EO M426.02E – SKI ALONG A ROUTE

1. **Performance**:Ski Along a Route

2. **Conditions**:

   a. Given:

      (1) Personal expedition equipment,

      (2) Personal cross-country ski equipment,

      (3) Group cross-country ski equipment,

      (4) Supervision, and

      (5) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Expedition centre, Level 2, IAW A-CR-CCP-930/AG-001, *Cadet Program Interim Activity Safety Direction*, during daylight hours.

3. **Standard**:The cadet, in a team of no more than six, during an expedition, shall:

   a. analyze different types of snow and ice;

   b. fit cross-country ski equipment; and

   c. practice classic cross-country ski techniques along a route, with an expedition pack, to include:

      (1) stopping;

      (2) falling;

      (3) changing direction;

      (4) poling;

      (5) executing the diagonal stride;

      (6) ascending hills; and

      (7) descending hills.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Discuss types of snow, to include: a. new fallen snow, b. powder snow, c. wind-packed snow, d. sun crust snow, e. corn snow, f. rotten snow, and g. slush snow.	Interactive Lecture	10 min	C2-004 (pp. 299–301)

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TP	Description	Method	Time	Refs
TP2	Explain, demonstrate and have the cadets: a. select: 1. classic cross-country skis, 2. ski boots, and 3. ski poles; and b. fit cross-country ski equipment.	Demonstration and Performance	30 min	C2-237 (pp. 32–34, pp. 57–75) C2-247 (pp. 33–40)
TP3	Explain, demonstrate and have the cadets practice classic cross-country ski techniques along a route, to include: a. falling down; b. stopping; c. changing direction; d. poling; e. executing the diagonal stride; f. ascending hills; and g. descending hills.	Demonstration and Performance	220 min	C2-237 (pp. 34–53, pp. 138–141, pp. 148–159) C2-247 (pp. 40–93, pp. 105–108)

5. **Time:**

a. Introduction / Conclusion:	10 min
b. Interactive Lecture:	10 min
c. Demonstration and Performance:	250 min
d. Total:	270 min

6. **Substantiation**:

   a. An interactive lecture was chosen for TP 1 to introduce and give direction on types of snow and how they can affect a cross-country skier.

   b. A demonstration and performance was chosen for TPs 2 and 3 as it allows the instructor to explain and demonstrate the procedure for fitting personal cross-country ski equipment and executing classic cross-country ski techniques while providing an opportunity for the cadets to practice the skill.

7. **References**:

   a. C2-004 ISBN 1-896713-00-9 Tawrell, P. (1996). *Camping and wilderness survival: The ultimate outdoors book*. Green Valley, ON: Author.

   b. C2-237 ISBN 978-0-89886-862-3 Hindman, S. (2005). *Cross-country skiing: Building skills for fun and fitness*. Seattle, WA: The Mountaineers Books.

   c. C2-247 ISBN 978-0-393-08734-5 Lederer, W. J., & Wilson, J. P. (1970). *Complete cross-country skiing and ski touring*. (2nd ed.). Toronto, ON: George J. McLeod Ltd.

8. **Training Aids**:

   a. Presentation aids (eg, whiteboard / flip chart / OHP) appropriate for the classroom / training area,

   b. Personal expedition equipment,

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c. Personal cross-country ski equipment, and

d. Group cross-country ski equipment.

9. **Learning Aids**:

a. Personal expedition equipment,

b. Personal cross-country ski equipment, and

c. Group cross-country ski equipment.

10. **Test Details**:This EO is assessed IAW Chapter 3, Annex B, 426 PC.

11. **Remarks**:

a. Expedition centres are required to select two dynamic modes of travel from EO M426.02a (Paddle a Canoe), EO M426.02b (Ride a Mountain Bike), EO M426.02c (Hike Along a Route), EO M426.02d (Snowshoe Along a Route) and EO M426.02e (Ski Along a Route) to incorporate into the expedition training.

b. This EO has been allocated nine periods in the overall course period allocation. Each expedition centre may adjust this allocation to reflect the choice of activities, facilities and available resources at the expedition centre.

c. Upon arrival at the expedition centre, cadets will be divided into teams. Cadets will be given an opportunity to navigate and lead peers. These teams will remain the same for the duration of the weekend.

d. Total distance for the cross-country ski route may be adjusted depending on trail availability and skill level of participants.

e. IAW A-CR-CCP-930/AG-001, *Cadet Program Interim Activity Safety Direction*:

(1) the following personal cross-country ski equipment is required when cross-country skiing:

(a) ski boots,

(b) skis,

(c) poles,

(d) appropriate cold-weather clothing, and

(e) a whistle;

(2) the following group cross-country ski equipment is required when cross-country skiing:

(a) topographical / trail map of area as required,

(b) compass,

(c) first aid kit,

(d) communication device (eg, hand-held radio),

(e) GPS receiver, and

(f) cold weather emergency kit appropriate to the activity; and

(3) weather must be continuously assessed. If the temperature falls below -20°C (with the wind-chill factor calculated in), cadets must be brought inside.

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