

NSSTC Day Trip Tips

Welcome

Thanks for your interest in leading trips for the NSSTC Club. The club would not exist without people like you who are willing to volunteer their time and talent so that others may share the outdoor places and experiences that we love. Guests are welcome on day trips. This is a good opportunity to introduce people to the North Stars.

Day trip information is communicated via the Website calendar, LOYPE and the weekly e-LOYPE. Last minute updates to a day trip can be made through the club's website Message Board.

Trip Planning

Be familiar with a potential destination before the trip to determine:

- trip highlights
- any potential hazards to be aware of
- choice of trails, ability level required, and length of ski
- parking and warming facilities
- length of drive and directions
- costs associated with trip

Check out first aid kit from Tools Supervisor or check contents of your own first aid kit. Familiarize yourself with first aid procedures. If you have any questions or concerns contact the club safety coordinator. Club banners available from the Publicity Chair.

Trip Submission

Day trips must be submitted to the e-LOYPE editor by one of the Trip Coordinators. The e-LOYPE submission deadline is 6:00 pm on Wednesdays for Thursday morning delivery.

There are three methods to submit day trip information:

- use the electronic "Activity Scheduling Form" from the North Star web site (www.north-stars.org)
- e-mail the Trip Coordinators at schedule@north-stars.org
- call one of the Trip Coordinators listed in the LOYPE

For all submissions be sure to include:

- trip destination
- meeting time/place and approximate return time
- directions to meeting place
- leader's name and how to contact leader
- food options

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At the Destination

Meet participants and introduce them to each other. Determine:

- if anyone is new to the club and welcome them
- the ability level of participants
- if anyone has special needs

Before hitting the trail:

- have everyone sign the Day Activity Waiver Form -form available on website
- hand out maps
- discuss trail conditions including required ability level and any hazards
- review safety policy including staying in groups of at least three (see below for additional safety info)
- help arrange groups for different abilities/lengths of ski and assign a leader
- be sure new members are included and have a group to ski with
- be sure everyone has a map, water, and any safety equipment recommended for the weather, length of ski, and difficulty of trails
- make it clear when and where participants will meet after the ski to be sure everyone returns safely and has had a good event

While skiing, keep an eye out for people having problems. If anyone is alone, talk to them and introduce them to a likely partner.

After the ski check that:

- everyone made it in OK
- the facilities are left in good condition

Safety

Cross Country skiing is a relatively safe sport, but accidents do occur. Read the safety articles published regularly in the LOYPE, and take advantage of the educational programs offered.

How much equipment to take on a ski depends on length of ski, how far you will be from emergency help, and anticipated weather conditions. For the average ski pack:

- space blanket
- knife
- duct tape

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- candle, lighter or matches and fire starter
- compass
- extra water and high energy snacks
- moleskin
- thermos with hot drink if weather is cold or you will be some distance from emergency help
- spare clothes including hat, balaclava, warm gloves/mittens, dry socks and plastic bags, fleece jacket or vest, wind-pants (think about how fast you will chill down if you were injured or stop to help someone else)

At the End of the Activity

- Send Day Activity Waiver Form to the Trips Coordinator
- Return first aid kit to the Tools Supervisor
- Return club banner to the Publicity Chair