

Nordic

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Mt MacIntyre priority hours

The priority hours at Mount MacIntyre are based on high attendance which is when there is the highest likelihood of an incident. In order for a ski session to be considered a shift, it must be of at least 2 hours during the priority hours as outlined below:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 pm to 8 pm	3:30 pm to 8 pm	4 pm to 8 pm	4 pm to 8 pm	4 pm to 8 pm	10 am to 4 pm	10 am to 4 pm

Nordic Manual

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

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

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

Nordic locker contents

Nordic Events

Description of various nordic events we attend to and relevant information for organizers.

Marsh Lake Loppet

Date and time

Maps and contact info

Copies of the maps and phone numbers are attached as well as at the ski base at Mt. MacIntyre. Please see the map for the location of the station numbers (S1,S2, etc) I refer to below. I will leave copies for all of you either with the gear in the pb shed or in the locker in the slot beside the first aid drawers where the AED normally lives.

Toboggan and other CSP gear

The toboggan, O2 in the blue pack, AED, trauma kit, blankets and slow down signs are piled up for you in the pb shed to be taken out to the race. I also included a little bag of swag which you can give out as you see fit to kids, helpers, etc. When you come back, the toboggan, bag of blankets and trauma kit can go back into the pb shed, the O2 goes into Ben's office and the AED and slow down signs goes back into the locker.

Race: Drive out to Marsh Lake and turn right into Doehle Drive to be at the Marsh Lake Community Centre (MLCC)/ S1 by **11:15**. Highway and parking lot gets very busy. Ski Patrol to meet with Chief of Race Shirley at **11:30** at the MLCC. Kids race on the 2.5 km loop around Bob lake starts at 12:15 and Adult race on the 10 and 20 k course starts at 1.

Toboggan, O2, AED plus some extra blankets can get attached to the snowmachine which is assigned to ski patrol. It will be located at S2 which is the race start. Leave the ski harness with it tied town. If it's cold, then find somewhere handy to leave the O2 and AED so it stays warm. The trauma kit can be placed somewhere accessible as well. We can get you 2 radios (I will confirm this with Amanda) so that patrol 1 and 2 can communicate. Otherwise the radios don't reach

between S2 and S5. You will need to use cell phones on the course.

Patrol duties: You guys can figure out the final duties and who goes where but here is the plan.

Patrol 1 follows and sweeps the kids 2.5 k race. There is a trail marshal for the 2.5 at S3. Patrol 1 is responsible for staying at S2 and snowmachine-ing the rescue gear to where it's needed on the course or grabbing the gear and driving to S5 if called there. EMS is a quick call away as well. There is a fire built and usually a warming tent on Bob Lake but cold people should be directed to go into the community centre. The MLCC is your treatment site for injuries.

Patrol 2 hangs out at S2 until Patrol 1 returns from sweeping the 2.5 kids race. Patrol 2 then follows the 10 k racers and sweeps the 10 k. S4 is the turnaround for the 10 k race and will have 2 trail marshals.

Patrol 3 to drive to S5 on Judas Creek road by 1:15. There are 3 trail marshals here controlling traffic and recording bibs. This is a watering station. You need to hang out here until all the 20 k skiers have come through and back again. You should bring the two csp slow down signs and some blankets. There is no need to sweep the 4.4 k south loop of the Judas creek road (unless someone wants to) as the trail marshals are recording bibs at S5. You can use skis or something to put up the two slow down ski patrol signs at the road crossing. Please retrieve them and the blankets later. There will be warm vehicles at S5 ready to take folks back to the community centre if needed.

Patrol 3 sweeps the 20 k race starting at S5. (or see below...you can go back to S2 and relieve patroller 1)

Patrol 4... this is where you have some flexibility. A patroller is welcome to ski the whole 20 k race as long as someone sweeps both the 10 k and 20 k race.

Other notes: S6 is a recreational stop over where there are opportunities for hanging out and having a shot of a beverage/snacks etc. There is usually a fire here and there is a snowmobile at this location.

The lookout loop (not sure if that is part of both the 10 and 20 k loops) has some hills and steeper sections on it. Otherwise the course does not have a lot of terrain issues.

Go on into the MLCC to get food when you are done. If you are sweeping the 20 k you might want

to get someone to save you something...many small hungry children can clear the food tables...

Let me know when you get back if you drove out to the MLCC so we can get you some gas money.
I think its 20 dollars per vehicle.