

CROSS-COUNTRY SKIING

WHAT IS CROSS-COUNTRY SKIING?

Cross-country skiing is the oldest type of skiing. This sport was introduced in Quebec by the legendary Herman Smith-Johannsen from Norway, nicknamed Jackrabbit by the Cree, who considered him very agile on his skis! Once a way to travel, cross-country skiing is now done as a leisure activity or a competitive sport. There are two cross-country skiing styles that require different equipment: **classic** and **skate** (freestyle) skiing on groomed trails. Cross-country skiing is one of the best sports for developing your cardiovascular endurance.

EQUIPMENT



1 set of cross-country skiing equipment per skier (2 skis, 2 boots)



Hula hoops



Cones



Flags



Balls

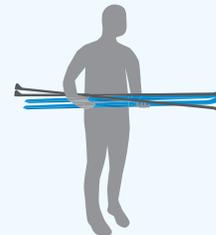


Obstacles to make a tunnel (cones, poles and water noodles)

HOW TO MAKE THIS ACTIVITY A SUCCESS



Dress appropriately for the weather (snowsuit). Limit yourself to two layers and adjust the thickness of the inner layer.



Carry the equipment under your arm. Use the hand of your opposite arm to stabilize everything.



Stop and pass safely: get off the trail to **stop** and call out or say "TRAIL" in a loud voice to **pass** (and pass on the left).



Specify your skiing **direction** to avoid collisions with other skiers.

THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:



Elementary school level



High school level



Outdoors



No equipment



Distancing

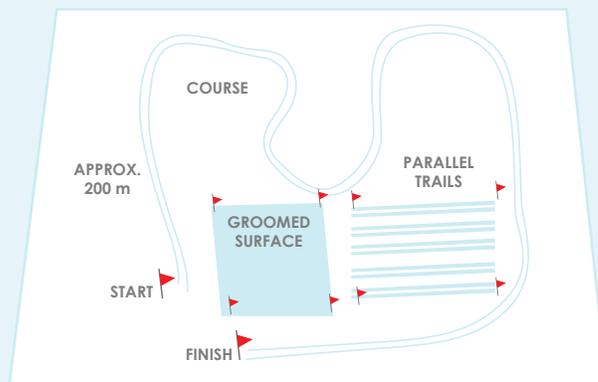


Solo



To make the outdoor experience enjoyable, go to a cross-country ski area, schoolyard, nearby field or golf course. We strongly recommend that you take a **group of people with you** on your adventure.

SPACE LAYOUT. To explore the basics of cross-country skiing, we offer three types of areas: a **groomed surface** for warm-ups and games, a **200-metre loop** with an obstacle course, and a few **parallel trails** for technical drills.



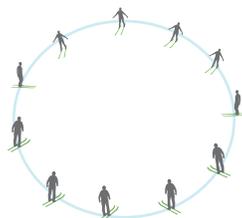
WARM-UP

ZOO VISIT DRILL



OBJECTIVES: Preparing your body by doing exercises on the spot in a confined space and learning how to get up.

Without poles, form a large circle on a groomed area with enough space between each student to accommodate wide movements. Imitate animals found in the forest:



- The **mouse** who walks softly.
- The **buffalo** who walks slowly.
- The **polar bear** who claws the ground.
- The **squirrel** who jumps to keep warm.
- The **grizzly bear** who walks heavily.
- The **fox** who rolls on his back in the snow.

WARM-UP

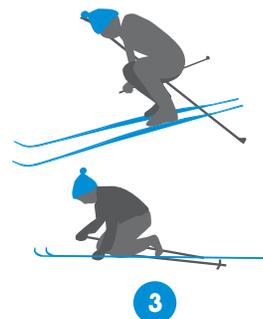
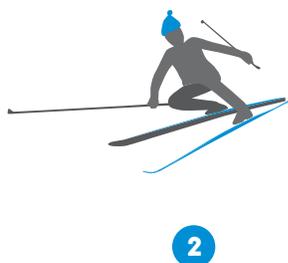
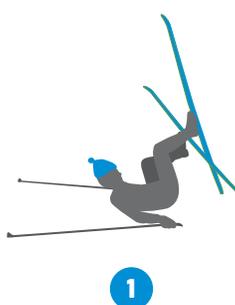
L'INVENTAIRE



OBJECTIVES: Preparing the body by doing exercises on the spot in a confined space and learning how to get up.

