



## **HIGHLANDS NORDIC CROSS COUNTRY SKI ETIQUETTE**

- 1) Please treat Highlands Nordic as you would your school. Walk when indoors, place garbage and recycling in provided bins, and respect each other, your instructors, and the other skiers using our facility.
- 2) When skiing on the trails please stay in a minimum of groups of three.
- 3) All our trails go in one direction. You can ski on the green trail which is 2.5km, the blue trail which is 4km, and the yellow trail which is 5km. We would like you to try the green trail first, then attempt the blue and yellow trails if skills permit. **DO NOT GO ON THE ORANGE AND RED TRAILS.**
- 4) We have a teaching hill which we use in lessons. If you are not in a lesson you are not allowed on the teaching hill.
- 5) Teachers, if there are any medical concerns (eg. Asthma) or special needs (eg. hearing impairment) our staff may need to be aware of, please let us know. Please always have students carry emergency puffers etc. with them.
- 6) Most importantly we would like all students to have fun and stay safe. Approach your lessons with a positive attitude to succeed, and ski the trails with enthusiasm!

## **A TYPICAL DAY CROSS COUNTRY SKI PROGRAM**

- Upon arrival you will be assigned a room where you can leave your bags, lunches, and anything else you do not need to take with you.
- You will each be given a trail ticket, divided into teaching groups of 15 students or less, then directed to the ski rentals.
- Upon receiving ski boots, poles, and skis you will meet your instructor outside at an assigned area.
- You will receive a half hour ski lesson, then be free to ski the trails with your friends, parent helpers, and teachers.
- You will ski until the scheduled lunch time, upon which you place your ski equipment on the provided racks. Remember where you put your equipment! If you are skiing with friends put your equipment in the same spot to help you remember where it is.
- After lunch continue to enjoy the trails.
- At the end of the day return all your equipment to the rental department.

## **WHAT TO BRING**

Lunch	Winter Jacket	Winter Hat	Sunglasses
Water Bottle	Snow Pants	Warm Mitts/Gloves	Extra Socks and Mitts
Healthy Snacks	Wear Layers of Clothing	Warm Socks	