

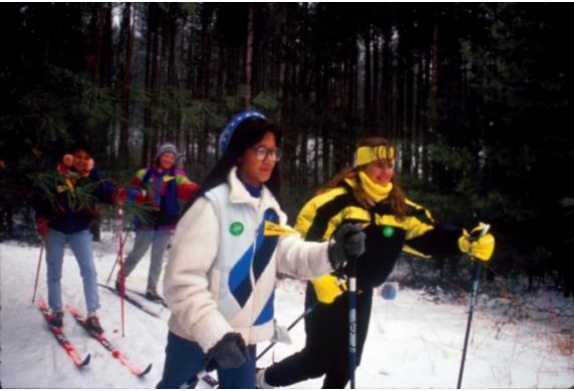
Certificate of Insurance (COI): Required from vendor providing this activity for Council Approval. Visit [GSNI's webpage](#) for information on requesting a COI from the venue.

Cross-Country Skiing

Council Approval: Required

Activity Permitted for: B J C S A

Activity Not Recommended for: Daisies



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 complex nature of the cross-country ski and the fact that young children will typically not learn with ski poles, which means it may be far more difficult for an adult volunteer to corral 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 may choose to allow this activity.

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, [Cross Country Ski Areas Association](#) provides information about cross-country skiing trails.

Include Girl Scout Members with Disabilities. Talk to Girl Scout members with disabilities and their caregivers. Ask about needs and accommodations. Always be sure to contact the ski instructor and location and/or the instructor in advance to ensure they are able to accommodate those with disabilities. Find [tips and inspiration](#) from a disabled XC skier, and learn more at [Move United](#).

Equity. 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 and have access to whatever is needed to fully participate, such as proper equipment, prior experiences, and the skills needed to enjoy the activity. See the Equity section of the [Introduction to Safety Activity Checkpoints](#) for general advice about expense,

Emergency Action Plan (EAP). Review and document your Emergency Action Plan (EAP) before starting any activity and review it so all are prepared. Think through scenarios of what can go wrong such as an accident, physical injury, missing person, sudden illness, or sudden weather or water emergencies.

All Troops must provide one adult certified in Adult and Pediatric CPR/First Aid/AED AND Wilderness and Remote First Aid or Wilderness First Responder.

Cross-Country Skiing Checkpoints

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 site. Girl Scouts 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 skiers 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 prior to beginning the route.

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 for 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 certification. Participants 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 skiing safety standards. Ski area rules are explained and observed:

- Ski under control to avoid other skiers and objects.
- 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 the desire to pass by calling "track, please."
- Never ski close to the edge of an embankment or a cliff.
- Do not walk on ski trails.

Safety and Required Gear

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