

The Mountaineers

Minimum Club-Wide Standards for The Mountaineers Skiing Programs

Revised January, 2019

Introduction

The purpose of these standards is to establish a uniform set of minimum requirements for all of the Skiing Programs offered by The Mountaineers. These uniform standards will make it easier for students from the various Branches to participate in the activities of Branches other than the one with which they are directly affiliated. In addition, these uniform standards will make it easier for The Mountaineers to represent its Skiing Programs to interested parties outside the organization.

Each Branch retains ultimate responsibility for the implementation of its Skiing Programs.

Definition of terms

- **Backcountry:** All areas that are outside of commercial avalanche control, such as highways and lift served ski areas.
- **Backcountry Skiing:** Trips that include skiing down slopes that require the use of parallel or telemark turns for descent, and considering the avalanche hazard of slopes before skiing.
- **Basic Cross Country Skiing:** Trips that are primarily focused on using kick and glide techniques for skiing and only require the use of snowplowing or traversing to descend slopes.
- **Ski Trip:** Any trip Mountaineer trip that uses skis as a mode of travel in the backcountry.
- **Skiing Committee:** Group of individuals within a Branch responsible for the Branch Skiing program.
- **Ski Leader:** Person who plans a Skiing trip (type: basic cross country or backcountry) and is responsible for decision making concerning the trip, including but not limited to the trip itself.
- **MOFA:** Mountaineering Oriented First Aid.

Standards for Basic XC Skiing

Basic Skiing Course content must include:

1. Clothing
2. Equipment
3. Techniques
 - a. Diagonal stride
 - b. Herringbone
 - c. Snowplow

On Basic Ski Trips, everyone must carry:

1. Ten essentials.
2. Food, clothing, and equipment appropriate to the trip.

Standards for the Backcountry Skiing Course

Backcountry Skiing Course content must include:

1. Telemark skiing instruction
2. Avalanche awareness/avoidance
3. Avalanche rescue and beacon practice

On Backcountry Skiing Trips, everyone must carry:

1. An Avalanche Beacon

2. A Shovel
3. Climbing Skins
4. An avalanche probe or probe ski poles
5. Ten essentials.
6. Food, clothing, and equipment appropriate to the trip.

Basic and Backcountry Skiing Field Trip Instructors

1. Member of the Mountaineers in good standing.
2. Basic
 - a. A graduate of the Basic Skiing Course **or**
 - b. Someone holding Basic Skiing Equivalency status.
 - c. Approved by the Branch Basic Skiing Committee to instruct
3. Backcountry
 - a. A graduate of the Backcountry Skiing Course **or**
 - b. Someone holding Backcountry Skiing Equivalency status.
 - c. Approved by the Branch Backcountry Skiing Committee to instruct.

Standards for Skiing Leaders

Backcountry Ski Leaders

1. Initial requirements
 - a. A Member of The Mountaineers in good standing, and at least 18 years of age.
 - b. Approved by the Skiing Committee to lead ski trips. Restrictions regarding the types of trips led are at the discretion of the Skiing Committee.
 - c. A MOFA or WFA graduate.
 - d. Attended a Leadership Seminar within two years of becoming a Leader (each Branch Skiing Committee shall define activities, which meet the requirement of a Leadership Seminar).
 - e. Successfully participated as assistant leader on at least 2 Backcountry Ski trips offered through The Mountaineers
 - f. Education
 - i. A graduate of the Backcountry Course **or**
 - ii. Someone holding Backcountry Equivalency status.
 - iii. Successfully completed avalanche level one training
2. Requirements for continuing participation
 - a. A member of The Mountaineers in good standing.
 - b. Update skills every 5 years to maintain familiarity with current techniques.
 - c. Lead at least one ski trip within every consecutive 3 year period from the date of initial approval as a Ski trip Leader. The ski trip must be a Skiing Committee sponsored ski trip.
 - d. Approved by the Skiing Committee to continue to lead ski trips.

Nordic Ski Leaders

1. Initial requirements
 - a. A Member of The Mountaineers in good standing, and at least 18 years of age.

- b. Approved by the Skiing Committee to lead ski trips. Restrictions regarding the types of trips led are at the discretion of the Skiing Committee.
 - c. A MOFA graduate.
 - d. Attended a Leadership Seminar within two years of becoming a Leader (each Branch Skiing Committee shall define activities, which meet the requirement of a Leadership Seminar).
 - e. Successfully run 1 ski trip as a mentored leader offered through The Mountaineers
 - f. Education
 - i. A graduate of the Nordic Ski Basic Course **or**
 - ii. Someone holding Nordic Ski Basic Equivalency status.
2. Requirements for continuing participation
- a. A member of The Mountaineers in good standing.
 - b. Update skills every 5 years to maintain familiarity with current techniques.
 - c. Lead at least one Nordic ski trip within every consecutive 3 year period from the date of initial approval as a Nordic Ski trip Leader. The Nordic ski trip must be a Skiing Committee sponsored ski trip.
 - d. Approved by the Skiing Committee to continue to lead ski trips.

Accident Response on a Ski trip

1. Before the trip:
- a. Trip leader will make sure that someone in the party has had MOFA or WFA training or equivalent.
 - b. The party will carry at least one Mountaineers First Aid/Accident Report Form.
 - c. Trip leader will know the relevant jurisdiction(s) that the party will be in and have all necessary telephone number(s).
 - d. Trip leader will let the party know who is responsible for party leadership if he or she becomes incapacitated.
 - e. Trip leader will designate the MOFA or WFA leader as the person who will direct the first aid response following an accident.
 - f. Trip leader will inquire about any pre-existing medical conditions that exist among party members.
 - g. **On a Backcountry ski trip:** everyone will perform a check that their avalanche beacons are working properly.
2. At the time of an accident:
- a. Trip leader or designee retains leadership of the party.
 - b. A Mountaineers First Aid/Accident Report Form must be filled out as first aid is performed, or as soon as practicable.
3. After the accident, the trip leader or designee is responsible for the following:
- a. The Mountaineers must be notified as soon as practicable, whenever injuries require outside assistance, or hospital care for the victim. See the Mountaineers First Aid/Accident Report Form for procedures.
 - b. The trip leader or designee must file a copy of the First Aid/Accident Report Form with the Executive Director within two weeks of the accident.

Review of Standards

1. The Branch Skiing Committee will review their programs annually to ensure that their programs meet the club minimum standards

2. A Branch shall have a different Branch audit their programs every five years to ensure that their programs meet the club minimum standards

Review of Compliance

1. The Managing Committee shall audit or appoint a committee to audit each Branch's skiing programs to ensure that their programs meet the club minimum standards
2. The Managing Committee shall appoint an outside entity to audit each Branch's skiing programs to ensure that their programs meet the club minimum standards. This could include
 - a. A professional guide service **or**
 - b. Another club that has similar activities.