

Ski Tour Schedule 2017

(Revised Feb 14, 2017)

Note: Additional Required Information at bottom of table.

Date	Tour	Leader	Rating	Distance	Description
Sat Jan 14	Upper Pippy Park	Bill Walker	1	8-10K	Intro Ski on one of the trail systems in Pippy Park
Sat Jan 21	Goulds to Bay Bulls	George Power	1	14K	Easy level and sheltered trail
Sat Jan 28	Hughes Pond - Windsor Lake Area	Caroline McIlroy	N/A	15K	This is a new trail being offered for first time in 2017
Sat Feb 4	No Tour Scheduled				
Sat Feb 11	Pouch Cove Ponds	Pat Dabinett	2+	15K+	Ski trails around ponds in St John's East Extern. Not suitable for novice skiers
Sat Feb 18	Brock Head Falls	Abigail Steele	2	18K	Overland tour to Brock Head Falls on East Coast Trail. Tour follows a different route than ECTA path.
Sat Feb 25	Bay Bulls Big Pond to Bay Bulls Town	George Power	1	18K	Easy level and sheltered trail
Sat March 4	Pippy Park Traverse	Bill Walker	1	11K/22K	Optional one-way or return route from Mt Scio to Thorburn RdPippy

Date	Tour	Leader	Rating	Distance	Description
Sat Mar 11	Butterpot Park	Bill Walker	1	15k	Tour of trails in Butterpot Park
Sat Mar 18	Old Petty Harbour Rd	Colin Taylor	2+	10-15K	A couple of tougher hills mixed gentle hills and ponds in the the Kilbride Petty Harbour area.
Sat Mar 25	Avalon Wilderness Area	George Power	3	20-30K	Skiing in the Avalon Wilderness. Skier must be fit and prepared.

Notes:

In consideration of the changing conditions, the tours will not be confirmed until the Thursday before the week-end tour which will normally occur. Tours may be changed to Sunday to fit weather and ski conditions. There will be some tours suitable for all skiers, and others will require experienced skiers and adequate conditioning. See the "Guide for Ratings" below.

The touring director for this season is Bill Walker who can be reached at 690-3431 or wwalker@nf.sympatico.ca. Watch the Avalon Nordic web-site, Facebook, and Twitter accounts for updates to the schedule. Leader contact information, start location, etc will be published on web site, once the tour has been confirmed the week of the tour.

If want to be on our weekly tour email list, to be informed of changes and re-schedules, send an email to wwalker@nf.sympatico.ca.

Tour participants should register for the tours they plan to do through the Zone 4 Link on the Club's Web site. Skiers who are not club members pay \$5 per tour. This payment must be made in advance using Zone 4 link on the web page. By going through Zone 4 skiers are covered by insurance with the Canadian Cross Country Ski Association.

Guide for ratings: (hills considered). For icier conditions add one level of difficulty

1: easy. Beginners should be able to do it.

2: intermediate. Gentle hills with occasional steeper hill, keep length in mind.

3: difficult. Some tougher hills and may be a longer distance.

Guidelines for Ski Tour Leaders:

1. Tour leaders make the decision whether to cancel or adjust the tour due to weather or trail conditions.
2. **Always** plan your route in advance, after consultation with a map.
3. **Always** check weather forecast before tour start.
4. Leaders **always** do a head count at start of a tour and have plenty of rest stops with head counts to keep the group together
5. The leader should **always** have a First Aid Kit.
6. Watch your time carefully and **never** over-extend yourself. **Always** plan a trip to be back at the trail head well before dark. If necessary, be prepared to shorten the trip if time runs out.
7. The tour leader shall warn of any hazards on the trail, and remember, the tour leader is **always** in charge.

8. At any intersection of the trail, the leader must ensure that everybody is aware of the proper direction, preferably by having a knowledgeable skier (sweep) at the end of the tour.

