

# Nordic Manual

All the information you need to know in order to patrol nordic events

- [Getting ready for a shift](#)
- [Cross Country Responsibility Code](#)
- [Nordic locker contents](#)

# Getting ready for a shift

When you patrol at Mount McIntyre, please ensure that you

1. Get a day pass or make sure you have your seasons pass.
2. Make sure your phone number card is posted behind the desk at the ski base.
3. Put up your photo id card on the locker and update your anticipated itinerary.
4. Wear a uniform and first aid pack/fanny pack.
5. When you are there during the priority evening and weekend patrol hours please ask the staff to mark you off with an X on the date you are out so we can track our obligations to the Whitehorse Cross Country Ski Club (WCCSC). Please do not ask the staff to mark you in for times other than the priority hours - There are some AM/PM notes on the monthly logs and it makes the patrol leader's job difficult to interpret and create the stats record.

## Before a race or special event

For a race or event, one should have done all the steps listed above (regular shift) and also do the following:

1. Liaise with race director one hour before the race to get race course, start list etc.
2. Get snowmobile and toboggan out and stationed in an agreed location
3. Check and check contents of the toboggan, oxygen kits, AED, packs/fanny packs
4. Coordinate communication (cell phone/radio)
5. Confirm station locations for the duration of the race
6. Confirm racers all accounted for at end of the race
7. Put gear away
8. Ensure locker is clean and neat

# Cross Country Responsibility Code

Patrollers must know and follow the cross country responsibility code. If you witness any behaviour that goes against this code of conduct for safety, gently inform the offender on the potential impacts their behaviour may have.

# 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.

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

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

# Nordic locker contents