



CROSS-COUNTRY SKIING

Price: \$1.50 plus 6% tax

(Complete (6) requirements, including the (1) starred:)

1. Speak before a group on the history of cross-country skiing or visit the U.S. Ski Hall of Fame, and share the information you learn.
- *2. Review first aid treatment and prevention of skiing accidents and demonstrate knowledge of safety precautions while cross-country skiing.
3. Know how to select and care for cross-country skiing equipment.
4. Learn about the various cross-country ski events held regionally. Talk to a participant about their experience.
5. Know the names and locations of five areas in the Upper Peninsula which have groomed cross-country ski trails.
6. Visit and ski one of the above trails with others, including one adult.
7. On flat terrain, ski 100 yards, properly executing the kick-glide movement with diagonal-poling and having long glides with each kick.
8. While skiing downhill, demonstrate the double-poling technique using correct body position and technique.
9. While skiing downhill, demonstrate snow-plow and step turn to your left and to your right.
10. Demonstrate how to "bail-out" (emergency stop) while going downhill if you get in trouble. (controlled "fanny stop").