. Girls must be trained in winter survival (such as snow-cave building, whiteouts, and avalanche avoidance), as needed. Search-and-rescue procedures are written out in advance and arrangements are made for medical emergencies and evacuation procedures.

**Follow cross-country ski-safety standards.** Ski area rules are explained and observed:

- Girls should ski under control to avoid other skiers and objects.
- Girls must yield the right-of-way to those already on the trail. They step to the side to let the faster skier pass. A descending skier has the right of way.
- A faster skier should indicate her desire to pass by calling “track, please.”
- Never ski close to the edge of an embankment or a cliff.
- Girls must not walk on ski trails.

## **Safety and Required Gear**

- Skis
- Ski poles
- Boots
- Water-resistant gloves or mittens
- Heavy insulating socks
- A winter hat.
- Thermal underwear or long underwear (as necessary)
- Sunglasses or ski goggles to protect eyes from glare.
- A water bottle.
- High-energy food (such as fruits and nuts)
- A daypack to carry personal belongings.