Without poles, form a large circle on a groomed area with enough distance between each student to accommodate wide movements. Do the following movements: clap your **hands**; tap your **hips**, **thighs** and the back of your legs; swing your **arms**; stretch your **body**; **brush** the snow with one ski at a time; alternately lift your skis as if you were going up a staircase; put one knee on the ground; turn around to make a **star in the snow** with your skis; turn around while making **small jumps**.

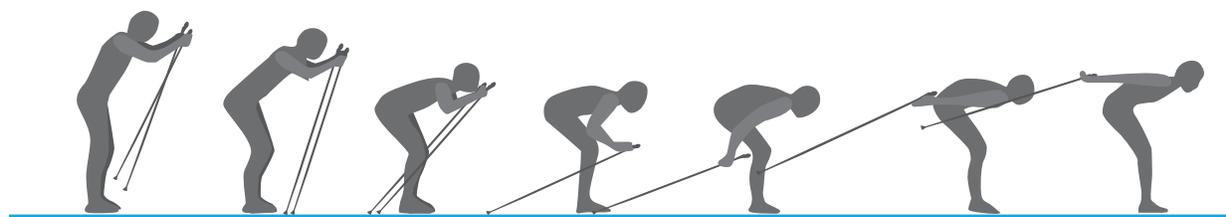
 To **get up:** “untangle” your skis **1**, place the skis parallel to your body **2**, lean on one hand or put a knee on the ground **3** to get up. Repeat this exercise with or without the poles.



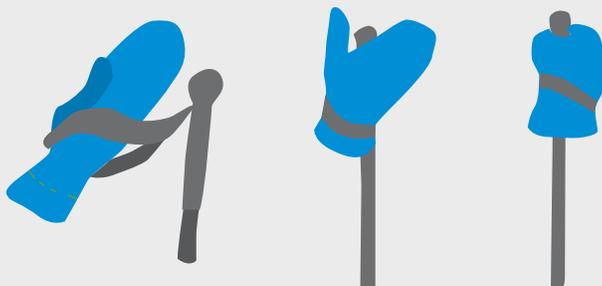
EQUIPMENT: **OBJECTIVE:** Recognizing the difference between the alternate step and double-push.

Spread out at the end of the parallel trails, about 30 m apart. Taking turns, return to the beginning of the trail along the sides.

- 1 **RUNNING ON SNOW.** **E** Without poles, **walk or run** with skis. Move arms normally. Assist students who ski with their **arms and legs on the same side**.
- 2 **RUNNING & GLIDING.** **E** Without poles, run with small, quick steps and **glide**. If necessary, take three running steps and record your gliding time on the front ski, then start again. Say out loud: "1, 2, 3 GLIDE."
- 3 **RUNNING ON SNOW.** **E** Find different ways to use your arms and legs, together or apart, to experiment with two basic cross-country skiing techniques: the **alternate step** and the **double push (at the same time)**.



PUTTING ON THE STRAPS. Reach underneath and grab the handle of the pole. For young children: say that "it's like a rabbit (hand) coming out of its burrow to eat a carrot (the handle of the pole)!"



TECHNICAL ACTIVITY

ALTERNATE STEP & DOUBLE-PUSH DRILL



EQUIPMENT: 

OBJECTIVE: Recognizing the difference between the alternate step and double-push.

