

SKIING GUIDELINES

The following guidelines should be considered when winter and ski activities are conducted by the Tufts Mountain Club. The guidelines outlined here should be considered in addition to the *GENERAL ACTIVITY GUIDELINES* as applicable.

1.0 TECHNICAL CERTIFICATION

For all skiing and snowboarding activities, TMC trip leader(s) must have relevant technical certifications, outlined below.

- Has demonstrated skill and experience in activity of interest
- Has demonstrated understanding of TMC trip leading priorities, including, but not limited to:
 - Responsibility to consistently check in with trip participants regarding their comfort and other needs
 - Awareness of official rules and common courtesy of activity of interest, e.g. allowing faster groups to pass while cross-country skiing, giving people below on the mountain the right-of-way
- Has completed the technical certification form.

One can demonstrate the above requirements by contacting the TMC ski director and filling out the TMC Ski Trip Leader Technical Certification Form.

This certification is a lifetime certification. However, if an event occurs that raises doubts about the validity of a technical certification, the technical certification may be revoked at the discretion of the TMC board.

1.1 DOWNHILL AND BACKCOUNTRY SKIING

Downhill (i.e. telemark, Alpine, and randonne) skiing may be conducted as an independent activity or part of an extended wilderness experience. A sequential progression that stresses speed control and controlled falling is used when introducing novices to skiing. Proficiency in skiing under control in gentle terrain should be demonstrated by each participant before advancing to steep slopes. When skiing, trip leaders and participants must adhere to all applicable winter activity policies, in addition to those below:

Trip Leader

- Has the necessary training and experience with the principles of the specific discipline being taught: Alpine, backcountry, or Nordic downhill (telemark) skiing.
- Can meet the risk management, operational, and other expectations of the activity.
- Is up-to-date on current standards and changes in technology (equipment) and backcountry touring procedures.
- Has the requisite skills and training to lead skiing activities in the specific environment: backcountry or lift-service areas.

Equipment

- Equipment is cared for in an appropriate manner; inspection of equipment is conducted prior to participant use.
- An appropriate repair kit and spare items are available during the activity. The items in the kit will include but are not limited to: wire, screwdrivers, pliers, and tape. This is most relevant to backcountry trips.

Downhill Skiing

When skiing, trip leaders and participants must adhere to all applicable winter activity policies, in addition to those below:

- Trip leaders are expected to orient participants to risk management considerations and trail etiquette at ski area.
- Supervision of participants by trip leaders depends on the age, maturity level, skill level and goals of the trip.

- Participants are given meeting places and times if unsupervised.
- Establish a buddy system for each participant prior to the start of the program. Participants are required to be with their buddy for the duration of the program.

Backcountry Skiing

The following technical skills may be reviewed prior to or during the trip:

- Proper equipment maintenance and care
- Appropriate equipment selection and sizing
- Use and of climbing skins
- Appropriate use of waxes
- Basic Nordic techniques
- Telemark and parallel turns
- Basic equipment repairs
- Cold-weather physiology and safety
- High energy nutrition for winter activity
- Proper winter clothing and layering systems
- Winter wilderness emergency procedures
- Other applicable topics depending on course (i.e. winter and mountaineering topics)

Adapting those skills to sled hauling is handled during the trip, including being a “brake” skier for the person skiing with the sled.

Traveling in Avalanche Terrain

Travel in known avalanche terrain is avoided at every point, but in some backcountry skiing may occur in areas with possible avalanche hazard. The following general policies apply at activity sites where possible avalanche hazard exists. These policies include, but are not limited to:

- An appropriate number of group members carry shovels, transceivers, and avalanche probes.
- If an TMC-sponsored activity will be traveling in terrain with known avalanche dangers, all participants should carry avalanche transceivers in pre-tested working order when traveling in avalanche terrain.
- The trip leader indicates when everyone should turn on and off avalanche transceivers.
- All participants should be trained in the use of avalanche transceivers and should engage in avalanche rescue drills prior to traveling in avalanche terrain.
- Ski touring parties should follow standard travel, safety procedures, and terrain and stability analysis as outlined by the American Avalanche Association (A.A.A.)
- The group crosses questionable terrain one member at a time if possible.
- All open slopes between 20 - 60 degrees may be considered suspect and evaluated prior to further travel if deemed necessary by the trip leaders.
- Activities may be suspended if avalanche danger is too high.

1.2 NORDIC SKIING

When skiing, trip leaders and participants must adhere to all applicable winter activity policies, in addition to those below:

Trip Leaders

- Trip leaders should be familiar with Professional Ski Instructors of America (P.S.I.A.) curriculum and proper progression in addition to following these guidelines as applicable to the goals of the program.
- Trip leaders are also up-to-date on current standards and changes in technology (equipment) and changes to PSIA curriculum.

Site Selection

- Nordic skiing activities are conducted in areas such as, but not limited to: Lincoln Woods, cross-country ski areas, and backcountry locations.
- Site is selected by trip leader based on program goals and the needs of the participants.

Topics to Cover

Recommended progression, time and ability permitting:

- Skiing safety
- Basic equipment use
- Warming up
- Correct sports stance and balancing
- Fundamental ski skills
- Maneuvers on flat terrain:
 - Double poling
 - Diagonal striding
- Maneuvers on hills:
 - Sidestepping
 - Herringboning
 - Straight runs & wedges
 - Wedge turns

Additional information on the P.S.I.A. Nordic teaching progression can be found at:

<http://www.thesnowpros.org/>