

New Mexico Cross Country Ski Club

GUIDELINES FOR TOUR PARTICIPANTS

I. PURPOSE

The purpose of these **Participant Guidelines** is to help you know what is expected if you participate in New Mexico Cross Country Ski Club (NMCCSC) outing. Remember that the purpose of going on a ski tour is to have a good time and return safely. Try your best to follow these guidelines so that those aspirations will be realized.

To facilitate your comfort and safety bring the following items:

1. Map of the area in which you will ski (*optional*)
2. Compass
3. Water
4. Food for expected consumption and high-energy food for emergencies
5. Clothing appropriate for extreme cold and worst imaginable conditions (*i.e. polypropylene underwear, fleece shirts, and extra headgear and gloves/mittens*)
6. Sunglasses and sunscreen
7. First aid kit (*optional*)
8. A tool for cutting, i.e. knife, scissors or Leatherman
9. Space blanket and insulating pad
10. Whistle
11. Headlamp and extra batteries
12. Matches or lighter and a firestarter
13. Cell phone, if you have one
14. Avalanche equipment (*optional unless required by the leader*)

II. NORMAL PROCEDURES

Scheduled tours are advertised in the NMCCSC newsletter. Impromptu tours are advertised through the NMCCSC egroup. All tours start at a pre-determined meeting place in town. The typical ski tour lasts one day and involves vehicle travel to and from the mountains. Some thought and planning are required before the day of the ski outing. Below is some general advice that will make your tour successful and enjoyable.

- A. Call the leader before the tour to let him/her know you are planning to ski that day, especially if you are unsure of how well your skills and fitness match the tour description.
- B. Read the tour description carefully and make note of the time and meeting place.
- C. Read Club newsletters for information regarding club policies.
- D. Check out all of your equipment before the ski day.
- E. Pay attention when the leader is giving the pre-ski briefing.
- F. Inform the leader if you have any medical conditions that might unexpectedly come into play on a tour or in an emergency.
- G. Stay with the leader during the ski tour.
- H. Be courteous and considerate to everyone.
- I. Bring the appropriate amount of water for the tour.
- J. Bring extra food in case of an emergency.

- K. Bring everything you might need in the way of first aid items, food and water. Don't rely on the leader to have everything.
- L. Do not ski alone.
- M. Don't bring your dog unless you have approval from the leader.
- N. Understand that it is Club policy for passengers to pay their drivers a mileage fee to help defray vehicle costs.
- O. Show up if you tell the leader you are coming.
- P. Don't expect the leader or driver to take care of you.
- Q. Check the rating of the tour to be sure you match your skill/experience level (*see below*)

TOUR RATINGS:

CLASS I: Tour with less than 1,000 feet of elevation gain and less than 5 miles in total length. Skiers should be able to execute stops and turns. *Some, but not all*, tours are appropriate for novice skiers with minimal cross country experience. The pace will be slow (*1 to 1.5 miles per hour*). Persons with no cross country skiing experience **MUST** take the beginning lessons or must obtain the leader's permission prior to joining a CLASS I tour.

CLASS II: Tour with less than 2,000 feet of elevation gain and is less than 10 miles in total length. Tour requires intermediate skills and ability to maintain control on moderate slopes with techniques such as snowplowing, turning and traversing. Skiers should have enough stamina for sustained kick and glide touring on near level ground at a pace of 2 miles per hour for several miles and should also be experienced at using climbing skins to climb trails with moderate slopes.

CLASS III: Tour with greater than 3,000 feet of elevation gain and greater than 10 miles in total length. Tour usually requires advanced skills and ability to competently and confidently climb and descend steep, narrow trails. A skier with advanced skills should be able to do telemark, parallel, or comparable turns on moderate slopes. That skier should also be very experienced with using climbing skins for both climbing and safely descending steep slopes. Skiers should have the endurance for skiing 10 miles or more *within the time constraints of the tour*.

Trail slopes are categorized as follows:

- 1) Gentle slopes have less than 5% grades.
- 2) Moderate slopes have grades greater than 5 % but less than 15 %.
- 3) Steep slopes have grades greater than 15 %.

Exploratory designation. In addition to a CLASS rating, a tour may be designated exploratory (Exp). This means the leader has not skied on this route recently (*or ever*) or is unsure about some aspect of the proposed route. Participants should be experienced in backcountry skiing. They should be prepared for any possible situation and should have emergency gear with them.

Participants you must read the tour announcement carefully and compare your skiing ability and endurance with the details of the tour description. If you have any doubts about being able to complete the tour safely or about your ability to keep up with the group, contact the leader before the day of the tour and discuss it with him/her.

III. TOUR LOGISTICS – MEETING PLACE

- A. Arrive at the meeting place before the departure time.
- B. Bring water, food, sunblock, warm clothing and any additional gear that the leader has suggested (*see list of items on page 1*).
- C. Introduce yourself to the leader.
- D. Sign the *Release of Liability* form.
- E. Bring your cell phone (*if you have one*) and give the leader your number.
- F. **Stay home** if you think you have a communicable disease.

IV. AT THE TRAILHEAD

- A. Stay near the the trailhead until the group is ready to begin the tour.
- B. Tell someone if you need a personal break and that you will be out of sight for a few moments.
- C. Wait for the leader. Don't start skiing ahead without permission from the leader.

V. ON THE SKI TOUR

- A. Follow the leader and participate with the group (*this sometimes means you have to do what the group wants to do rather than what you, as an individual, would prefer*).
- B. Select a *buddy* to ski with. This means that the two of you ski together and keep each other in sight throughout the tour. You will still ski as a group, but in case the group gets a little ahead this insures that no one skis alone.
- C. Keep up with the group to the best of your ability. If you can't, tell the leader.
- D. Tell the leader immediately if you have a problem or need to stop for any reason (*e.g. a hot spot on your foot*).
- E. Be considerate of other skiers. If you need to stop to adjust clothing, etc., get out of the ski track so that others may pass.
- F. Tell someone if you need to leave the trail.
- G. Leave your pack on the side of the trail (*not in the tracks*) to go off the trail to relieve yourself. Don't urinate on the ski track! If you need your pack with you, leave some indicator at the point you departed the trail.
- H. Put your name on your pack so that your fellow skiers will know who is off the trail.
- I. Tell the leader if you think you must turn back and follow his/her instructions. The Club discourages solitary skiing.
- J. Don't whine!

VI. AT THE MEETING PLACE AFTER THE TRIP

- A. Make sure the leader knows that you have returned to the trailhead.
- B. Assist others in making sure all vehicles start and can get out of the parking area.
- C. Pay your driver if you were a passenger and thank them.
- D. Retrieve all of your gear from the driver's car.