

The Mountaineers

Clubwide Standards for Cross-Country Skiing Programs

Revised March 2023

Introduction

The purpose of these standards is to establish a uniform set of minimum requirements for all of the cross-country skiing programs offered by The Mountaineers. These uniform standards make it easier for students from various Branches to participate in the activities throughout the club. In addition, these uniform standards make it easier for The Mountaineers to represent its cross-country skiing programs to interested parties outside the organization.

Each Branch retains ultimate responsibility for the implementation of its cross-country skiing program.

Definition of terms

- **Backcountry:** All areas that are outside of commercial avalanche control, such as highways and lift served ski areas.
- **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.
- **WFA/MOFA:** Wilderness First Aid or Mountaineering Oriented First Aid.

Standards for Basic Cross-Country Skiing Course

Basic Cross-Country Skiing Course content must include:

1. Clothing
2. Equipment
3. Techniques
 - a. Diagonal stride
 - b. Herringbone
 - c. Snowplow
4. Completion of Avalanche Awareness course or content

On Basic Cross-Country Ski Trips, everyone must carry:

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

Cross-Country Skiing Field Trip Instructors

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

Standards for Cross-Country 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 Cross-Country Skiing Committee to lead ski trips. Restrictions regarding the types of trips led are at the discretion of the Cross-Country Skiing Committee.
 - c. A WFA or MOFA graduate.
 - d. Attended a Leadership Seminar within two years of becoming a Leader (each Branch Cross-Country Skiing Committee shall define activities, which meet the requirement of a Leadership Seminar).
 - e. Successfully run one ski trip as a mentored leader offered through The Mountaineers
 - f. Education
 - i. A graduate of the Basic Cross-Country Skiing Course **or**
 - ii. Someone holding Basic Cross-Country Skiing Equivalency status.
 - iii. Completion of an Avalanche Awareness course.
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 cross-country ski trip within every consecutive 3 year period from the date of initial approval as a Cross-Country Ski Leader. The cross-country ski trip must be a Cross-Country Skiing Committee sponsored ski trip.
 - d. Approved by the Cross-Country 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 WFA or MOFA 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 WFA or MOFA 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.
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 must submit an incident report form.

Review of Standards

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