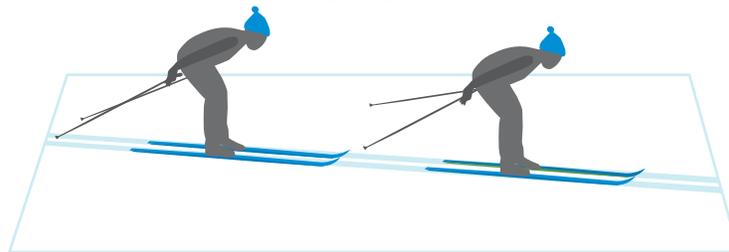
Spread out at the end of parallel trails, about 30 m apart. Taking turns, return to the beginning of the trail along the sides.

4 TICK-TOCK. **H** Without poles, move your arms like the hands of a clock. Swing them back and forth like clockwork to **set the pace** (remaining relaxed).

5 CLAP-CLAP. **H** Without poles, propel yourself with one leg **and glide on the opposite leg. At this point, clap your hands over your gliding leg. Clap twice** to increase your gliding time.



6 TRAIL. **H** In pairs, move one behind the other with a **double push**. To help recognize the different positions (bending and straightening up), try to keep in sync with each other. Look at your feet with each forward bend to keep the momentum going.



TECHNICAL ACTIVITY

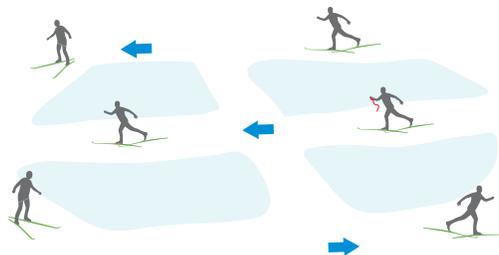
THE FOX TRAIL DRILL



EQUIPMENT:  + scarves

OBJECTIVES: Changing direction and speeding up.

Without poles, designate one fox to hold a scarf in his hand. The fox must move along a trail and try to keep away many visitors. The traffic can only go in the direction you specify. Visitors who are tagged become foxes and get one scarf. The game continues until there are no more visitors.



VARIATION:

- At the signal, **change direction**.



To **stop**, place the skis in a pie shape with their edges “biting” into the snow.

