

TRAKKERS
CROSS COUNTRY SKI CLUB
LOVE WINTER



Classic cross country skiing 101



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Trail code



On double tracks stay to the right except to pass



To yield to a faster skier move out of the track



CROSS COUNTRY RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE TRAILS, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1** Always check posted trail conditions.
- 2** Ski in indicated direction and obey all posted signs and warnings. Keep off closed trails.
- 3** Always ski to right when meeting on-coming skiers and when skiing on double track.
- 4** Yield the track to faster skiers and skiers calling 'track'.
- 5** Ski in control. On two-way trails descending skiers have the right-of-way.
- 6** Do not stop where you obstruct a trail or are not visible to others. Move off the track quickly if you fall or during rest stops.
- 7** Do not litter. Take out what you pack in. Respect all property.
- 8** Report all incidents.

**Know the Code - Be Safety Conscious
It is Your Responsibility**

Trail markers



Trails signs indicating the relative difficulty

Always ski within your ability

(beginners should try easy trails 1 to 5 km & ski with a partner)

Putting on your skis

There are several types of ski bindings with boots to match

1. Open bindings (some skis you do not need to do this)
2. Step into the bindings toe-first
3. Flip down the top of the binding to secure your boot



Newer style:

- Metal bar in the toe of the boot
- Hooked into a latch in the binding



Older style:

- 3 small pins on the binding that match with 3 holes underneath toe of boot
- Boot is secured with a toe clip



Putting on and fitting poles

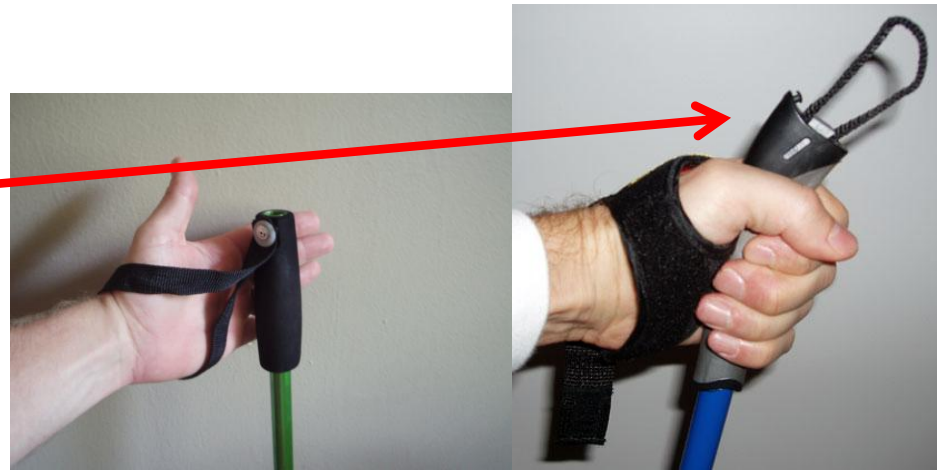
To put on:

1. Start with hand below the strap
2. Slide hand up through strap loop from the bottom
3. Grip the pole (the strap should be under your palm)



To fit:

1. Grip pole so $\frac{1}{4}$ to $\frac{1}{2}$ inch of the top is above your hand
2. Pop out the plastic device recessed into the grip loose to adjust the strap length





Ski techniques

Basic technique: Diagonal stride

Beginners - doing the “shuffle”

- * Starts out with short sliding steps
- * Has little or no glide
- * Uses poles for balance

Little forward lean

Arms stiff

Minimal weight transfer

- both feet in full contact with snow
- weight centered over both skis



Basic technique: Diagonal stride

Advanced beginner/ intermediate– moving towards purposeful skiing

- * Working on weight transfer to front foot
- * Getting some forward lean
- * Starting to glide

Back foot still in contact with snow

No full arm follow through



Basic technique: Diagonal stride

Intermediate plus- moving towards fluid skiing

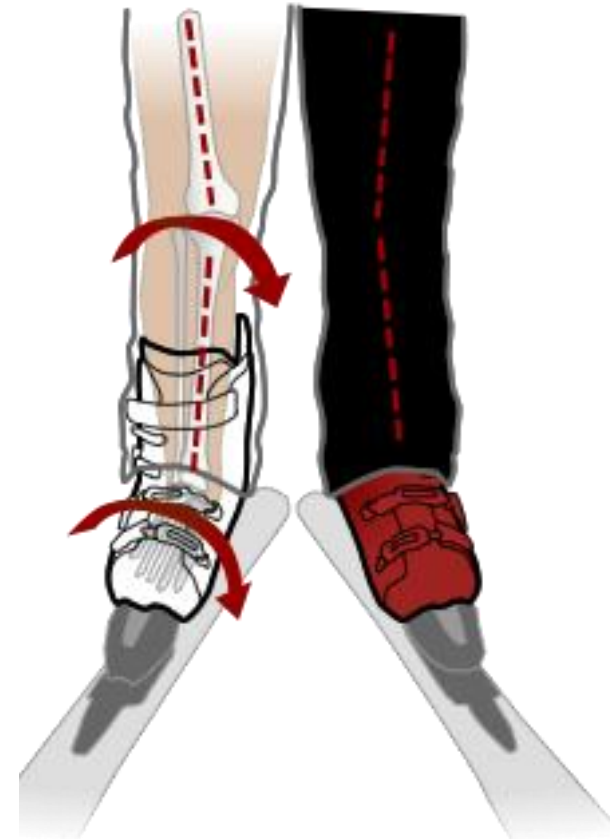
- * Smooth 100% weight transfer
- * Launch off kick ski to glide ski
- * Long glide
- * Forward lean
- * Full arm extension
- * Increases speed



What is “edging”?

To use your inside edges:

- Actively roll your ankles into the hill (towards each other)
- This digs your skis into the snow to increase the grip
- Used in going up steeper hills, for braking or going down hills



Going uphill

Herringbone:

- Make a “V” shape with your skis (tips apart, tails closer together)
- Weight on heels not toes
- Slight forward lean
- Poles planted behind feet
- Waddle up like a duck

When the hill gets steeper:

- Use your inside edges
- Stomp down harder
- Push more on poles
- Shorter step length
- Quicken tempo
- Widen ski tips outwards (make a larger V)



Skis in a “V” shape

Going up a very steep hill



Side step:

- step sideways up the slope
- Keep skis parallel to each other
- Keep skis perpendicular to the slope (e.g. not facing down the hill)
- Have one pole on either side (one up the hill and one down the hill)

Still too steep? Then take your skis off and walk up!

Going downhill

Snowplow

- Bend knees, slight forward lean, hands forward
- “A” shape – ski tails apart and tips together (but don’t cross them)!

Steeper hill?

- Use your inside edge
- Make a bigger “A” shape so more of your ski scraps across the snow to slow you



Skis in an “A” shape

Braking in the tracks – half wedge

Helpful if a skier falls or suddenly stops ahead of you

- Take one ski out of the track (**this is the braking ski**)
- Angle the tip towards the other ski
- Use your inside edge



Getting up from a fall

On flat terrain:

- Get both skis parallel
- Release grip on pole
- Use your hands (**NOT POLES**) and crawl until you are squatting or kneeling over your skis
- Slide one ski forward
- Now plant and grip poles for balance only (not to lever yourself up – you can break a pole and cause a shoulder injury)



Getting up from a fall

On a hill:

- Get your skis down the hill from your body
- Keep your skis perpendicular to the slope (across the hill and not facing up or down the hill)
- If too steep, take off a ski

