

Cross Country Skier Etiquette

Rule #1 Know your Trails

1. Cross Country Ski Trails

a. Can be....

- i. Either **One-way** or **Two-way**
- ii. Each ski area has its own trail system of either one-way or two-way trails or both.
- iii. Know the direction of each trail you are

b. Look for Trail direction on

- i. Ski Trail signs
- ii. Trail Maps

2. All ski trails are for both Skate and Classic Skiers

- a. Skate skiers get the wide, combed section, but can also use the tracks to double pole.
- b. Classic skiers get the tracks if they are cut. Otherwise, keep to the right side.
- c. Classic Skiers pass on the left side of the tracks.
- d. Only ski side-by-side on a wide trail. Otherwise, ski single file.
- e. If you stop step out of the tracks to your right and make sure your skis and poles do not cover the tracks.

3. One Way Trails

- a. Do not ski the wrong way on a one-way trail.
- b. Classic Tracks on the right; Skate on the left

4. Two Way Trails

- a. Ski on the **RIGHT SIDE** of the trail. If the classic track is only cut on the left side of trail you may use the track but you must yield to any skier in the track coming towards you. You may return to the left side of the trail after checking that the center lane is clear.
- b. On-coming skiers will be on your left.
- c. Pass on your Left

Rule #2 Ski Trail Right-of-Way

1. Who has the Trail Right-of-Way?

- a. Skiers on the downhill
- b. Skiers in the skate lane

2. Passing

- a. Skiers must pass other skiers with **Care and Safety** as a priority.

- b. Call out "**On your left**" or "**On your right**" to warn other skiers you are coming up from behind to pass.
 - c. Faster classic skiers will pass slower skiers by stepping out of the tracks and passing on the left
 - d. Skiers coming downhill can't stop or move aside quickly, so give them room, and if need be, step to the side of the trail to let them pass.
- 3. One set of classic tracks on a two-way trail**
- a. Continue to follow the rules above.
 - b. **Right set tracks** go to those skiing on the right
 - c. **Left set tracks** go to those skiing on the left.

Rule #3 Be Considerate

All skiers share the same trails: That means beginner, intermediate, and fast skiers.....

1. **Know your Pace**
 - a. If you are skiing in a group, and your pace is not keeping up with the skier ahead of you, and the skier(s) behind you are on your tail, encourage those behind you to ski around you or find a place to step out of the tracks to the right to allow the faster skiers to pass you.
2. **Skier Right-of-Way**
 - a. Skiers will pass you on the left.
 - b. Classic skiers who want to pass will step out of the tracks and pass.
 - c. Skate skiers passing other skate skiers should shout-out "**Passing on your left**".
3. **Falls:** We all fall down....
 - a. If you are able, quickly move your body, skis, and poles out of the way of on-coming skiers so they can safely pass by.
 - b. When the trail is clear in both directions, get back up.
4. **Fix your falls**
 - a. After you get back up, fill the trail in if you made a big "sitz mark".
5. **Stopped on a Trail for any Reason**
 - a. Move to either far side of the trail so other skiers can safely pass.
 - b. Classic skiers need to step out of the tracks so other skiers can use them.

Rule #4 Respect the Trail

1. **Ski Trail Passes**
 - a. **Annual Ski Trail Passes** pay for **plowed parking lots** and **ski trail grooming**. Always enter ski areas having paid for the ski park's **paid** ski pass system.
2. **Safety w/Trail Debris:**
 - a. Beware of twigs, branches, pinecones, bare patches, and icy spots on the trail as they can make you fall hard. Try and ski around or step over these poor trail sections. Clear some of the debris if possible.
3. **Pack it in; pack it out.**
 - a. Be mindful of your trash. If you eat a snack on the trail, do not let your snack packaging fly away or drop to become litter. Pick up other trash you find.