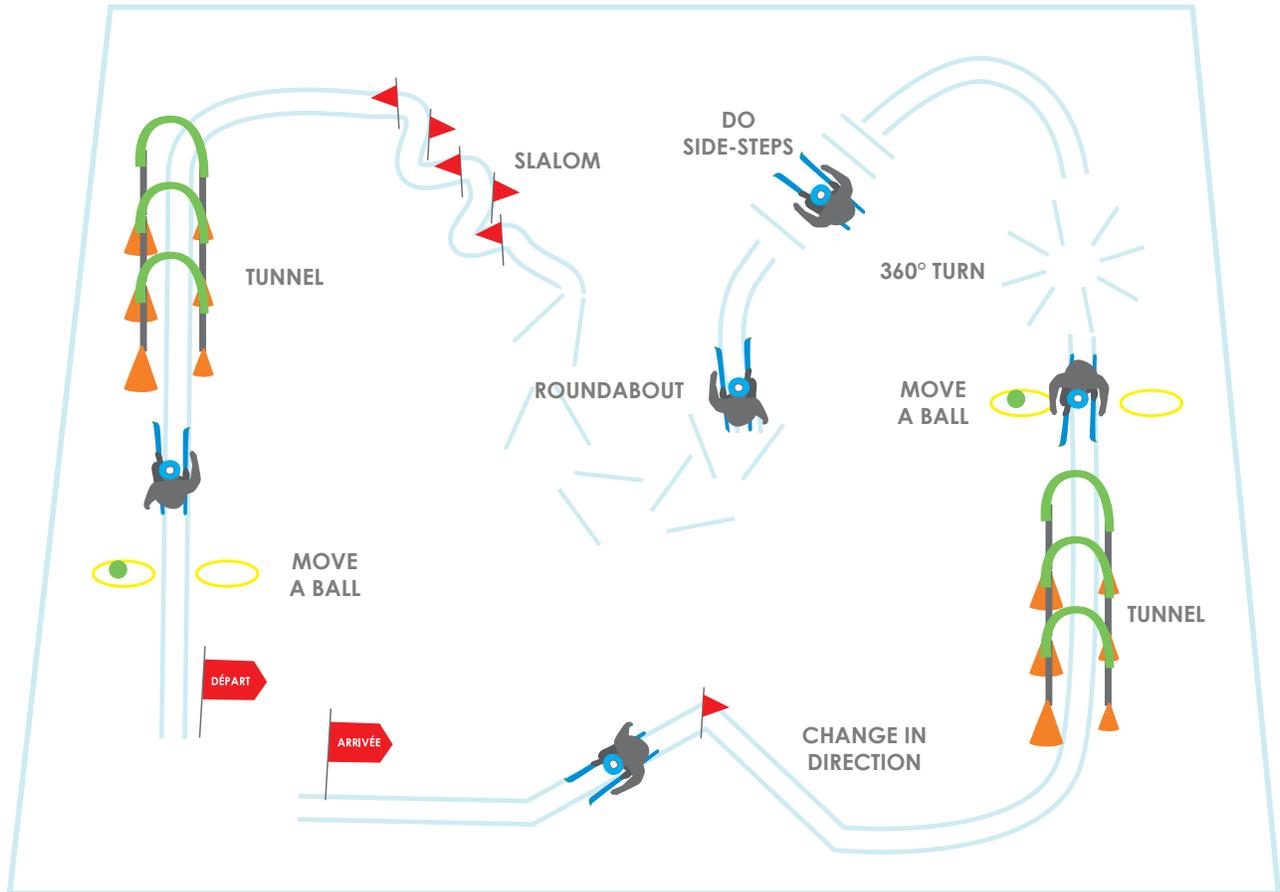
THE COURSE DRILL



EQUIPMENT : ▲ + 🚩 + tunnels + ○ + ●

OBJECTIVE: COMBINING DIFFERENT CROSS-COUNTRY SKIING SKILLS.

Set up a course with small equipment. The obstacles on the course will encourage young students to vary their skiing techniques. For safety, keep two ski lengths between skiers.



👉 You can also, more simply, create a **small course** with variations in the landscape without obstacles.

👉 To **side-step** properly, keep your skis parallel and perpendicular to the slope line (if this is the case). Move one ski at a time and start with the one in the direction you're going. Make sure the poles follow the direction of your skis.



THE SILENT GAME DRILL

EQUIPMENT: **OBJECTIVE:** Skiing with your head up (eyes off your feet).

Without poles, students stand on a line in the groomed area. The instructor stands in front of them and shows them what to do without saying anything: move forward with their knees up, move with their arms in the air, adopt the basic position, move forward with their knees excessively bent or with their hands on their hips. When the instructor signals with his or her hands to come closer, the skiers race to the opposite line.

Shhh!

**VARIATION:**

- Introduce a penalty (such as backing up three steps) for missing the signal.

INTEGRATION ACTIVITY

THE CROSS-COUNTRY DRILL

**OBJECTIVE:** Learning how to cross-country ski.

Cross-country skiing on a flat trail is possible with high school students, even if they have little experience. Be sure to group them together to practice some cross-country skiing basics (such as getting up, putting on straps and stopping) before heading out on the trail.

-  Limit each group to **15 students** and designate one adult as the “leader” and one as the “sweep.” The “leader” must stop to wait for the group at every intersection.
-  Ideally, you should have **two different route options** to accommodate the abilities of the skiers. Depending on the **snow conditions**, expect to travel at an average speed of 3 km to 6 km per hour on the trail.
-  Should your students move **in single file or at their own pace**? If you allow them to go at their own pace (without passing the “leader”), teach them to ask for the trail politely! Then, the skier in front of them must move to the right and let the faster skier pass.



For more details on the **cross-country skiing** programs in your area, visit the RSEQ website.

