

Introduction to Backcountry Off-Trail Nordic Ski Clinic

What: Introduction to Backcountry Off-Trail Skiing Clinic

When: Classroom January 30th, 6:30; Field Trip February 2

Cost: $10 (waived for Active Trip Leaders, reimbursed for those who become leaders in 2019). You must be a CMC Member to register

Instructors: Ward Whicker, Steve Dielman and Scott Farquhar (a.k.a. Powder Boy)

The intent of this Clinic is to introduce those who want to safely ski off-trail into the backcountry using Nordic equipment and techniques. Participants should have basic "kick and glide" skills using either narrower lightweight trail skis or the wider BCX skis that are designed for easier turning on milder downhill terrain. We will cover the various ski/boot/pole choices, uphill aids such as climbing skins, clothing, safety equipment, and the wintertime essentials that should be in one's pack. We will discuss the many types of snow conditions and discuss techniques for skiing the various types of snow, especially climbing and turning when descending. We will review winter hazards and discuss avalanche recognition & avoidance. There is a $10 for this course. Contact Scott Farquhar at fccmcguy@gmail.com to register.

Classroom: The instructors will demonstrate and discuss equipment, clothing, safety & comfort gear. We will discuss snow conditions and internet resources for predicting weather & snow characteristics as well as discussing tools to plan trips. A basic section on avalanche awareness and other winter hazards will be presented. Finally, a basic description of ski stances & ski weighting for making turns and controlling speed will be demonstrated.

Field Trip: An all-day field trip to an area near Cameron Pass will be led, where we will practice the various techniques of off-trail travel. We will look for differing snow characteristics to ski, and variable terrain to practice trail breaking, climbing, descending with & without making turns, getting up after a fall, etc. We will point out hazards and how to manage them, and observe areas that have avalanche potential.