Guidelines for Tour Leaders and Participants:

1. **Always** tell others at home your proposed route.
2. Bring food and extra clothing (i.e. warm sweater) and extra emergency rations, plus matches, a knife and a map of the area.
3. For long trips, a survival kit consisting of rations, space blanket, candle, rope and axe is recommended.
4. Use extreme caution when crossing any ice, especially on rivers and ponds
5. Learn to recognize the symptoms of frost bite and how to treat the same.
6. **Always** stay with the group.
7. If skiers have any doubts about their ability to do a tour, contact the leader for that day. The Leaders contact info will published the week of the tour.
8. Always check your gear (Skis, Bindings, Boots, Poles, etc) to ensure they are good enough for tour you are participating in.

Waiver Information: All participants, with the exception of registered Avalon Nordic Ski Club members, must review and sign the Waiver Form below

By signing this document you will assume certain risks. Please read carefully.

1. This is a binding legal agreement. As a Participant in the sport of cross-country skiing and the programs, activities and events of **Cross Country Canada including all of its registered Divisions and Clubs and Canadian Snowsports Association** (hereinafter called **CCC/CSA**), which include without limitation cross-country skiing competitions, camps, clinics, and related activities such as roller-skiing , road cycling, running and hiking (hereinafter called the **Activities**), the Participant and/or the Parent/Guardian of the Participant (hereinafter called the **Parties**), acknowledge and agree to the following terms:

Description of Risks

2. The Participant is participating voluntarily in the **Activities**. In consideration of the Participant's participation in the **Activities** sanctioned by **CCC/CSA**, the **Parties** hereby

acknowledge that they are aware of the risks, dangers and hazards associated with or related to the **Activities**, and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:

- a. training whether indoor or outdoor including strength training, running, hiking, and cycling;
 - b. overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts;
 - c. vigorous physical exertion, rapid movements and quick turns and stops;
 - d. falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces;
 - e. contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects;
 - f. failing to participate within one's abilities, skill and within designated areas;
 - g. becoming lost or separated from the group or the group becoming split up;
 - h. failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - i. extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning strikes
 - j. encounters with animals or plants including allergic reactions;
 - k. travel to and from training, competitive events and associated non-competitive events which are an integral part of **Activities**; and
 - l. other risks normally associated with participation in the **Activities**.
3. **Furthermore, the Parties are aware:**
- a. that injuries sustained may be severe, paralyzing or fatal;
 - b. that the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of **CCC/CSA**
 - c. that the risk of injury is reduced if the Participant follows all rules established for participation; and
 - d. that the risk of injury increases as the Participant becomes fatigued.

Disclaimer

4. In consideration of **CCC/CSA** accepting the Participant's application for membership in the **Club** or allowing the Participant to participate, the **Parties** agree that **CCC/CSA**, and its respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by the Participant during, or as a result of, any of the Activities sanctioned by **CCC/CSA**, , caused by the risks, dangers and hazards associated with the **Activities**.

Acknowledgement 5. The **Parties** confirm that:

- a. the Participant's physical condition is sufficient to allow participation in the sport of cross-country skiing and the activities, events and programs of **CCC/CSA**;

- b. they have been provided sufficient information about **Activities** and the associated risks and hazards so that they are aware of the effect of this agreement;
 - c. the Participant agrees to abide by the Rules and Regulations imposed by **CCC/CSA**, in association with the **Activities**, and to follow the instructions of the officials during the **Activities**; and
 - d. they have read this agreement understand it, have executed this agreement voluntarily, and that this agreement is to be binding upon the **Parties**, their heirs, executors, administrators and representatives.
6. In addition, the **Parties**:
- a. authorize **CCC/CSA**, to collect and use personal information about the **Parties** which relates in any way to the **Activities**, including without limitation the publication of photographs in newsletters and promotional materials, and the posting of photographs, videos, articles, rosters, statistics, images and results on the **CCC/CSA** websites;
 - b. grant permission to **CCC/CSA**, to photograph and/or record the **Parties** image and/or voice, and to use this material to promote **CCC/CSA**, through any form of and agree that the audio/visual material and copyright will remain the sole property of **CCC/CSA**, and waive any claim to remuneration for use of audio/visual materials used for these purposes; and
 - c. understand that they may withdraw such consent at any time by contacting Cross Country Canada at 403-678-6791. Cross Country Canada will advise the implications of such withdrawal.

We do not sell or distribute your personal information to any other third party not listed herein.

Member Signature: _____

Date: _____