



NERSFL Safety Checklist for Guides

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Our goal is to be safe while having fun enjoying a wonderful winter sport.

- ✓ Check clothing and equipment (skies, bindings, poles, boots) before you start.
- ✓ Pack water and a snack.
- ✓ Review the basic commands together; decide on shared language.
 - step L&R, tips L&R ...
 - turns R & L, (clock, degrees, 1-3, other)
 - hills-up & down (clock, degrees, 1-3, other)
- ✓ Review & assess basic skills of your skier: snow plow, herringbone, glide, polling, balance, resilience, etc.
- ✓ Absolute beginners should have at least 1 hour of indoor training (see teaching progression below).
- ✓ Emphasize and practice the **SIT** command and when it is used. Warn skier in advance and then surprise them with a ski command in your first hour on skis.
- ✓ Start slowly, until you are comfortable with each other.
- ✓ Remember the guide is also a teacher. Work to improve your skier's skills.
- ✓ **Safety first in all situations.**
 - **Check in regularly with your skier how he or she is doing: temperature, fatigue, fear, and discomfort.**
 - Get off the trail when you stop or fall.
 - Most important, do not congregate at the bottom of hills.
 - Remember to take breaks for water and rest. Different folks at different fitness levels will need more or fewer stops.
 - On more remote routes, always ski in foursomes, with at least one person in the group carrying a Walkie-Talkie. Cell phones do not usually have reception.
 - Don't put your skier or you into a situation that is too difficult.
 - Be aware of time and distance from the Center. Plan together accordingly for your turnaround time for the return ski.
- ✓ Be courteous to all skiers. Use common sense in yielding track to oncoming skiers (SFL or general public).
- ✓ Encourage 2-way communication with your skier. (Ex. What do you want or need that I am not giving you?)

Ski for Light Skiing/Guiding Instruction Progression

1. Equipment (skies, bindings, poles, clothing, snow)
2. Stepping exercise, turn around tips and tails, edging
3. Quick stop (SIT), falling, and recovery
4. Basic ski skills: basic striding, half-snowplow to stop
5. Downhill intro: stable downhill glide, half-snowplow, double-pole, pole holding

6. Uphill skills: uphill stride, herringbone, half-herringbone, side-stepping
7. Guiding transitions and curves
8. Lane changes and step turns
9. Intermediate skills: snowplow turns, double-pole, step double-pole, diagonal stride exercises

Guides: Please read the **Guide Handbook** from the *SFL International* for more details.

<http://www.sfl.org/wdpr/wp-content/uploads/2016/04/sflguidehandbook14.pdf>

