



## Avalon Nordic Ski Tours 2018

### GUIDELINES AND CONSIDERATIONS FOR SKI TOURERS AND THOSE LEADING TOURS

Our scheduled tours will start as soon as we have a good base of snow.

ANSC members will receive a tour notice with the club's Friday general email to all members. The tour group will also send out emails to members concerning last minute tour changes. When registering for ANSC membership, be sure to tick the box for the Tour Mailing List option to ensure you receive last minute notices concerning tour changes. We will also attempt to update our various internet sites with last minute changes if we can. However, the best way to ensure you receive notice of last minute changes is to become a member and tick the Tour Mailing List.

Non-members can participate in tours for a \$10 membership fee. Please bring the fee to the tour. Exact change only and no coins. Non-members should read and agree to the waiver form at the bottom of this document. Communication on last minute changes to tours and schedules will be to registered members.

Because of our challenging conditions, the tour for any weekend can change at the last minute. We may also substitute a snowshoeing or hiking event if conditions are unsuitable for skiing. Those on the Tour Mailing List will get a last minute notification if this occurs. We cannot guarantee all ANSC web sites will be updated in time to reflect this. Be sure you tick the Tour Mailing List option when you register as a member.

The touring coordinators for this season are Bill Walker (690-3431 or [wwalker@nf.sympatico.ca](mailto:wwalker@nf.sympatico.ca)) and Abigail Steele ([Abigail.steele.nl@gmail.com](mailto:Abigail.steele.nl@gmail.com)). There will be various experienced tour leaders over the season.

If skiers have any doubts contact the leader for that day. Tour leaders decide on the distance to be traveled.

### CONSIDERATIONS FOR SKI TOURERS AND THOSE LEADING TOURS

1. **Always** plan your route in advance, after consultation with a map.
2. **Always** tell others at home your proposed route.
3. **Always** check weather forecast before leaving.

4. Bring food and extra clothing (i.e. warm sweater) and extra emergency rations, plus matches, a knife and a map of the area.
  5. For long trips, a survival kit consisting of rations, space blanket, candle, rope and axe is recommended.
  6. Leaders **always** do a head count at start of a tour and have plenty of rest stops with head counts to keep the group together.
  7. The leader should **always** have a First Aid Kit.
  8. Use extreme caution when crossing any ice, especially on rivers and ponds.
  9. Watch your time carefully and **never** over-extend yourself. **Always** plan a trip to be back at the trail head well before dark. If necessary, be prepared to shorten the trip if time runs out.
  10. Learn to recognize the symptoms of frost bite and how to treat the same.
  11. **Always** stay with the group.
  12. The tour leader shall warn of any hazards on the trail, and remember, the tour leader is **always** in charge.
  13. At any intersection of the trail, the leader must ensure that everybody is aware of the proper direction, preferably by having a knowledgeable skier at the end of the tour.
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2. The tour leader can cancel or re-route ski tour in the interest of safety.