

RA Ski Club Cross Country Day-trip Leader Guidelines

Dec 27,
2022

On the day of the trip:

If you decide to cancel, call or message Jane Hilliard by 8 am for morning trips or before 10:30 am for afternoon trips. She will update the Facebook page and web site.

Please do not change times for the trips without first consulting the XC Co-Chair (Jane Hilliard).

At the RA Centre/Meeting Place:

1. Ensure each skier signs the sign-up form. **Don't forget to print one off before you leave home!!** Because participants are asked to pre-register, it saves time and cold fingers if you fill in names and e-mail addresses ahead of time.
2. Introduce new members to existing members. Take note of new members or members with whom you are not familiar and keep an eye on them.
3. Inform everyone of the parking lot where cars will meet and which trails will be followed.
4. Decide on an apres-ski café or restaurant and ask who plans to go. There is no obligation to have an apres-ski event.
5. If the group is large (more than 8 people), designate someone to be the sweep. The sweep stays at the back of the group and ensures that everyone reaches the turnaround point. Often, the trip leader can be the sweep. Ensure that all skiers know who the sweep is.
6. Remind skiers of skiing etiquette (see RA Ski Winter Program booklet). In addition, inform skiers of the following "responsibilities of trip participants" :
 - a. They must stay on the designated route or, if they decide to deviate from it, they must let the trip leader or sweep know.
 - b. They should ski with at least one other person.
 - c. They should identify themselves to the sweep as a member of the ski club if the sweep passes them on the trail.
7. Arrange carpooling.
8. Remind skiers to pay their driver for gas. Suggested cost for the round trip is on the sign-in sheet.

At the Trailhead/Parking Lot:

1. Ensure everyone has arrived at the trailhead before starting out.
2. Ensure the group stays together or failing that, that the front runners stop periodically to wait for the rest of the group.
3. Encourage those that travel together to monitor their fellow passengers.
4. Ensure that all skiers have returned to the parking lot before departing after trip is complete.
5. Take photos during the outing!

In the event of an emergency:

Assess the severity of the situation and do one of the following to get help:

- Contact the attendant at the parking lot.
- Use the emergency radio located in a hut.
- Call the Gatineau Park emergency phone number: 613-239-5353; other NCC numbers are 613-239-5000 or
- 1- 800-465-1867 (toll-free).

Afterwards:

Send the sign-up sheet to Jane Hilliard XC Co-Chair at xc-2020@raski.ca

Write a brief trip report and send it to Jane for posting on the web site. Send photos to Glen Campbell at publicity-2020@raski.ca