



Pathfinder's Name

Skiing, Cross-country

- 1. List and describe the principle characteristics, qualities, and sizing of the following cross-country skiing equipment: (Complete Chart #1)
 - a. Skis (both waxable and unwaxable)
 - b. Bindings
 - c. Shoes
 - d. Poles
- 2. Describe and demonstrate how the above gear would be prepared for use and cared for both on the field and during the off season. (Complete Chart #2)
- 3. What consideration should be made when selecting clothing to be worn while cross-country skiing?

What features would you look for when selecting a pack for cross-country ski touring?

- 4. Demonstrate properly on skis the following travel techniques:
 - a. Flat striding with good kick, purchase, and form
 - b. Single poling, change-up, and double poling
 - c. Side stepping up and down slopes
 - d. Herringbone slope climbing
 - e. Traverse-side stepping up slope with kick turns
 - f. Straight up slope climbing
 - g. Straight downhill running under control, 20 degree slope (schuss)
 - h. Moving step turning down slope
 - i. Snow plowing for slowing speed and stopping
 - j. Sitback stopping
- 5. Explain the purpose of waxing.

Briefly explain the need for different waxes for different snow types and temperatures.

6. Explain basic safety precautions to follow in cross-country skiing.

7. Know and explain the official National Ski rules for conduct in cross-country skiing.

8. Demonstrate skiing ability by doing the following:
- a. Take three separate three-mile trail tours with another individual. If possible, have varying snow conditions.

	Dates	Other individual
1.	_____	_____
2.	_____	_____
3.	_____	_____

- b. Take a ten-mile tour over varying terrain.

Date of tour _____

- c. During all tours carry necessary gear (safely) and wear proper clothing for conditions demonstrating ability to maintain proper body temperature, dryness, and condition.

Date completed _____

Instructor's Signature _____

Skiing, Cross-Country Chart #1

Item	Characteristics	Qualities	Sizing
Skis Waxable			
Skis Unwaxable			
Bindings			
Shoes			
Poles			

Skiing, Cross-Country, Chart #2

Item	Preparations for use and care on the field	Preparations for use and care during the off season	Demonstrated
Skis Waxable			
Skis Unwaxable			
Bindings			
Shoes			
Poles			

